

1: Aa: Fool: Advent.

Essential: Histidine –Helps remove heavy metals with metallothioneine. Precursor of histamine.

Vitamin A –Vision, immunity, (dairy) Retinol
beta carotene

Phosphorus.

History.

500,000 bc, people migrate from Europe.

6500 bc, land bridge joining Britain to Europe is flooded as sea levels rise –Island Britain.

3000 bc New stone age, stone circles.

Mass

Box:

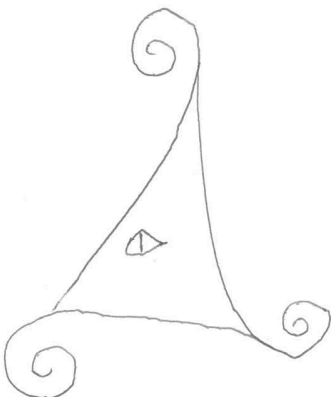
MP rosette

Glowing stone

Stone

Beaker

Hormone: Thyrotrophin releasing hormone. Corticotrophin releasing hormone.



Magician: B:2.

Hormone:

Somatostatin, Thyroid stimulating hormone,
Thyrotropin releasing hormone.

Essential: Isoleucine

Logic

$P \Rightarrow Q$

$\sim Q$

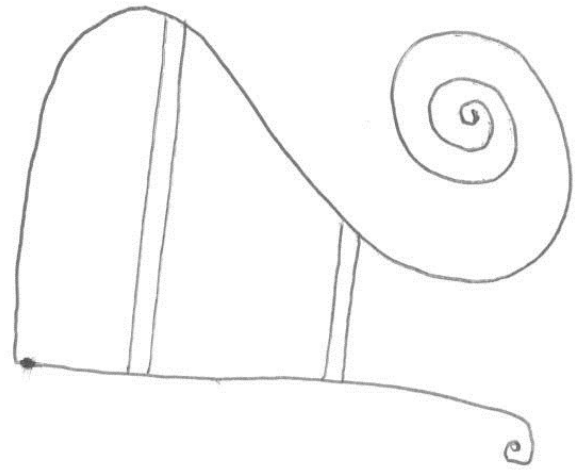
$\sim P$

History

2100bc Bronze age

2000bc Stonehenge finished

1650bc Trade routes



1200bc Small villages

750bc Iron age

500bc Celts arrive from central Europe



B₁ (Thiamine)

What It Does: Vitamin B₁'s primary purposes are metabolizing carbohydrates, facilitating the release of energy from food, and assisting cardiac and nervous system functions. It's also been known to strengthen the immune system, reduce stress, neutralize free radicals (thus helping to prevent premature aging and senility), and stave off polyneuritis (the inflammation of multiple nerves at once).

Which Foods Include It: brown rice, egg yolks, wheat germ, brewer's yeast, oatmeal, bran, bean sprouts, soybeans, cashew nuts, lean pork

B₂ (Riboflavin)

What It Does: Vitamin B₂, riboflavin, packs a serious punch in terms of its benefits. It plays an essential role in energy production by helping us metabolize proteins, fats, and carbohydrates, and in the formation of red-blood cells and antibodies. In addition, it ensures proper development of our reproductive organs, tissues, eyes, nervous system, and mucous membranes; regulates thyroid activity; strengthens our antibodies; prevents acne; protects the digestive tract; and helps treat nervous-system conditions such as Alzheimer's, multiple sclerosis, and epilepsy.

Which Foods Include It: The most significant sources of riboflavin are dairy products, brewer's yeast, and liver. Others include seafood, such as mackerel, eel, shellfish, salmon, and herring; lean meat; mushrooms, broccoli, avocados, dark leafy greens, and asparagus; millet and wild rice; dried peas, sunflower seeds, and beans.

B₃ (Niacin)

What It Does: Vitamin B₃, also known as niacin or nicotinic acid, is a crystalline substance that occurs naturally in various plant and animal tissues. It's especially helpful in improving circulation and lowering LDL cholesterol while raising levels of good (HDL) cholesterol. Niacin is necessary for the formation of red blood cells, and helps maintain healthy blood pressure and blood triglyceride levels. It also supports the central nervous system, and high doses have been known to regulate mood. Finally, it keeps the stomach and intestinal tract working smoothly and, like its brethren, assists our bodies in metabolizing carbs, protein, and fat.

Which Foods Contain It: meat, poultry, fish, liver, kidneys, eggs, nuts, peanut butter, brewer's yeast, wheat germ

B₅ (Pantothenic Acid)

What It Does: Vitamin B₅ is a master synthesizer; it facilitates the formation of fats, proteins, amino acids, and antibiotics. Doctors have touted its ability to keep the human heart ticking steadily, and to sustain healthy blood pressure levels. B₅ also enhances our immune system and our physical stamina, spurs DNA reproduction, and keeps the hormones that cause stress and anxiety in check. But perhaps its best-known function of all is its contribution to skin health, particularly in warding off signs of early aging.

Which Foods Contain It: mainly mushrooms, collard greens, cabbage, salmon, broccoli, and legumes; also soybeans, molasses, milk, and cheese

B₆ (Pyridoxine)

What It Does: The superstar of the B complex, vitamin B₆ supports more bodily functions than any other vitamin. Acting as a coenzyme for a number of systems, it's what enables our bodies to metabolize amino acids, most notably in the intestines. Without it, serotonin, dopamine, and adrenaline, among other chemicals, could not form. When taken in conjunction with vitamins B9 and B12, it reduces levels of the amino acid homocysteine, which contributes to heart disease and stroke. It's also used for the treatment of sideroblast anemia and even PMS.

Which Foods Contain It: white meat, spinach, carrots, peas, eggs, sunflower seeds, walnuts, brewer's yeast, wheat germ, whole-grain (but not enriched) breads and cereals

B₇ (Biotin)

What It Does: Like vitamin B₅, biotin plays an integral role in skin, hair, and fingernail health. It helps develop and repair muscle tissue and nervous-system tissue, reduces cholesterol, maintains normal blood-sugar levels and enables the human body to better adapt to insulin, synthesizes fatty acids and amino acids, and catalyzes metabolic reactions to optimize our energy level. And because it reduces surplus fat, doctors often recommend that their overweight patients eat a B₇-rich diet.

Which Foods Contain It: milk, liver, kidney, egg yolks, fish, brown rice, potatoes, bananas, broccoli, cauliflower, spinach, soybeans, brewer's yeast

B₉ (Folic Acid)

What It Does: Folic acid is most readily recognized for its amazing benefits to pregnant women: it's known to prevent birth defects by assuring normal development of the fetus's neural tube and protecting against pregnancy-induced high blood pressure, low birth weight, miscarriage, and premature birth. Any woman who's of childbearing age and even thinking about starting a family someday should include folic acid in her daily arsenal of supplements. But this wonder vitamin also may play a part in lowering the risk of stroke, heart disease, some types of cancer, and even Alzheimer's, so it's a good idea for both sexes to take it.

Which Foods Contain It: lentils and black-eyed peas; whole-wheat bread, pasta, and tortillas; asparagus, beets, broccoli, and brussels sprouts; tomatoes, cantaloupe, watermelon, raspberries, avocados, and bananas

B₁₂ (Cobalmin)

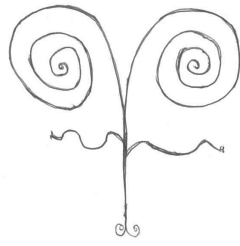
What It Does: Working with vitamin B₆ and folic acid, cobalmin is an effective treatment for high levels of homocysteine, the amino acid whose buildup can cause heart disease. It helps red blood cells form and regenerate, and aids our bodies in manufacturing DNA and RNA. It's also reputed to combat male infertility, pernicious anemia, osteoarthritis, bursitis, and chronic fatigue syndrome, among other conditions. And on the neurological front, it's been shown to fight sleep disorders, memory loss, and depression.

Which Foods Contain It: sea vegetables, such as kelp, kombu, and nori; some fish, including mackerel, herring, salmon, tuna, cod, sardines, trout, and bluefish; oysters, clams, and mussels; crab and lobster; certain cheeses, like Swiss, mozzarella, parmesan, and feta; beef and lamb; eggs

B Is Best

When you're shopping around for multivitamins, you'll likely notice that most of them include B₆, folic acid, and B₁₂, but not the other five B vitamins. You can find the omitted vitamins in pill form, but it's best to also try to incorporate the foods listed above into your daily diet to ensure that you're consuming the proper quantities. Monitoring your intake of the B complex so closely may seem overwhelming, but because its elements appear in such a vast array of food, it's easier than you think to boost your levels. And when the alternatives are conditions like heart disease, high blood pressure, and diabetes, becoming B-minded seems like a small price to pay.

D: 3: Priestess



Vitamin D acts upon small intestine, kidney, bones, stimulates the uptake of calcium (small intestine) and retention and release of calcium from bone stores.

Essential: Leucine

Hormone: Melatonin, Melanin

History: Roman Britain 55bc

Julius Caesar heads first invasion then withdraws.

44bc Julius Caesar murdered.

30 AD Jesus Crucified.

50 AD London founded

61 AD Boudica leads iceni against romans

70AD Romans conquer Wales and north.

Diana

Artemis

Ashtoroth

Time



E:4

Eris

Vitamin E: Inhibition of platelet aggregation.

Leucine

Oestrogen

Prolactin

Progesterone

History



- 68 Governor [Marcus Vettius Bolanus](#) unsuccessfully attacks the lands of the [Brigantes](#).^[1]
- 69 [Cartimandua](#), Queen of the Brigantes, is overthrown.^[2]
 - 71 Governor [Quintus Petillius Cerialis](#) conquers the [Parisii](#) and Brigantes tribes of the north-east.^[1]
 - 74 Governor [Sextus Julius Frontinus](#) completes the conquest of the Silures and constructs a fort at [Caerleon](#).^[1]
 - 78 General (later Governor) [Gnaeus Julius Agricola](#) completes the conquest of the Ordovices.^[1]
 - 79 Legionary fortress constructed at [Deva Victrix \(Chester\)](#); subjugation of north-west completed.^[1] Grand opening of civic centre in [St Albans](#).^[2] Local aristocrats are encouraged to abandon ancient British culture.^[2]
 - 80 Agricola advances to the [River Tay](#), and fortifies [Carlisle](#) and [Corstopitum](#).^[1]
 - 82 Agricola subdues and occupies [Galloway](#).^[1]
 - 83 Roman army campaigns against the [Caledonii](#) tribes of the north and constructs a base at [Inchtuthil](#).^[1]
 - 84 [Battle of Mons Graupius](#): Romans defeat the Caledonii, and advance to the [Moray Firth](#).^[1]
 - 85 Agricola recalled to Rome.^[1] Construction of [Dere Street](#) and [Stanegate](#) begins.^[1]



area	$[L]^2$
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F:5Emperor

Alanine

IN excelsis

History

122-128 Emperor Hadrian builds wall on Scottish border

140 Romans conquer Scotland

209 St Alban becomes first Christian martyr

306 Constantine the great declared emperor at York

350 Picts and Scots attack border

401-410 The Romans withdraw from Britain. Anglo saxon migrants begin to settle

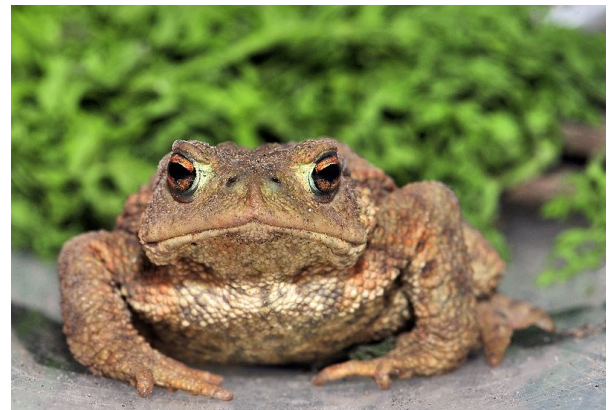
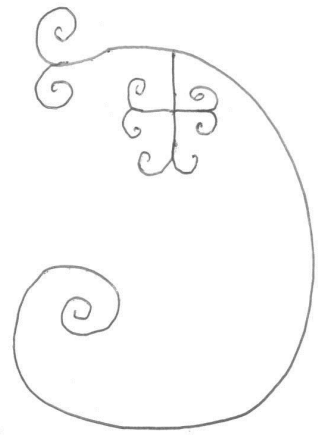
Nutrition

Folic Acid

Hormone

Testosterone

volume	$[L]^3$
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G:6 Mithras

History.

Jutes from Jutland, angles from south of Denmark, Saxons form Germany, Britain divided into Northumbria, Kent, Mercia, Wessex, Essex, Sussex (450-750)

450 Hengist and Horsa settle in Kent (Hengist founded this kingdom)

460 St Patrick returns to convert Ireland

510 Battle of Mount Badon, british victory over Saxons

597 St Augustine brings Christianity to Britain from rome and becomes archbishop of canturbury

617 Northumbria becomes supreme Kingdom

779 Mercia becomes supreme kingdom and King Offa builds a Dyke along the Welsh border.

Nutrition

Chromium

Hormone:

Seratonin,

Growth Hormone releasing hormone

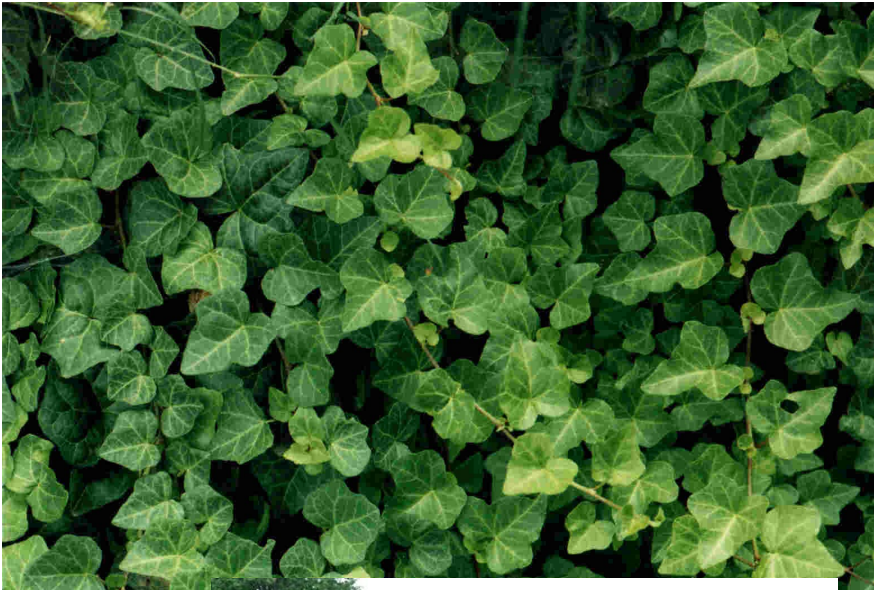
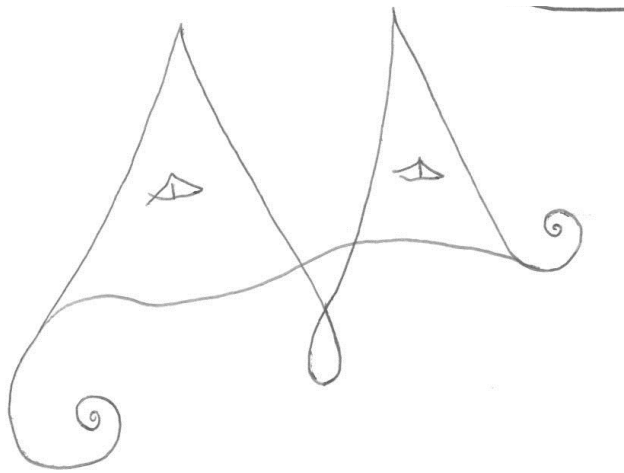
Amino:

Arginine

Dioscuri Twins

$$\frac{P \rightarrow Q, R \rightarrow S, P \vee R}{\therefore Q \vee S}$$

velocity	$[L][T]^{-1}$
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H: 7 Lovers/Incest

Huath

Hormone: Luteinising hormone

Nutrition: Copper

History:

871 King Alfred Defeats Vikings, but allows them to settle in east England

886 North subjected to Danelaw

889 anglo saxon chronicle starts

926 eastern England conquered by Saxons

1016 King Canute captures English crown

1042 Edward confessor becomes king

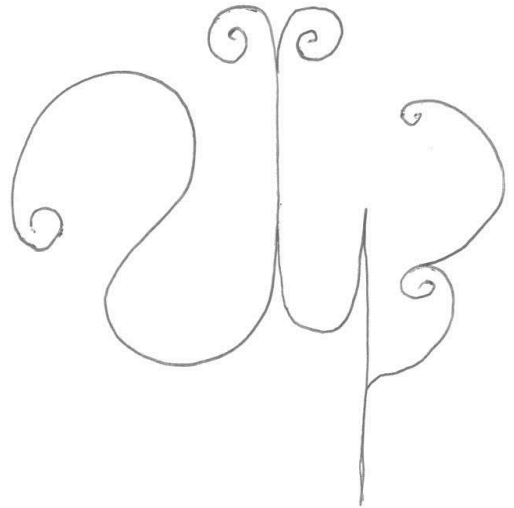
1055 Westminster abbey completed

Logic: Conjunction p.q

Amino:

Aspartic acid.

acceleration	$[L][T]^{-2}$
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I:8: Star

Cysteine

Parathyroid Hormone

Iodine –seaweed (kelp)

History:

1066 Battle of Stamford Bridge, Saxon defeat Viking

1066 Battle of Hastings

1070 Work starts on Canterbury cathedral

1078 Work starts on Tower of London

1086 Domesday book

1120 Sleaford Castle started

1100-1135 Henry I king

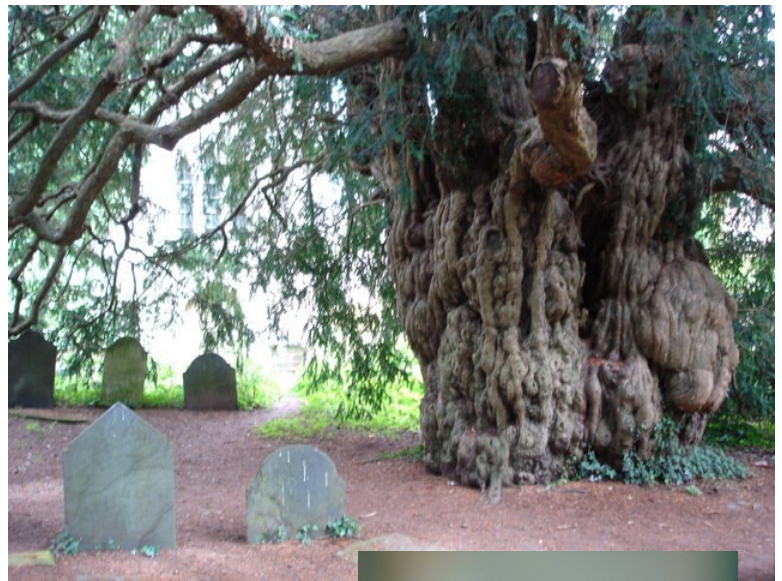
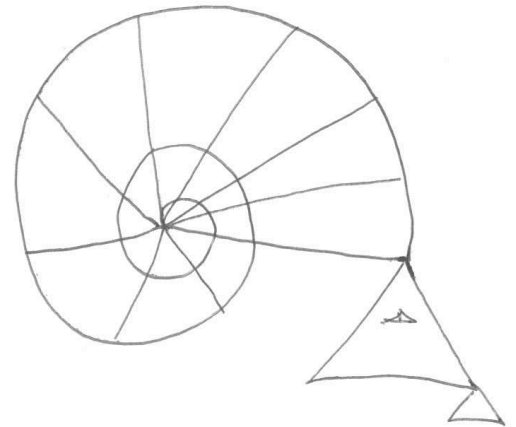
1154 York minster starts

1154 Henry Plantagenet II king

1167 Oxford university started

1170 Thomas a beckett murdered

force	$[M][L][T]^{-2}$
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J: 9 Passion



History:

- 1070 Work starts Canterbury cathedral
- 1078 Work starts on the tower of London
- 1088 Lincoln cathedral commences
- 1080-1100 Great monastery and cathedral building begins
- 1086 The domesday book is compiled
- 1154 work starts on York Minster
- 1167 oxford university is founded
- 1170 Thomas a Beckett murdered by knights of henry ii
- Population of London exceeds 30,000
- 1174 Work starts on Wells cathedral



Essential: Lysine

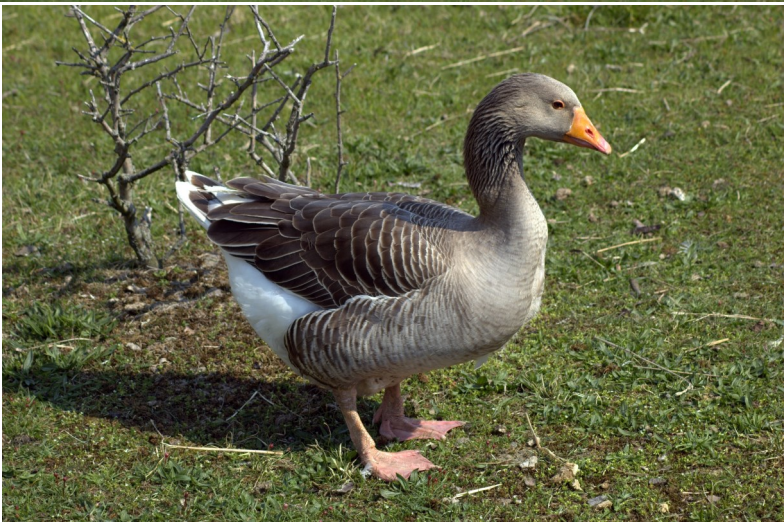
Selenium

Brazil nuts



energy	$[M][L]^2[T]^{-2}$
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$$\frac{P \rightarrow Q}{\therefore P \rightarrow (P \wedge Q)}$$



K:10

Philosopher

Essential: Methionine

History

1215 Civil war, Magna carta signed by King John

1220 Work starts on Salisbury

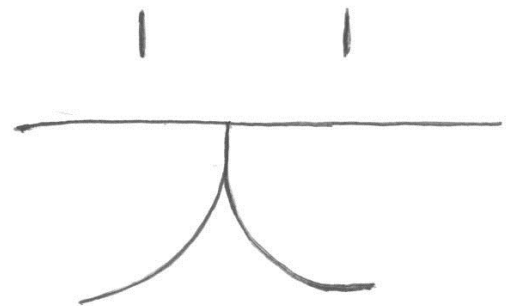
1282 King Edward conquers Wales. Llewellyn Gruffydd – last prince of wales is killed.

1296 King Edward invades Scotland and takes the stone of destiny from Scone to Westminster

1297 The Battle of Stirling bridge William Wallace defeats the English

1298 The Battle of Falkirk. Edward defeats Wallace –long bows

Vitamins C and K



power	$[M][L]^2[T]^{-3}$
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
L: 11 Freedom

Hormone: Growth hormone, Gastrin


1306 Robert Bruce crowned King of the  Scots

1314 Scots led by Robert the Bruce defeat the English at the battle of Bannockburn

1321-22 Civil War

1337 King Edward claims the Throne of  France

1337 - 1453 Hundred Years' War with  France

1348 - 49 The Black Death (bubonic plague) arrived in  England and killed nearly half of the population

1387 Geoffrey Chaucer starts writing the Canterbury Tales

1415 English defeat the French at the battle of Agincourt

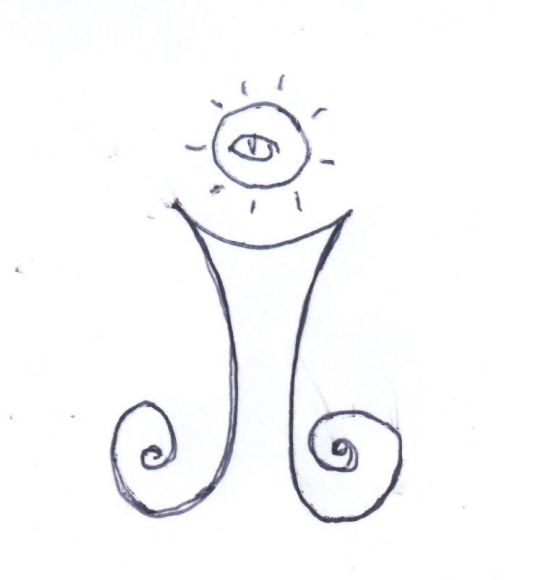
1453 The Hundred Years War against  France ends
1454



1455 Civil War: The War of the Roses starts
Hebe



pressure	$[M][L]^{-1}[T]^{-2}$
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M: Ethics:1 2

Maat

History.

Tudor.

1485 War of the roses ends with battle of Bosworth. Henry vii crowned king.

1497 John Cabot discovers north America on the Matthew

1509-47 Henry viii on throne

1513 English defeat scots at Flodden

1534 Henry viii forms church of England with king as supreme head: act of supremacy

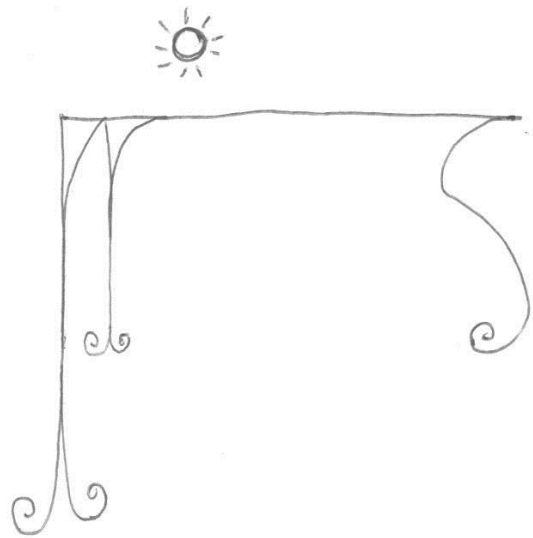
1536 Act of union joins england and wales

Amino

Essential: Phenylalanine

Nutrition:

Manganese



momentum	$[M][L][T]^{-1}$
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N:13: Hanged Man (Foetus)

Hormone: Vasopressin, Aldosterone

Amino: Glutamic acid

History:

1536-9 Destruction or closure of 560 monasteries and religious houses

1542 Mary, Queen of scots lays claim to English throne

1558 Elizabeth I begins 45 year reign

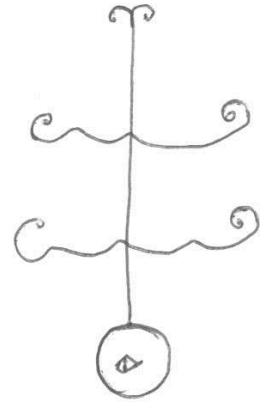
1570 Sir Francis Drake sets sail for first voyage to the west indies

1587 Queen Elizabeth I executes Mary, Queen of Scots

1588 English defeat Spanish Armada

1591 First performance of a play by William Shakespeare

1600 First British involvement in the Indian continent, east india company formed. Population of Britain just over 4 million.



$$\text{Speed} = \frac{\text{Distance}}{\text{Time}}$$

$$\text{Distance} = \text{Speed} \times \text{Time}$$

$$\text{Time} = \frac{\text{Distance}}{\text{Speed}}$$

O:14: Death

Hormone: Oxytocin/glucagon

Amino: Glycine

History.

1603 James vi of Scotland became James I of England uniting two kingdoms

1605 Guy Fawkes thwarted

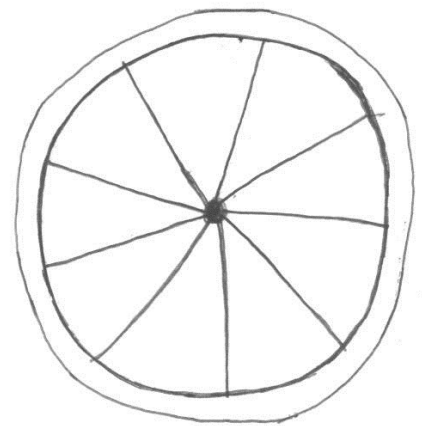
1606 Union flag adopted

1620 Pilgrim fathers-mayflower

1624-30 war with Spain

1626-29 war with France

Nutrition: Calcium



P: 15 Pneumatology

History

1629 Parliament dissolved by King Charles

1642-51 Civil War

1649 King Charles executed

1649 Cromwell's conquest of Ireland

1650 Cromwell's conquest of Scotland

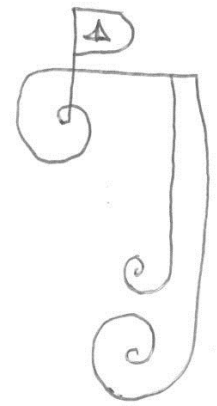
1652 Tea arrives in Britain



Potassium

Proline

Goldcrest



$$ax^2 + bx + c = 0$$

$$4a^2x^2 + 4abx + 4ac = 0$$

$$4a^2x^2 + 4abx = -4ac$$

$$4a^2x^2 + 4abx + b^2 = b^2 - 4ac$$

$$(2ax + b)^2 = b^2 - 4ac$$

$$2ax + b = \pm\sqrt{b^2 - 4ac}$$

$$2ax = -b \pm \sqrt{b^2 - 4ac}$$

$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}.$$



R: Pan: 16

History.

1653 Cromwell proclaimed lord protector.

1660 Restoration of monarchy Charles ii

1664 Great plague, 100,000 die

1666 Great fire of London

1689 English bill of rights, Monarchs would rule in partnership with parliament

1692 William iii massacres jacobites at glencoe

1707 Act of union between Scotland and England.

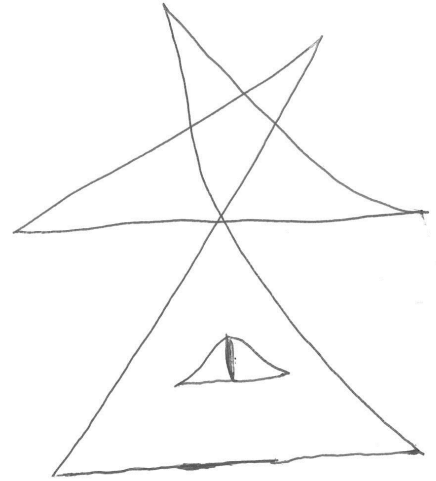
Hormone

Adrenalin, Noradrenalin

Sparrow

Logic: $\sim\sim p$

Serine



S: 17: Twilight.

History

- 1714 George of Hanover succeeds queen Anne
- 1721 Robert Walpole becomes first prime minister
- 1746 Bonnie Prince Charlie is defeated at cullo-
den
- 1757 First Canal in Britain complete
- 1776 America declares independence from Britain
- 1773 Inclosures act
- 1780s Industrial revolution begins
- 1783 Steam powered cotton mill Rickard
Awkright
- 1788 First convict ships sent to Australia
- 1796 Edward Jenner invented a vaccination
against small pox
- 1800 Act of union with Ireland



Essential: Threonine

Hormone.

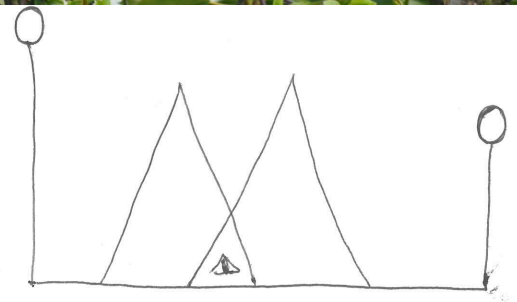
Cholescystoninin –stimulates bile, Calcitonin –
decreases blood calcium levels

Nutrition:

Choline.

Logic $(p \Rightarrow q) :: (\sim p \Rightarrow \sim q)$

$$\begin{aligned}
 \sum_{k=0}^{m+n} \binom{m+n}{k} x^k &= (1+x)^{m+n} \\
 &= (1+x)^m (1+x)^n \\
 &= \left(\sum_{k=0}^m \binom{m}{k} x^k \right) \left(\sum_{k=0}^n \binom{n}{k} x^k \right) \\
 &= \sum_{k=0}^{m+n} \left(\sum_{i=0}^k \binom{m}{i} \binom{n}{k-i} \right) x^k,
 \end{aligned}$$



T: Superman/Boudica

18

Holly, Horse, Hawk

The first census. Population of Britain 8 million
Ireland made part of the United Kingdom

Essential: TRYPTOPHAN
Cortisol
Fluoride, Iron



1801

The first census. Population of Britain 8 million
Ireland made part of the United Kingdom



1804

Richard Trevithick built the first steam locomotive

1805

Lord Nelson defeats Napoleon at the **Battle of Trafalgar**

1807

Abolition of Slave Trade

1815

Duke of Wellington defeats Napoleon at the **Battle of Waterloo**

1825

World's first railway opens between Stockton and Darlington



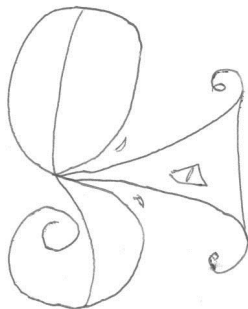
1829

Robert Peel set up the Metropolitan Police force

1834

The Poor Law set up workhouses, where people without homes or jobs could live in return for doing unpaid work.

$$x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$$



U: 19 Ur

The Moon/Hecate

History.

1837 Queen Victoria queen at 18,

1840 postage stamp

1842 Mines act ends child labour

1845-9 Irish potato famine, 800,000 dead

1850 First post boxes built

1851 Great exhibition

1854 Crimean war, Cholera epidemic

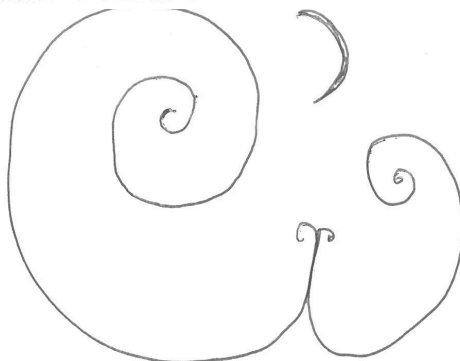
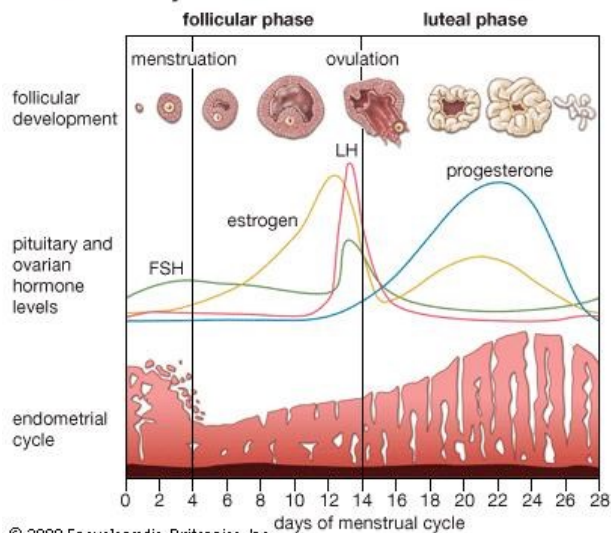
1856 GB wins Crimean war

Nutrition

Fluoride: Encourages strong bone formation.



The menstrual cycle



V: 20: The Sun

Nutrition: Iron

Hormone: Androgens

Amino acid: Essential: Valine –muscle tissue recovery: leafy greens, kidney beans, poultry, milk

History:

1854 Crimean War, Cholera epidemic leads to demand for sewage system

1856 Defeat of Russia in Crimea

1860 First flushing toilet

1861 Death of Prince Albert

1863 London underground opens, foundation of football association

1868 Joseph Lister discovers disinfectant, last public hanging

First Law

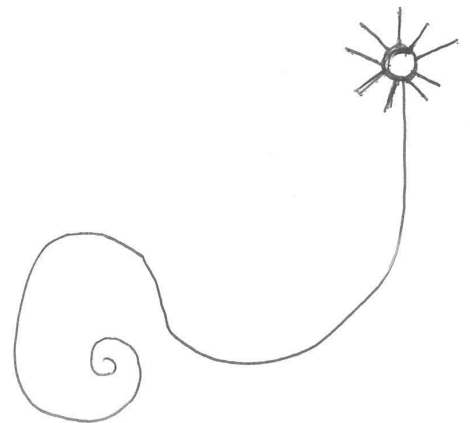
Objects at rest remain at rest and objects in motion remain in motion in a straight line unless acted upon by an unbalanced force.

Second Law

Force equals mass times acceleration (or $f = ma$).

Third Law

For every action there is an equal and opposite reaction.



W: 21 Eschatology

History:

1868 last public hanging

1869 Sainsbury's opens Drury lane

1870 Education act means school for everyone

1871 Queen Victoria opens the albert hall

1876 Alexander graham bell invents the telephone. Primary education compulsory

1877 Public electric lighting in London

1883 First electric train

1887 The invention of the gramophone

1891 Free education for every child

1901 Population of Britain reaches 40 million

Hormone

Adrenalin, atrial natriuretic factor

Nutrition

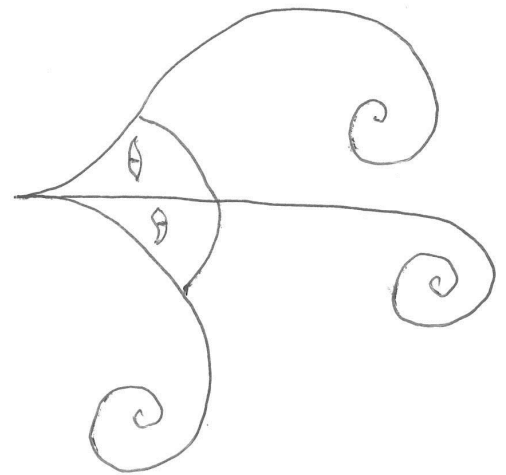
Magnesium

Logic: exportation.

$((P \wedge Q) \rightarrow R) \Leftrightarrow (P \rightarrow (Q \rightarrow R))$

Amino acid:

Tyrosine



Z: 22:

Being

Zinc

Swan

Asparagine

History

1902 Britain defeats dutch settlers in Boer war

First old age pension

1914-18 First World War, compulsory military service and food rationing. Republic of Ireland gains independence

1937 Frank Whittle invents jet engine

1939-45 Second world war

1951 Festival of Britain

1952 Elizabeth ii becomes queen

1953 Coronation of Elizabeth ii

1973 Britain Joins European Community

1979 Margaret Thatcher becomes prime minister

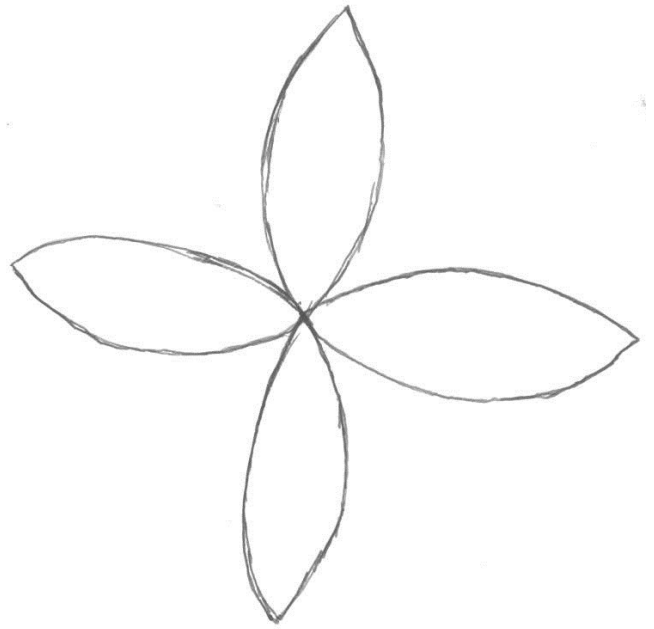
1982 Falklands war

1991 Gulf War

1991 Tim Berners Lee invents world wid web

1994 Channel tunnel links Britain to Europe

1999 Welsh national assembly and Scottish parliament.



List of the Months:

- 1) Plan
- 2) Who
- 3) See
- 4) Towards
- 5) Strive
- 6) Fix
- 7) Serve
- 8) Wait
- 9) Find
- 10) When
- 11) Devote
- 12) Shelve
- 13) Free
- 14) Foresee
- 15) Hide
- 16) Seek