

Vitamin B12 Factors...Excerpts From Various Health Sources...

She Was Growing Concerned About Her Memory Problems, Luckily The Doctor Tested...
Excerpts from a LiveInTheNow.com newsletter by Joshua Corn, August 2016

Nearly 50% of older adults have a hidden vitamin deficiency that causes “old age” symptoms like memory loss, confusion, fatigue and depression. How bad is it? B12 deficiency now affects nearly 50% of older adults. Nearly 40% of all adults are flirting with deficiency status and may already be suffering symptoms as a result. It’s so frequently missed by doctors that the Centers for Disease Control has rushed out a special course for physicians called “Why Vitamin B12 Deficiency Should Be On Your Radar Screen.” I say, don’t wait for your doctor to bring it up...

Beware Of These 6 Red Flags... (How Low B12 Can Happen to Anyone)...

B12 deficiency is part nature, part our own doing. For many people, it’s the result of multiple factors coming together in a “perfect storm” of trouble. Here’s why it is so easy to become dangerously low on this vital nutrient.

Red Flag #1: You’re over 50...

Experts agree that B12 absorption decreases with age. That’s why B12 is “one of the few vitamins Mayo Clinic experts routinely recommend for older adults.” You see, B12 must first link up with a protein called intrinsic factor (IF), which is produced in your stomach. IF levels drop with age...which is why your B12 levels can plummet even when your diet remains the same.

Red Flag #2: You take certain common medications...

Antacids, ulcer drugs or proton-pump inhibitors can trigger B12 deficiency because they block IF production. Likewise with aspirin and other medications that affect the stomach. Even diabetes drugs like metformin can trigger B12 deficiency. Indeed, research has documented the link between metformin, low B12 and impaired cognitive performance.

Red Flag #3 and #4: Your diet and alcohol intake..

Dietary B12 only comes from meat, poultry and seafood. So vegetarians are at risk — but so are folks who have simply cut back on their meat for health reasons, which is a lot of us! Plus, if you drink alcohol regularly, your ability to absorb B12 will be reduced.

Red Flag #5 and #6: Intestinal problems and surgery...

Conditions like IBS, Crohn’s, celiac disease, enteritis and food intolerances block B12 uptake at the receptor site. Plus any gastric surgery can reduce absorption, because it can eliminate stomach cells that produce intrinsic factor. It’s a wonder we absorb any B12 when the deck is stacked against us. It takes powerful B12 support to turn the tide, so it’s important to know how to get it.

Multivitamins and “B12 Fortified” Foods Simply Won’t Do...

Many people think their B12 needs are met by taking a multivitamin or eating fortified breakfast cereal. They are sadly mistaken. Taking just any old multivitamin for low B12 is like trying to fill a swimming pool with a teaspoon. First, the B12 in most multivitamins may not even work. Research shows that the form of B12 found in many multivitamins may chemically interact with the other nutrients in the multivitamin and could be entirely ineffective by the time you take it... and possibly harmful. Even if it remains stable, there’s a huge gulf between what you ingest and what you absorb. A lack of intrinsic factor could reduce your oral B12 absorption to as little as

1%. That means even a multivitamin that claims 1,000% RDA may only provide a tiny fraction of what you need. That false sense of security can have terrible consequences.

B12 Is Crucial As You Age Because It Does SO MUCH to Keep You Young...

Why is ample B12 so important? First and foremost, you need B12 for normal DNA replication in every cell in your body. It helps you constantly generate healthy new cells that keep your body vibrant and your mind razor-sharp. When B12 is low, your body can't produce enough new cells. That's why B12 deficiency starts aging you practically overnight. It triggers all the bad physical and mental effects of growing old at the most fundamental cellular level. If DNA replication were B12's only job, it would still be one of the most crucial nutrients of all. But B12 is the most biologically active vitamin by far. By...Joshua Corn, editor of liveinthenow.com and owner of stopagingnow.com

What is Vitamin B12?

by Dr. Edward Group DC, NP, DACBN, DCBCN, DABFM Published on December 3, 2014, Last Updated on February 16, 2016 globalhealingcenter.com

Vitamin B12, also known as cobalamin, is an essential nutrient that is a member of the B-complex vitamins. B12 is the largest and most structurally complex of all known vitamins. There are several forms of vitamin B12, all of which are termed "cobalamins" because they contain the trace mineral cobalt in their nucleus structure. Some forms of B12 are not immediately bioavailable and your body must use enzymes to convert them to a usable form. However, methylcobalamin and hydroxocobalamin (5-deoxyadenosylcobalamin) forms are highly bioavailable.

Where Can You Get Vitamin B12?

Your body doesn't make vitamin B12, you need to get it through your diet or by supplementation. It's found mostly in foods of animal origin such as meat, fish, and eggs. Even though only bacteria and archaea can synthesize B12, animals integrate B12 into their tissues via bacterial symbiosis, which is why animal foods are naturally the richest source of B12. Fortified foods and supplements are also common sources of the nutrient.

Why You Need Vitamin B12

Vitamin B12 plays an important role in a number of ways. The body functions that rely on adequate B12 include: Brain and nervous system health via myelin sheath function, DNA synthesis, Red blood cell formation Healthy cell metabolism (of nearly every cell in your body) and Cardiovascular health. Individuals with the MTHFR gene mutation may be at a higher risk for elevated homocysteine levels. When homocysteine levels are higher than normal, osteoporosis, blood clots, and atherosclerosis are common symptoms. Dietary intervention via vitamin B12 supplementation (as well as folate and B6) is necessary for bringing homocysteine levels back into balance.

How Much Vitamin B12 Do You Need?

The Institute of Medicine and Food and Nutrition Board — the premiere scientific health bodies officially sanctioned by the U.S. government on matters of nutrient intake — set daily recommendations of vitamin B12 for normal adults at 2.4 mcg/day, with up to 3 mcg/day for pregnant and lactating women. Keep in mind these numbers are absolute minimums. Research suggests that average vitamin B12 intake among the U.S. population is ~3.4 mcg/day, clearly above the adequate recommended daily intake. Regardless, due to digestion and absorption

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issues, disease status, and prescription medication interference, some data suggests a sizable number of the population is B12 deficient. The typical human body can absorb up to 1.5 mcg of vitamin B12 from food, but supplementation has been shown to allow for higher absorption rates by bypassing the digestive process. Although some will tell you that humans store between 2 to 5 mg of vitamin B12 (mostly in the liver), which can last up to five years in the absence of daily intake, I wouldn't advise taking that chance.

Are You Vitamin B12 Sufficient or Deficient?

Despite a healthy and balanced diet, physiological (genetics, disease) and environmental (medications for diabetes, etc.) factors can interfere with normal B12 absorption for many people, leading to depletion or outright deficiency. Blood level testing is the surest diagnostic method to assess if you are B12 deficient. Here is a general guideline to follow to determine whether or not you are vitamin B12 deficient:..

180-914 ng/L Low Range/Normal High
450+ ng/L Healthy/Optimal
180-400 ng/L Conditionally low levels
150-180 ng/L Low levels where disease symptoms start

Depending on test results and potential concurrent symptoms, other simple follow-up blood tests which indirectly test for B12 status may be suggested, including homocysteine and methylmalonic acid/MMA (levels of these molecules rise when vitamin B12 deficiency-symptoms unfold, testing of which often allows for a more thorough assessment, in conjunction with B12 testing).

Symptoms of Vitamin B12 Deficiency...

Below are just some of the overt symptoms of low levels and deficiency of this crucial vitamin.

- Pernicious anemia
- Neurological impairments as depression, confusion, disorientation, schizophrenia, ADHD
- Memory loss, Alzheimer's/dementia, Parkinson's, brain fog, cognitive decline, brain shrinkage
- Peripheral neuropathy
- Bowel/urinary tract incontinence
- Paresthesia (tingling in the limbs)
- Fatigue
- Loss of balance
- Fatigue
- Alzheimer's, dementia, cognitive decline and memory loss
- Multiple sclerosis (MS) and other neurological disorders
- Mental illness (depression, anxiety, bipolar disorder, psychosis)
- Cardiovascular disease
- Learning or developmental disorders in kids
- Autism spectrum disorder
- Autoimmune disease and immune suppression
- Cancer
- Male and female infertility

Bottom Line...

Considering what we know about vitamin B12 and its importance for our health, the simplest and least expensive insurance against vitamin B12 deficiency is supplementation. It's possible to get enough via diet, but it's difficult and requires a healthy amount of consistency. A B12 shot

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is another solution preferred by many and I don't have much problem with it except that it can get expensive, be difficult to access regularly, and heaven help you if you're not a fan of needles. Simply supplementing with an absorbable form of B12 like methylcobalamin or adenosylcobalamin can really help fill the gaps in easy fashion. I personally recommend the VeganSafe™ B-12 brand supplement.

Vitamin B12 for Health...Book Review...

The "Vitamin B12 for Health" book by Dr. David Brownstein, MD, shows us why vitamin B12 is such an important nutrient. Vitamin B12 is utilized by every cell in the body. Unfortunately, vitamin B12 deficiency is occurring in epidemic numbers. This book will show you why it is so important to use natural, bioidentical, vitamin B12. Nearly twenty years of clinical experience has proven B12 is effective to treat many common ailments including: Anemia, Autoimmune illness, Blood clots, Brain fog, Bursitis, Cognitive decline, Dementia, Fatigue, Fibromyalgia, Headaches, Heart Disease, Muscle Weakness, Neurologic Problems and Osteoporosis. Dr. Brownstein provides actual case histories illustrating the effectiveness of vitamin B12 therapy. Furthermore, he shows why you should avoid the use of the commonly-prescribed synthetic form of vitamin B12. Vitamin B12 therapy is inexpensive and has little adverse effects. Vitamin B12 therapy should be considered for anyone suffering from fatigue, brain decline, and many other common ailments. This book is a must-read for anyone searching for safe, effective, and inexpensive natural therapies that work. It is available at drbrownstein.com, amazon, etc.

PS from FactorReady.com: As you can see, B12 is an important health nutrient with potential serious consequences if not present in our cells in sufficient amounts. While the typical diet supplies 5 to 15 micrograms of B-12, according to Drugs.com, We urge you to consider supplementing, especially if you are a senior citizen. Just be sure Methylcobalamin, the natural form of B-12 is utilized, rather than the cheaper Cyanocobalamin synthetic lab type. Typical high potency doses for adults is 500 mcg to 1000 mcg twice daily via a under tongue lozenge tablet. (Note: Diabetics on Metformin are subject to B12 deficiencies and usually need B12 injections, such as 1mg every 1-2 weeks per David Brownstein, MD at drbrownstein.com). There are many sources and brands of B12 readily available at health food stores, pharmacies, and mail order outlets. Several quality brands in our opinion would include BioTreeLabs.com, StopAgingNow.com and MyHdiet.com. We would further suggest obtaining a Vitamin B12 blood test in event of various symptoms, especially if mental fog involved. Values of less than 200 pg/mL are a sign of a vitamin B12 deficiency. People with this deficiency are likely to have or develop symptoms. Older adults with vitamin B12 levels between 200 and 500 pg/mL may also have symptoms. Also, consider some consumption of organic virgin coconut oil, such as 1-2 tablespoons up to 3 or 4 times daily. This is a healthy medium chain fat that can serve as a brain food. Many health proponents advise it can help prevent or relieve dementia and Alzheimers ailments in addition to the Vitamin B12 benefits (see our separate article on Coconut Oil Factors). Stay Well, Stay Prepared and Stay Prayed Up!

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