

~ A Healthier You ~

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When I surrender, the Universe moves.
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The Vitamin B-12 Story

About 200 years ago a researcher discovered a dangerously slow developing and often fatal disease; *pernicious anemia*. Some of its symptoms can be; weakness and being tired all the time, bleeding gums, depression, lack of balance, memory loss, headache, confusion and dementia, numbness and tingling in hands and feet. Pernicious anemia seems to be more common in people with digestive disorders, although digestive disorders can be present without any recognizable symptoms.

This type of anemia is caused by a Vitamin B-12 deficiency, which occurs when people are unable to absorb B-12 through the food they eat, or they do not consume enough B-12 in their diet. Recent research reveals that lack of Vitamin B-12 is also linked to the development of Alzheimer's disease, as well as other neurological and psychiatric abnormalities in older people. Ataxia (shaky movement and poor balance) muscle weakness, incontinence, hypo tension, vision problems, dementia, psychoses and mood disturbances are some of the disorders that are linked to this important vitamin deficiency. These disorders may occur at normal Vitamin B-12 levels, or just slightly below the (considered) normal levels on a blood test. It is for this reason that what is considered to be the normal level of this vitamin on a test, might actually be low enough to be causing problems. Even if you do not have Pernicious Anemia, you could still be deficient in this precious vitamin, with the typical symptoms of confused thinking and tiredness.

Memory loss, confusion and lethargy are the most common symptoms of vitamin B-12 deficiency. This can be a relatively simple problem to remedy with the addition of B-12 sublingual supplements on a daily basis. The sublingual pills are held under the tongue until they are dissolved and taken directly into the blood stream. Due to the depletion of nutrients in our soil and the heavy stress load of our immune system, it is wise to supplement with this vitamin, especially after the age of 40, when our ability to absorb B-12 from food begins to drastically decrease.

Most sublingual B-12 supplements also contain Folic Acid and B-6. This is a good way to ensure that you are getting the necessary combination for fast relief of those debilitating symptoms of tiredness and confusion. You can also rest assured that you may be preventing Alzheimer's and dementia in your 'golden years'.