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"Could it be B12? has literally saved lives and is the only complete and authoritative guide to B12 deficiency and shows what you can do to protect yourself and your family from this crippling disorder."--Senior Beacon "Could It Be B12? is both powerful and revealing. It serves as a reminder that often times a simple precaution and nutrition awareness will save lives and a ton of money."--Charles H. Liu R.Ph., clinical pharmacist and nutrition and preventive care specialist

Could It Be B12?: An Epidemic of Misdiagnoses: Amazon.co ...

Some say that it is simplistic to suggest that a B12 deficiency could be at the root of so many diseases, but as the author explains, B12 is more than just a vitamin, it is involved in digestion, cell reproduction and many more functions.

Could It Be B12?: An Epidemic of Misdiagnoses by Sally M ...

These cells will produce a protein called intrinsic factor, which binds to any animal product eaten, including meat, fish and dairy products, and produces vitamin B12. Vitamin B12 is essential to produce healthy red blood cells that transport oxygen around the body to wherever it is needed □ which is just about everywhere.

Could it be B12? | Health and Nutrition Advice on Patrick ...

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VITAMIN B12 deficiency is far more common than people think, with many living their lives suffering from ailments which could be improved by simply adding more B12 into their diets. Feeling any of ...

Vitamin B12 deficiency: Nerve shock, unsteadiness and a ...

Therefore, B12 deficiency is very common among women with a history of infertility or multiple miscarriages. Blood abnormalities due to B12 deficiency could affect the lining of your uterus and cervix, causing cervical dysplasia, or an "abnormal pap smear" that could be mistaken for pre-cancerous.

Could it be Vitamin B12 Deficiency? - Peace With Endo

VITAMIN B12 deficiency is known as the essential vitamin, vital for the body to function effectively. Lacking in the vitamin could cause a variety of unusual ailments including the inability to ...

Vitamin B12 deficiency: An inability to lose weight could ...

Vitamin B12 is a crucial ingredient for the healthy running of the body, as it's needed to make red blood cells. Signs of a deficiency can develop very slowly, so it may be difficult to diagnose...

Vitamin B12 deficiency symptoms: Unusual signs to add more ...

Vitamin B12 is naturally found in animal foods, including meats, fish, poultry, eggs and dairy. However, it can also be found in products fortified with B12, such as some varieties of bread and...

9 Signs and Symptoms of Vitamin B12 Deficiency

Vitamin B12 or B9 (commonly called folate) deficiency anaemia occurs when a lack of vitamin B12 or

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folate causes the body to produce abnormally large red blood cells that cannot function properly. Red blood cells carry oxygen around the body using a substance called haemoglobin.

Vitamin B12 or folate deficiency anaemia - NHS

Since B12 is a water-soluble vitamin, it's generally considered safe, even at high doses. No Tolerable Upper Intake Level (UL) has been established for B12, due to its low level of toxicity. UL...

How Much Vitamin B12 Is Too Much?

Here are 5 sources of vitamin B12 that one can get and how you can include it in your diet. 1. Chicken. Chicken is not just rich with protein but also a vital source of vitamin B12. And the best part is it can be immensely satisfying when cooked right. Here are two simple, guilt-free chicken recipes to try at home: Chicken Masala Without Oil

Heres How You Can Add These 5 Vitamin B12 Foods To Your ...

Could it Be B12?, essential for both the patient and the interested layperson, outlines how physicians frequently misdiagnose B12 deficiency as Alzheimer's disease, multiple sclerosis, heart disease, neurodevelopmental disorder, Parkinson's disease, depression, or other mental illnesses. Now in the second edition, this resource has been thoroughly updated with the latest research, diagnostic tests, treatment options, case studies, and testimonials.

Could It Be B12? (Second Edition) Audiobook | Sally M ...

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