



VITAMIN B12

Did you know that over 67% of Americans are low in vitamin B12.

Vitamin B12 is critical to your health! It plays a role in the making of DNA while also serving to keep nerve cells and red blood cells healthy.

Low levels are associated with over 50 health conditions including

Depression	Dementia	Fatigue	Anemia	Hearing Loss	Memory loss
Arthritis	Poor digestion	Eczema	Dizziness	Hair loss	Jaundice
Vertigo	Dry skin	Acne	Chronic pain	Infertility	

If you are on birth control pills, steroids, antibiotics, metformin or are using antacids or acid blockers on a regular basis you may be susceptible to low levels of Vitamin B12. Other risk factors include diabetes, autoimmune disorders, celiac disease, crohn's disease, or if you have had stomach surgery.

Vitamin B12 is used in the body by binding itself to proteins in food. It can only be released by the acid in the stomach called pepsin. If you have poor acid levels in your stomach, you may have a Vitamin B12 deficiency. In addition, over 50% of vegetarians and up to 80% of vegans may also be deficient in this critical vitamin.

It is easy to receive the RDA (Recommended Dietary Allowance) for B12. It is suggested to be only 2.4 mcg/day. Some natural sources of Vitamin B12 are meat, fish, dairy products, and eggs. If your body is not absorbing this critical component correctly you may benefit from up to 3,000-5,000 mcg taken orally, in supplement form, per week. No upper limit has been established as higher doses have been deemed safe. When taking an oral supplement of B12 it may take 3-4 weeks before seeing the benefits.

Vitamin B-12 is important in maintaining good energy along with good mental and neurological functions. Another excellent way to get your body the vitamins it needs is through an injection of B12. A shot of B12 is quick and easy and you should see an improvement of moods and energy within 1-2 days. Depending on how deficient you were in B12 you may feel symptoms returning within 5-8 days. Studies and case reports have found that even those with normal blood levels of B12 benefit from B12 injections.

The key to feeling better and helping your body get this critical vitamin is maintaining a frequent weekly injection program for 1-2 months and then slowly backing down to 1-2x per month.

We offer walk-in B12 shots at The Healing Sanctuary. B12 shots are low cost and take just a few minutes. It is an easy thing to do to protect your health.