

Week 31 (2017)

Not Just For Old People Like Me

Just because I know what a perfect nutritional lifestyle should be to get and stay healthy does not mean I follow it all of the time. Even if I could grow all of our own organic vegetables, fruits, nuts and seeds and pick and eat them fresh and raw (or lightly cooked) there is the problem of missing minerals in the soil. Even lightly cooking can destroy critical vitamins.

B Vitamins are especially at risk of depletion and the older you get, the more malnourished you are and the more obvious it becomes. The modern diet is so badly processed that young people are suffering from malnourishment almost from the day they are born in many cases. All of the B Vitamins are critical but a deficiency of B12 has symptoms that can be confused with other diseases.

Signs of B12 Deficiency

Go to your doctor with a list of symptoms like fatigue, weakness, brain fog and feeling a little depressed and if you are over 50 your doctor may simply say it is a sign of aging. If you are under 50 they are likely to say you need to take things easier and have a better-balanced lifestyle (which is nearly good advice).

The worse thing your doctor can do is give you a pat on the back and a prescription for an anti-depressant. What doctors should do (at least) is to routinely check vitamin B12 levels as like many millions you are probably suffering from a vitamin B12 deficiency. Especially if you are vegan or vegetarian.

So, what are the signs you may be deficient?

The following symptoms usually indicate nutritional imbalance and rather than B12 injections from your doctor, attending to the diet, and supplementing with B Vitamins may be a more sensible approach.

1. Unexplained Fatigue and Weakness

Do you sleep well for 7-9 hours yet still feel fatigued in the morning? If that constantly continues for days and weeks, it may be the result of **B12 deficiency**.

Researchers of nutrition found those who felt low energy even though they get plenty of sleep may have low B12 levels. Foods rich in iron and vitamins are necessary to build healthy red blood cells. These include: vitamins B2, B12, B3 and folate (not synthetic Folic acid). Low B12 leads to a lack of red blood cell production...one of B12's critical responsibilities...meaning oxygen transport to your organs is lacking, causing extreme fatigue.

2. Forgetfulness

As we age we accrue so much information we get selective at what we bother to remember. However, chronic forgetfulness may indicate a deeper issue.

Many suffering from B12 deficiency often confuse its symptoms with early onset dementia or Alzheimer's, especially as we age.

3. Depression and Feeling Down

B12 and its physical benefits are well known in natural health care. Yet, we often forget that vitamin B12 is also vital for psychological well-being.

Research points to **B Vitamin and especially B12 as the strongest nutritional factors influencing mental health.**

4. Vision Issues

In my books for recovering vision loss from macular degradation and other vision issues, you will see lots of references to red blood cells and B Vitamins.

Low B12 can lead to vision loss by damaging the retina when blood vessels in the eye become blocked. **B Vitamin supplementation** is in all the recovery plans in my books.

5. Nerve Damage

Numbness can be the result of nerve damage in B12 deficient patients. All leading back to poor red blood cell production from a lack of B12.

Whether you are a teen dealing with exams and sports, or a 90-year-old trying to maintain your independence or simply a woman trying to get healthy so you can have a healthy baby, B vitamins are an essential tool to make these things possible.

The full spectrum of B Vitamins can be found in [Active Life](#) along with over 100+ other nutrients. This is useful for everyday and all-round supplementation, to ensure you are getting all the daily vitamins needed.

B Vitamins and especially B12 supplements in capsule form are only good at absorbing if digestive tracts are not damaged by consumption of sugar and starchy carbs.

When It's Important

For those who have more critical symptoms of a B vitamin deficiency, the best choice is B4Health.

It is well known when the vitamins can't be absorbed, your body is unable to assimilate them and you never get the anticipated nutrition. B4Health is designed to absorb in the mouth and therefore is even better than getting injections of B Vitamins from your doctors. Since it is impossible to have injections every day, B4Health is the perfect solution.

Not only is it well absorbed, it is the most powerful overall health formula I have ever created. I am showing all of the ingredients to show you the lengths I went to make it the best you can take for your health at any age.

To shop for B4Health Spray [click here](#)



B4Health Spray contains:**Serving Size:** 5 Sprays**Servings Per Container:** 100

Ingredient	Per Serving	%DV*
Vitamin C (Ascorbic Acid)	60 mg	100%
Vitamin C (Sodium Ascorbate)	60 mg	100%
Vitamin D3 (Cholecalciferol)	400 IU	200%
Vitamin E (D-alpha Tocopherol Acetate)	30 IU	250%
Vitamin B1 (Thiamine HCl)	1.5 mg	136%
Vitamin B2 (Riboflavin 5 Phosphate Sodium)	1.7 mg	120%
Vitamin B3 (Niacin)	20 mg	125%
Vitamin B6 (Pyridoxine HCl)	2 mg	143%
Folate (supports gene 5-MTHF deficiency (unlike Folic Acid))	400 mcg	200%
Vitamin B12 (Methylcobalamin)	6 mcg	240%
Biotin	300 mcg	600%
Selenium amino acid complex (Selenium Amino Acid Chelate)	70 mcg	127%
Pantothenic Acid (Vitamin B5) (D-Calcium Pantothen)	10 mg	167%
Additional Complex below for CardioVascular System	63 mg	**
<ul style="list-style-type: none">• Trimethylglycine (TMG)• Glucosamine Hydrochloride• Grapeseed Extract• Ribose• Taurine• Pine Bark Extract• Co Enzyme Q10		

**Daily Value not established

*Percent Daily Values are based on a 2,000 calorie diet.

Other ingredients: Water, glycerol, sunflower lecithin, natural red fruit flavouring, aloe vera extract, stevia and potassium sorbate.