



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Have Any Of These Symptoms?
You May Be Low In Vitamin B12

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“If you or someone you know has been on acid blockers or experiencing depression, irritability, memory or concentration issues, consider B12.”

Did you know that one of the side effects of acid blocking medications is a B12 deficiency? Our bodies need hydrochloric acid to absorb B12. So, if we reduce hydrochloric acid with medication, our ability to absorb B12 goes down.

You see, as we age, the amount of hydrochloric acid our body makes declines, because it takes so much cellular energy to make hydrochloric acid. And one of the things that goes hand in hand with hydrochloric acid deficiencies are low mineral levels and B12 deficiencies.

Let me say that another way. We need hydrochloric acid to absorb B12 from our food. B12 deficiencies should be a big consideration for everyone approaching their golden years.

Because if you are low in B12, your years won't be golden.

Here's an interesting study. On a college campus, baseline levels of hydrochloric acid were taken from "healthy" college students, but before the experimental part of the trial could begin, the flu broke out on campus. This adds a twist to any hydrochloric acid experiment, as sickness will diminish hydrochloric acid production. Well, to salvage their time and data, the researchers decided to see how long it would take for the subjects to return to their baseline levels of hydrochloric acid after the flu abated. It took up to 6 months for 2 of the subjects.

This should serve as a reminder for anyone battling trauma,

infections, or any chronic disease, there's a good chance that there's a digestive component as part of the clinical picture. And as I mentioned a moment ago, if you have been on acid blocking medication for a prolonged period, chances are pretty good that you're low in B12.

B12 works with folic acid in the synthesis of the building blocks for DNA and RNA. B12 is essential for the integrity of the nervous system as well as energy production.

To mention all the conditions that a B12 deficiency is associated with would take quite a while, so I'll focus on some of the neurological effects of B12 deficiencies. B12 deficiency affects the peripheral

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nerves and in later stages the spinal cord. Patients may experience tingling and numbness in the extremities, loss of vibratory and position sensation, abnormalities of gait, age related hearing loss, muscle spasticity, irritability, depression, loss of concentration, memory loss, and dementia.

Do you have any of these symptoms? Plant sources of B12 do not have the same biological activity for humans, and as a result, most vegetarians are also low in B12 and should supplement. Ask your doctor to do a blood test called a CBC with differential to determine if you have B12 deficiency.

If the mean corpuscular volume or MCV is above 89.9, that's a clue you may be low in B12. The other indicator I look for is the mean corpuscular hemoglobin abbreviated MCH. If the value is above 31.9, it also indicates a B12 / folate need. If either one of these indicators is high, suspect a deficiency, but if they are BOTH high, you can be confident of a B12 or folic acid deficiency.

By the way, if you take a multiple with B12 in it and have a serum B12 test done, it will show a false positive. My favorite product is a cherry flavored lozenge called B12-2000 lozenge. Each B12-2000 lozenge contains 2000 mcg of B12, 800 mcg of folate (the natural form of folic acid), and 2 mg of B6 (in the p-5-p form).

For many people, especially seniors, B12 is not absorbed very well via the stomach and

hydrochloric acid should be supplemented with a form that will yield good oral absorption. This tablet is so tasty that the tendency is to chew it like candy. The key to this therapy, however, is to allow the tablet to dissolve slowly in the mouth.

Research shows that for most people, oral supplementation can be effective, especially if you are already supplementing with hydrochloric acid. There are some people that may need B12 injections, so following up with laboratory testing is important. There are many forms of B12 lozenges on the market. Avoid the methylated forms for oral supplementation. Methylated forms will chelate heavy metals that may be used in your dental fillings and release them throughout the body. For this reason, in B12-2000 Lozenges, Biotics uses a hydroxocobalamin form of B12. Expect to start seeing clinical changes in 30 days and lab tests should reflect changes in about 90 days.

If you or someone you know has been on acid blockers or experiencing depression, irritability, memory or concentration issues, consider B12. Better yet, talk with your clinician, ask them to do a CBC, and look for these markers. I love the saying "in the end, it's not the years in your life that count, it's the life in your years." Enhancing the quality of life is what we all want, and we can do something about. Your wellness professional is a great resource, contact your clinic, ask about B12 deficiencies and ask about B12-2000 Lozenges.