



Wellness Minute

Health Information You Can Use On Your Path To Wellness

Don't Remember Your Dreams?

You May Be Low
In **VITAMIN B6!**



Vitamin B6

“Do you remember your dreams? Because if you don’t, there is a really good chance you are deficient in B6.”

Do you remember your dreams? Because if you don’t, there is a really good chance you are deficient in B6. Dr. Carl Pfeiffer, MD, PhD was one of the pioneers studying how nutrients affect the brain. In his classic work, Mental and Elemental Nutrients, he believed one of the biggest indicators of B6 deficiency was an inability to remember dreams.

The RDA for B6 is 2.0 mg per day. We all know that's not enough. Even stress increases the need for B6. Something we can all relate to right now. Dr. Pfeiffer personally needed 50 mg in the morning to remember his dreams, due to the stress of running the Bio-Brain Center. However, when he was on vacation, the same 50 mg caused dreams so vivid,

he had to reduce the dose to 25 mg.

We'll discuss supplementation in a minute, but look at some of the things that cause a deficiency of B6, and see if you find yourself or someone you care about. Have you been on birth control pills, hormone replacement, or antibiotics? Have you taken diuretics or bronchodilators? Have you been eating a diet high in refined carbohydrates? Are you chronically stressed out? With one or more of these factors, there is a good chance you have suboptimal levels or what we call a “functional deficiency” of B6.

B6 has been one of the forgotten B vitamins this decade. Let's just review some of the things B6 does. B6 is an impor-

tant coenzyme for many of the intermediate steps in metabolism for many of the amino acids. That may seem complicated, but think of it this way. If you are low in one of the ingredients to make a hormone or protein, the raw materials pool up, and the hormone doesn't get made, or if it does, it is made slowly and in trace amounts. Serotonin, GABA, histamine, dopamine, adrenalin, hemoglobin, and are just a few of the hormones and neurotransmitters that are dependent on B6. B6 is also a key link in the utilization of essential fatty acids, particularly the conversion of ALA to EPA and DHA, the ones that reduce inflammation. You can see by the names of these key regulators that a B6 deficiency could be the underlying factor for a lot of

conditions. I wonder how many billions of dollars that are spent on drugs each year could be saved by the use of this simple B vitamin alone. Obvious symptoms of vitamin B6 deficiencies include seizures, mental retardation, and anemia. However, there is a host of functional deficiencies that include anxiety, depression, numbness, trigger finger, joint pain, joint stiffness, carpal tunnel syndrome, sensitivity to bright lights, tingling of extremities, sore tongue, digestive issues from a lack of stomach acid, fissures/cracks in the tongue, burning sensation in the mouth, history of birth problems like spontaneous abortions or fetal abnormality to name a few.

Vitamin B6 also prevents the formation of homocysteine. Increased homocysteine is a classic risk factor for heart diseases but also acts as a marker for inflammation.

Let's discuss supplementation. What are the best forms and how much can be taken? B6 comes in the form of pyridoxine HCL. However, it must be converted by the body to pyridoxal-5-phosphate before it can be used. Fortunately, both forms are available in supplemental form.

Personally, it takes me about 100 mg of pyridoxine HCL before I remember my dreams. However, when I take 40 mg of the pyridoxal-5-phosphate form, I dream vividly. Because B6 is such a key nutrient, one of the first questions I ask people is, "Do you remember your dreams?" If they don't, I recommend 100 mg of the pyridoxal-5-phosphate form until they do.

Biotics Research makes a pyridoxal-5-phosphate form called B6 Phosphate which contains 20 mg of B6 per tablet in their unique bio-available vegetable tableting base. Once dreams are remembered, reduce the dose to a level where you can still remember your dreams. B6 Phosphate by Biotics Research is available through the clinic on this page.

As I said, B6 is sometimes forgotten, but it's worthwhile to remember it. We can do more exotic tests to assess your B6 level, but I agree with Dr. Pfeiffer's thinking and like to pay attention to the simple ways the body is communicating with us. Contact your wellness professional and ask about B6 Phosphate and whether any of your symptoms could be related to a deficiency in B6.