

Do you suffer from fatigue, anemia,
depression or frequent falls?

Is your child diagnosed with a
developmental delay or autism?

Has your loved one been diagnosed with
dementia, Alzheimer's or MS?

Could It Be B12?

*An Epidemic of
Misdiagnoses*

The underground classic
that has saved lives

2nd
Edition

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Could It Be B12?: An Epidemic of Misdiagnoses



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, written for both patient and the interested layperson, outlines how physicians frequently misdiagnose B12 deficiency as Alzheimer's disease, multiple sclerosis, cardiovascular disease, neurodevelopmental disorder, Parkinson's disease, depression, or various other mental illnesses. Can it be b12? Presenting a wide scope of problems due to B12 insufficiency, this comprehensive help provides up-to-time medical information regarding symptoms, testing, diagnosis, and treatment. Today in the second edition, this reference has been completely updated with the latest research, diagnostic exams, treatment options, case studies, and testimonials.



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B12 will save your daily life and your sanity Several years ago I began feeling a complete host of symptoms, fatigue, severe muscle pain, numbness, severe short-term memory loss etc. Essential read book!! Even at 250 I had debilitating symptoms. So I began to supplement with sublingual B12 (methylcobalamin). With 2 times I began to experience better, but what was really worrisome had been wired to the point of being completely unable to sleep with heart palpitations that felt like my center would jump out of my chest. A lot of information Great reserve if your low in B12. I lowered my b12 dosage to just 25-50mcg/day, but STILL had wired symptoms, I stopped the B12 completely and over the next 24 months I upped my Supplement D and Zinc but nonetheless didn't feel significantly better. Long story brief through considerable research reading on the web B12 forums I discovered some individuals become hypokalemic (low potassium) after supplementing with any form of B12 due to the B12 building DNA, building fresh cells (RBCs and other blood cells) These "fresh" cells will need up the Potassium and internalize it intracellularly (Potassium is principally intracellular) and therefore your extracellular Potassium will diminish consequently. So now when i take my morning hours B12 sublingual if I start to get center palpitations, experience the jitters coming on, I drink a can of low sodium V8 juice which has 1100mg potassium and in a hour I'm calm, relaxed and back to just feeling good, and the BEST PART...I sleep so damn great now, like I did in my teens, I could multi-task like never before and We'm no longer planning 2 level cervical disc fusion surgery because my neck/back again pain is almost completely gone. I realize a lot of people don't get this type of weird side effect from B12, but if you are like me bunch on potassium: coconut drinking water, V8, bananas or a potassium supplement. After all these years, it WAS the B-12!! I've had chronic exhaustion for around 25 years and frequent migraines for a bit longer. This book is packed with reliable sources and information a regular person can understand. And incidentally, I am today using methyl B-12 (5000 mcg x 2 daily) rather than the hydroxo type. I had currently started taking B-12 after reading about the Dr. What I didn't like about the book, it is extremely redundant and a hardcore browse. After a few days on sublingual hydroxo B-12 (Perque Activated B-12) -- in less than one week -- my migraines just stopped cold (have been getting a couple of per week, on / off, for years, and rate of recurrence was increasing as time passes). Very informative!! In huge part by using this book, I've come to realize that I've probably had a B-12 deficiency the majority of my life (and I'd say further, in retrospect, that B-12 deficiency probably operates in my own mother's side of our family). As well as perhaps what "put me over the advantage" in the late 80s was the improved mercury publicity from filling replacement (mercury binds B-12). Though I acquired improved my migraine problem with B-12, they're all but eliminated after heading gluten free (though I can still provide myself a migraine easily eat a few foods I just don't tolerate). A great deal of information. Information in this reserve is great I have a B 12 insufficiency . Well worth reading. I recently discovered that I've genetic gluten sensitivity (much like celiac disease). I by no means knew low B12 might lead to so many medical issues. Going gluten free (zero wheat, rye, or barley - for me, no grains at all, actually) has made an enormous difference. Regardless, during my whole 25 year odyssey with CFS, not just one health professional ever recommended that B-12 could possibly be my primary problem (despite the fact that I had some blood test indicators they should have caught). Depression is mostly gone, as is usually chronic insomnia, and my energy level is much better - almost "normal." Gluten is usually a big issue for most people, and few know about it. To make a very long story much shorter -- a few weeks ago, probably due to some buy or search I had produced, Amazon suggested this reserve to me. I told my doc and she had no answers, she just told me to "keep attempting" and offered injections that i rejected due to concern with

the insomnia. Without books like this it might become very hard for many people to access the bottom of the cause of their symptoms and thus have to remain treated by doctors using medications to suppress symptoms (or, like me, spending substantial levels of money on supplements that couldn't actually solve the issue). Gluten sensitivity can lead to more information on problems including gut harm which compromises absorption of nutrition, and I found out that gluten sensitivity runs in my family. After all, one wonders why there is a deficiency in the first place (since I've been taking at least 1000 mcg sublingual B-12 daily for years). Good info to have I loved that it thoroughly covered information on B-12 and the results in case you have too little it. I talked about with my hematologist and we agreed I'd begin B-12 therapy. Martin Pall protocol for CFS which uses high dose hydroxocobalamin B-12 among a great many other supplements. So, if it's information you are looking for, that is it and compiled by professionals, if you want a quick read about B-12, this is simply not it. Thought it was menopause!! An excellent source of knowledge for patients, families of, health employees and everyone thinking about health issues. I got examined by my doc and everything arrived normal except I experienced low B12 (250), Vitamin D (22) and Zinc was 60. It should be essential read for all health professionals. You can change an individuals life. This reserve made me understand B12 deficiency is so prevalent Essential relevant health information! Upgrade (12-30-11): Since writing this review nearly one year ago, I've made another discovery that's a lot more basic than the B-12 insufficiency. I wanted to know all I possibly could to help myself. Have observed a neurologist who is great and I want To read more concerning this problem B-12 injections could save your valuable life. I've been down almost every road I could discover for answers, first taking plenty of supplements (that have been certainly helpful to one level or another) then checking out several causes such as mercury poisoning (outward indications of exhaustion started around the same time I had a couple of aged fillings with brand-new "silver" ones in the late 1980s), Lyme Disease, anyway, very long list. I have already been identified as having pernicious anemia and B-12 deficiency since 1997 and I thought my understanding was adaquit but I today understand so much more. The publication has made me aware of how important B-12 would be to my lifelong wellness. Everyone should read this reserve even though you think you're healthy. For me personally, the hydroxo form seems to be more effective than the methyl form of B-12 (I have been acquiring sublingual methyl B-12 1000 mcg for years and my serum amounts were quite elevated). Explains this disease perfectly.. Five Stars Very good useful read.



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