



Quintessential Health Care

An Integrated Health Resource

Greetings!

Though you may not be aware of it, B12 deficiency is one of the TOP nutrient deficiencies affecting otherwise healthy Americans.

It is especially prevalent in adults over the age of 50, but it affects young adults and children too.

B12 is crucial to supporting our brain health—including our memory and overall cognitive function, producing DNA and RNA, supporting our nerves, blood health, and our mental and emotional well-being.

The funny thing about B12 is there is no scarcity of it in our food supply as it is abundant in animal-based foods. However, it is highly vulnerable to depletion based on specific diet, lifestyle, health, and genetic factors.

What are these factors and what are the warning signs of B12 deficiency?

Read on to learn all about it, including what you can do to prevent and fix B12 deficiency....

Message from Milly

Of all the health issues I've helped clients with over the years, fatigue is by far the most common complaint.

And though fatigue has many causes—ranging from adrenal exhaustion to insomnia—a common thread that binds is B12 deficiency.

Now B12 is not a vitamin most people worry about, unless they are vegetarian, vegan, or

In This Issue

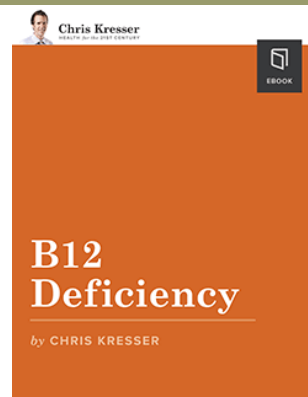
[Message from Milly...](#)

[The Attitude of Health](#)

[Heal Thyself and Never Stop Learning](#)

[Ancient Wisdom Modern Medicine](#)

Heal Thyself and Never Stop Learning



Book Pick of the Month (free EBook):

["B12 Deficiency"](#)

-Chris Kresser, MS, LAc

This free eBook is a quick read and covers all the basics of B12 deficiency, including:

- How B12 deficiency is often misdiagnosed
- Common symptoms
- And best sources of B12

The book is yours free for signing up for Chris' newsletter (which is one of the industry's leading natural health resources).

of specific ancestral background. But the truth is, B12 deficiency has become a modern epidemic for several reasons, including:

- Poor gut health—as B-vitamins are synthesized in the gut.
- An increase in the use of certain medications such as proton pump inhibitors and antacids—many of which deplete B12 stores.
- Common use of laughing gas at the dentist—which completely wipes out B12.
- An increase in autoimmune disease—often stemming from a chronic gut-health issues, autoimmune diseases like IBS and Crohn's Disease interfere with the body's ability to absorb B12.
- Age—our ability to absorb B12 decreases with age (according to the [National Health and Nutrition Examination Survey](#) 1 in 31 adults over 50 are B12 deficient—though I suspect the numbers are actually much higher), therefore supplementation may be recommended.

Another often-overlooked causative factor is **MTHFR genetic mutations**.

These little-known mutations affect over 50% of the population, and can predispose you to B12 deficiency and any number of ills.

MTHFR mutations and the methylation cycle of B-vitamins is complex, but essentially, if you have what's known as a MTHFR genetic mutation, your body isn't methylating folate and B12 properly, and specific supplemental forms of B12, methionine (an amino acid that makes up B12), folate, and B6 may be indicated.

A BioEnergetic Assessment and thorough intake can help identify these causal factors at an energetic level, as can specific lab tests ordered by an integrative MD.

Symptoms of B12 deficiency can include:

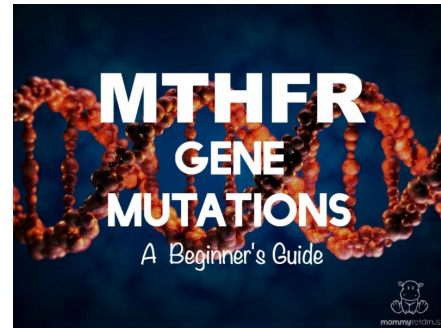
- Fatigue
- Poor short-term memory and other cognitive impairments
- Shortness of breath
- Anemia
- Frequent bruising



Must-Read Article by Dr. Mercola: ["Know the Signs of B12 Deficiency and Top B12 Benefits"](#)

Milly is a big fan of Dr. Mercola's work, and this article on B12 is no exception.

Here, he lays out in pain-staking detail the common symptoms and causes of B12 deficiency, plus the best ways to protect yourself.



If You Want to Learn More about MTHFR Genetic Mutations....

For those curious to learn more about the complex topic of MTHFR Genetic Mutations discussed in "Message from Milly", check out this article: ["MTHFR Genetic Mutations: A Beginner's Guide"](#) from the [mommyopotamus](#) blog.

Though Mommyopotamus blogger, Heather Dessinger, is not a doctor or scientist, this seems to work in her favor as she did a beautiful job simplifying the often dizzying topic of MTHFR.

Plus we like her other posts and recipes on children's and family nutrition. A highly recommended read!

Ancient Wisdom Modern

- Heart palpitations
- Digestive issues
- Numb or tingly hands and feet
- Brain fog
- Depression (more on this below)
- Neurodevelopmental issues in children

The role of vitamin B12 and folate in depression is due to their role in transmethylation reactions, which are crucial for the formation of neurotransmitters (e.g. dopamine, serotonin, epinephrine, nicotinamides, purines, phospholipids).

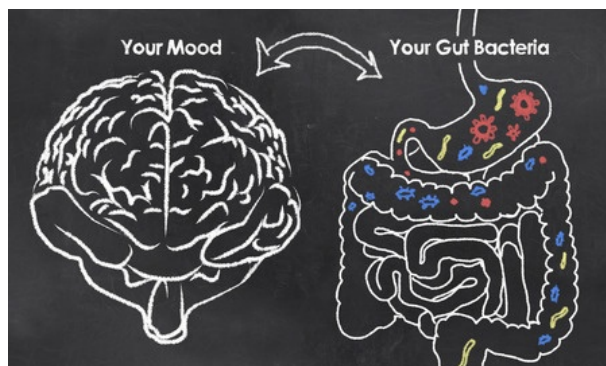
Low levels of folate or vitamin B12 can also disrupt transmethylation reaction, leading to an accumulation of homocysteine (hyperhomocysteinemia) and to impaired metabolism of neurotransmitters (especially the hydroxylation of dopamine and serotonin from tyrosine and tryptophan), phospholipids, myelin, and receptors.

With so many people suffering from fatigue, neurological issues, and depression, surely it is worth investigating this topic a little more.

Read on to do just that...

Blessing to All,
Milly

The Attitude of Health *How Chronic Stress Can Affect Your B12 Stores*



When we think of correcting B12 deficiency, we automatically think of high-dose supplementation and eating more animal protein.

And those are sound solutions, but...

...the proper synthesis and absorption of B12 (and other B-vitamins and nutrients) is dependent upon the health of your gut.

Medicine

Professional-Grade B12 Supplements

For those requiring B12 supplementation for an MTHFR mutation or other issue, **the correct form and delivery of B12 is crucial.**

At QHC we are proud to offer a wide range of B12 supplements by **Pure Encapsulations**, a professional-grade supplement line sold only through healthcare practitioners.



Pure Encapsulations supplements are formulated to be:

- Highly absorbable
- Hypoallergenic
- Gluten-free
- Excipient-free
- GMO-free
- Hydrogenated-fat-free
- With no artificial colors, flavors, or other undesirable ingredients.

Our B12s come in liquid, chewables, and a high-dose capsule for adults.

Call: 770-446-1140, [email us](#), or [stop by](#) to pick up your supplies today.

Not sure if you need supplementation? Call to schedule a BioEnergetic Assessment.

And the ONLY way to maintain a healthy gut long-term is to adopt a healthy attitude toward stress.

Yes, diet and lifestyle play important roles, but science is proving that chronic stress is the #1 enemy of gut health.

Why? Our gut and brain are intimately connected through what's known as the vagus nerve, or "enteric nervous system".

This acts as an information super-highway, shuttling messages and signals from gut to brain, and brain to gut.

If we live in a state of chronic stress, the brain tells the gut we're in constant danger. This causes the release of specific chemicals and stress hormones that weaken the gut lining, resulting in Leaky Gut.

And when you have a Leaky Gut, your intestinal tract cannot break down, absorb, and manufacture crucial nutrients like B12.

The best way to protect your gut (and B12 stores) is to practice daily stress-reducing techniques such as journaling meditation, yoga, exercise, prayer, or anything that helps you de-stress.

It never ceases to amaze us how all health begins in the gut.

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