

## Vitamin B<sub>12</sub>

I found it important to address one of the more commonly discussed health topics in the natural health field (particularly so in vegetarian, vegan and raw vegan circles). And that is the topic and issue of Vitamin B<sub>12</sub>.

Vitamin B<sub>12</sub> is part of the water soluble vitamin B complex.

Among several functions, Vitamin B<sub>12</sub> is considered to help in the process of converting carbohydrates (from food) into sugars (fructose and glucose). It is also considered to play a role in maintaining healthy skin, hair, eyes and liver as well as the integrity of the nervous system.

According to research conducted at the University of Maryland Medical Center, people on an exclusively plant-based diet, and also the elderly, are among some of the groups noted to be at risk for B<sub>12</sub> deficiency.

### *Our Perspective and Approach to Vitamin B<sub>12</sub>*

Generally, but with certain exceptions, we do not recommend isolated chemistry (i.e. vitamin, mineral, antioxidant, fatty acid or amino acid supplements) - and this includes vitamin B<sub>12</sub>.

The reason for this is:

- 1) It does not address the root cause of why you're having a supposed deficiency.
- 2) Isolated supplements can produce harmful side-effects, and most of them come with numerous unnecessary and sometimes toxic filler ingredients.
- 3) In light of the above two points, supplementing will serve nothing but treat a supposed deficiency, and undesired side-effects may be experienced.

Let's say, you have pain. For the pain, you decide to supplement with magnesium (a mineral) in an attempt to decrease or eliminate the pain. If successful to any extent, take note of what happens down the road as you stop taking the magnesium. The pain eventually comes right back - and in some cases - worse than before and non-responsive to resumed supplementation.

The only thing you accomplished was suppressing the pain, while not addressing the etiology or root cause of it.

This is why we prefer to approach these issues in a more **holistic manner**, addressing the health of the human body as a **whole**. We shift our focus away from supplementation, and

over to emphasizing fresh, wholesome foods while utilizing specific health evaluation techniques to determine the best approach for addressing the root of the issue.

Where vitamin B<sub>12</sub> is concerned, we emphasize the health of the adrenal glands, as well as the intestinal tissues and inner environment.

The adrenal glands, due to their production of mineralocorticoid steroids, are involved in the utilization process of most of the body's minerals (a notable exception, being calcium). The trace element, 'cobalt' (which is utilized by the adrenal glands), serves as a precursor to vitamin B<sub>12</sub>. It is for this reason, we suspect adrenal gland weakness when someone has low blood serum B<sub>12</sub>.

Certain bacteria located in the intestines are involved in converting cobalt salts into vitamin B<sub>12</sub>, thus we also address the intestines.

Supplementing with B<sub>12</sub>, whether through injections, sublinguals or skin patches, never resolves impaired adrenal gland function nor does it restore an environment that is conducive to flourishing gut bacteria. Interestingly enough, this also makes it obvious that consuming animal products doesn't exempt the individual from experiencing B<sub>12</sub> problems.

As a side note, considering that the adrenal glands produce neurotransmitters, which are essential to proper neurological function and myelin sheath integrity, note how many neurological symptoms, commonly blamed on "B<sub>12</sub> deficiency", can be directly linked to under-functioning adrenal glands - including fatigue and tremors.

### ***The Four Essential Processes for Health and Vitality***

This part is very important to understand, as the following is what must be addressed before even considering "nutritional deficiencies" of any sort.

First and foremost, ask yourself the following questions:

- 1) Am I consuming the most nutritional and organic food for my physiology? Or is my diet comprised of nutritionally devoid, overly-processed junk foods?
- 2) Am I chewing and digesting my foods properly?
- 3) Is my body absorbing the nutrition from my (hopefully) well-digested food?
- 4) Once absorbed, is my body capable of properly utilizing these constituents?
- 5) Is my body successfully eliminating the waste byproducts created from bodily and cellular metabolism?

If you want an idea of what the answer to the first question looks like, please peruse our PDF entitled 'List of Raw Foods to Eat'.

**First - Digestion:**

Our focus points for proper digestion include the mechanical phase (i.e. chewing your food properly, before swallowing), the stomach (protein), pancreas (carbohydrates), as well as the liver and gallbladder (fats).

All the above organs (and gland) must be functioning properly.

**Second - Absorption:**

'Interstitial lymphatic constipation', or 'systemic lymphatic stagnation' are two terms coined by our great mentor and teacher, Robert Morse, N.D., and exemplifies precisely what goes wrong when one is unable to adequately absorb their nutrition through the intestinal wall, as the lymphatic system has backed up in the intestines resulting in inhibited absorption.

Also, as a result of many years of consumption of starches, white flour and dairy products, the intestinal villi which serve to expand the internal surface area of the intestinal walls (allowing for greater absorption of nutrition), and also serve to grab ahold of digested food particles for absorption, are progressively matted down as a result of the gluey effect that the aforementioned foods have on the intestines.

So, for absorption, our focus points are all three sections of the small intestines, and the cecum (first) portion of the colon.

**Third - Utilization:**

Now, while digestion and absorption are two factors that are considered by many, this third factor is one that is considered by virtually very few.

Our focus points here, are the adrenal glands, thyroid and parathyroid glands. As we've already addressed the role of the adrenal glands in this, we will focus on the thyroid and parathyroid glands.

The thyroid produces a hormone known as calcitonin, while the parathyroid glands produce a hormone known as parathormone or parathyroid hormone. Both of these hormones play their respective parts in the waxing, waning and utilization of the body's most abundant mineral - calcium.

**Fourth - Elimination:**

Fourth and finale, the elimination process. For if elimination of digestive and cellular waste doesn't take place to the degree that it should, it eventually results in problems in all other compartments concerning one's health. One of our core focuses in detoxification, is to address the individuals inability to filter their lymphatic system the way they should - which is ultimately where most problems begin (of course preceded by diet and overall lifestyle).

The body's primary eliminative pathways are:

- 1) The kidneys (which are controlled by the adrenal glands).
- 2) The colon (note that peristalsis can be affected by the impaired adrenal function).
- 3) The skin (note that the thyroid plays a primary role in regulating body temperature, which determines your ability to sweat and thus eliminate through the skin).
- 4) The lungs (primarily in expelling carbon dioxide).

Unfortunately, very few people don't have any problems with all four processes essential to health, outlined above. Therefore, utilizing dietary supplements should only be done as a temporary resolution, if absolutely necessary, while keeping in mind that there is a lot more involved behind the cause of the problem you're taking the supplement(s) for, in the first place.