

## MAKING SENSE OF VITAMIN B12

*StoneTree Naturopathic Clinic, Collingwood, ON*

Vitamin B12 is one of eight B vitamins, and plays a key role in your brain and nervous system. It's required for all cells in the body to replicate, and for proper thyroid function, too.

Because it's found in all animal sources of protein, though, a Vitamin B12 deficiency is thought to be a rare occurrence. Unless you're a non-soy eating vegan, the thought of you not getting enough B12 in your diet seems unlikely.

But there's a catch. Vitamin B12 is a little more finicky than your average B vitamin. All the B vitamins are water soluble and easily absorbed in the intestines, but B12 needs to go through a few more steps.

To get B12 into your body where it belongs requires, among many things, sufficient stomach acid and sufficient digestive enzymes. The older we get, though, the less likely we are to have enough of either. Add to that the fact that B12 levels can be inhibited by acid reducing medications and some diabetes medications, and suddenly a B12 deficiency isn't so far out of the realm of possibility.

What does vitamin B12 deficiency look like? Fatigue, depression, memory problems are the most common symptoms, but they can range to anemia, balance problems, and numbness and tingling in the extremities.

A blood test can help determine if you have a B12 deficiency, and a simple injection is often enough to bring your levels up and help you feel better.

*To learn more, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at [feelbetter@stonetreeclinic.com](mailto:feelbetter@stonetreeclinic.com)  
[www.StoneTreeClinic.com](http://www.StoneTreeClinic.com)*