
B12 down already?!?! HELP!

Posted by Squirrelletta - 2008/01/17 09:19

I just got my blood test back and they said my B12 is too low?!? My doctor said "Tell me your not vegan...please."

Well, I'm NOT, I'm not even veggie yet...what gives? Is there anything besides the supplements anyone uses to raise their B12?

This is really frustrating and I drink green smoothies regularly and eat a very balanced diet. My raw is up to and around 60-70% at this point.

Raw makes complete sense to me, why is my body flipping out?

PS: Someone told me massive stress can lower it and that fit's. Could that be it?

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Re:B12 down already?!?! HELP!

Posted by Raw gardener - 2008/01/20 03:33

Hi,
I don't know if this will help, but I always add some powdered spirulina to my green smoothies, this has the elusive B12 in it. I also take a good B12 supplement as well to make sure I'm covered.
Raw Gardener

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Re:B12 down already?!?! HELP!

Posted by karennd - 2008/01/21 02:53

Raw gardener had some good suggestions, Squirrelletta.

Yes, stress can definitely lower vitamin B levels. Do you know if you are low on all the B vitamins, or just B12? Stress usually affects all of them.

Here are some other thoughts. If you are not raw vegan yet, consider adding some 3 minute boiled eggs or raw eggs (search www.mercola.com for advice on eating raw eggs) or raw cheese for a source of B vitamins. These are vegetarian sources.

Many of us have impaired digestive systems from years of eating junk that make it hard to absorb the vitamins, even if we eat them. So you might consider taking some probiotics and good digestive enzymes also.

Good luck!

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Re:B12 down already?!?! HELP!

Posted by RawPanda - 2009/11/18 20:13

Also keep an eye on your iron as well... B12 & iron deficiency aneamia is quite common... you should be fine if you start adding enzymes to your diet while transitioning... take them when you eat any cooked food and your symptoms *should* ease up and will help with stress.. RawGardener is right, add some Spirulina, that stuff saved my life!

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Re:B12 down already?!?! HELP!

Posted by Drawed - 2011/11/11 05:52

This is one of the best threads I have read in a long time filled with very informative info. I have been raw for a year now and do take the multivitamins and a few other supplements and after reading this plan to adds some enzymes also. I had no ideal that all that junk food I used to eat could block my bodies absorption of vitamins through and it really makes a lot

of since. I never felt good after eating fast food and could feel some the affects the next day from that junk. I am going to ask my Minneapolis doctors about some of these ideals but I think most of them will fit right in with what I am doing so Thanks Guys and Girls.

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Re:B12 down already?!?! HELP!

Posted by simoncrony - 2011/12/26 11:55

Eggs , Cheese , yogurt , Cows Milk and other Dairy products are the excellent source of Vitamin B12 for Vegetarians.

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