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## B12 down already?!?! HELP!

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

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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

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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

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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](http://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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