

# THE CRITICAL CASE FOR VITAMIN B12

By Chris Sparks

Vitamin B12 (also known as the energy vitamin) is a crucial component for maintaining multiple aspects of health. These include: energy production, cognitive activity, and healthy nerve function. A recent study has shown that 25% of adults are deficient in this vitamin. Common symptoms of which include: mental fogging; problems with your memory; mood swings; lack of motivation; fatigue; muscle weakness; and tingling in your extremities.

## The Dangers of B12 Deficiency

The body stores vitamin B12 in the tissues, so it may take years to deplete these stores. However, after about seven years of B12 deficiency, irreversible brain damage can result. Thus, any deficiency in this vitamin is of serious concern. Another consequence of low B12 levels is the development of anemia, since B12 is essential for the formation of red blood cells.



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## How Do We Obtain B12?

Fungi, plants, animals and humans are each incapable of producing their own B12. Only bacteria is capable of producing this vital nutrient. Such bacteria exists in a healthy human digestive tract and from here, supplies the body. Thus, in maintaining a healthy digestive tract one can facilitate the production of intestinal flora, which is used to create vitamin B12. For most however, adequate B12 levels cannot be obtained in this way. Some animals, like cows, readily obtain B12 from their digestive systems and are therefore rich in this nutrient. Yet for those of us who wish to follow a vegetarian diet, other options are certainly available.

Vegans may obtain B12 by attempting to maintain the right gut-flora, through the use of fermented foods or supplementation. Vegetarians may obtain B12 through the use of eggs or dairy, yet caution is needed since disease in the animal kingdom is widespread and most sources of animal products are unfit for use. The following testimony was given by Sister White to a man who - among other things - appears to have been extremely low in vitamin B12:

“Do not go to extremes in regard to the health reform. You must not deprive yourself of that class of food which makes good blood. When you see that you are becoming weak physically, it is essential for you to make changes, and at once. Put into your diet something you have left out. It is your duty to do this. Get eggs of healthy fowls. Use these eggs cooked or raw. Drop them uncooked into the best unfermented wine you can find. This will supply that which is necessary to your system. Do not for a moment suppose that it will not be right to do this. . . .” {CD 204.1}

I have personally applied this counsel to my life and have seen it put into practice in the lives of many others. As a result, I have witnessed a speedy increase in strength and vigor. As a serious concern to our health and a common problem amongst vegetarians, let us not ignore the signs that we may be lacking in vitamin B12.