

Sensory Challenges & Vitamin Deficiencies

BalanSense Therapy, LLC

A nervous-system–informed Occupational Therapy practice

Sensory challenges can sometimes be influenced by vitamin and mineral levels in the body. Nutrients play an important role in brain function, nerve signaling, energy, and regulation of the nervous system. When levels are low, sensory input may feel more intense, overwhelming, or harder to organize.

Possible Sensory Signs That May Be Associated with Deficiencies

- Increased sensitivity to sound, light, touch, or movement
- Feeling easily overwhelmed, anxious, or irritable
- Fatigue, low energy, or brain fog
- Difficulty with focus, coordination, or balance
- Increased pain sensitivity
- Difficulty calming down after stress

Key Vitamins & Minerals That Support Sensory and Nervous System Health

- **Vitamin B12:** Supports nerve health and sensory pathways. Low levels may contribute to tingling, numbness, balance challenges, and fatigue.
- **Vitamin B6:** Helps support neurotransmitters involved in mood, sleep, and regulation. Low levels may affect emotional and sensory regulation.
- **Vitamin D:** Supports mood, immune health, and nervous system regulation. Low levels may be linked to sensory sensitivity and low stress tolerance.
- **Magnesium:** Helps calm the nervous system and supports muscle and nerve function. Low levels may show up as tension, restlessness, or sound sensitivity.
- **Iron:** Supports oxygen delivery to the brain and overall energy. Low iron may increase fatigue, overwhelm, and attention challenges.
- **Zinc:** Supports brain signaling and sensory integration, including taste and smell.

A Two-Way Relationship

Sensory challenges and nutrient levels can influence each other. Sensory sensitivities may lead to limited food choices. Chronic stress can impact digestion and nutrient absorption. From a polyvagal-informed perspective, when the nervous system is in a survival state, digestion and absorption are often reduced.

A Nervous-System–Informed Approach

At BalanSense Therapy, we focus on supporting nervous system safety first. When the nervous system feels safe and regulated, sensory processing, digestion, and overall well-being often improve.

- Polyvagal-informed regulation strategies
- Sensory-motor support
- Therapeutic listening programs (such as SSP and Focused Integrated Listening)
- Collaboration with medical providers when lab work is needed
- Education and support for sensory-friendly routines

Important Note: Occupational Therapy does not diagnose vitamin deficiencies. Lab testing and medical guidance are required before starting supplements.

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Nervous system regulation • Sensory integration • Polyvagal-informed care