

B12 Deficiency

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Causes :-

- Poor Diet
- D. Deficiency

Symptoms :-

- Weakness
- vision Blurry
- Depression
- Memory loss, problem in thinking
- High homocysteine
- Trouble in walking
- Fast heart rate
- Shortness of breath
- Low B12 reduce good cholesterol, means HDL

Solution :-

- Improve D by 20minuts light sun light. 7.00am to 8.00am/ 5.00pm to 6.00pm
- Eat – Fish / Eggs.
- Eat sprouts moongs & lentils regularly in breakfast without boil. (Eat raw)
- Take 2 spoon desi cow ghee
- Add folic acid item like asparagus, Spinach & Green leafy in food.
- To lower homocysteine & increase B12 eat asparagus 4 times a week.
- B12 are in bacteria, fungus (don't heat in morning, while eating) so stale wheat roti eating after 12 hours help to increase B12.

underdoctor's observation.