



## BIO-ENERGETIC NATROPATHIC INJECTIONS

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### Vitamin B12 Injection: Medical Description and Benefits

#### Indications for B12 Injection

- Pernicious anemia (autoimmune condition causing poor B12 absorption)
- Malabsorption syndromes (e.g., Crohn's disease, celiac disease, gastric bypass)
- Chronic gastritis or atrophic gastritis
- Long-term use of acid-reducing medications (PPIs, H2 blockers)
- Neurological symptoms of B12 deficiency (e.g., paresthesia, numbness, balance issues)
- Fatigue syndromes (e.g., ME/CFS, fibromyalgia)
- Supportive therapy in autonomic dysfunction or dysautonomia

#### 1. Neurological Health

- Supports myelin sheath integrity
- Enhances nerve regeneration
- Improves symptoms of peripheral neuropathy (tingling, numbness)

#### 2. Cognitive Function

- May improve memory, focus, and mental clarity
- Reduces cognitive fog, particularly in B12-deficient individuals

#### 3. Hematologic Effects

- Stimulates healthy red blood cell production
- Treats and prevents megaloblastic anemia

#### 4. Energy and Metabolism

- Boosts energy by enhancing mitochondrial function and ATP production
- Supports metabolism of fats and proteins

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### Autonomic Nervous System (ANS) Resetting: How B12 May Help

The autonomic nervous system (ANS) regulates involuntary functions such as heart rate, blood pressure, digestion, and temperature regulation. B12 plays a vital role in maintaining autonomic stability through the following mechanisms:

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## A. Rebalancing Sympathetic-Parasympathetic Tone

- B12 modulates neurotransmitter synthesis (e.g., norepinephrine, acetylcholine)
- Helps restore vagal tone (parasympathetic activity), which is often reduced in dysautonomia
- May reduce excessive sympathetic output associated with anxiety, postural orthostatic tachycardia syndrome (POTS), and chronic stress

## B. Support for Autonomic Ganglia and Nerve Repair

- Promotes regeneration of autonomic nerve fibers
- Protects against demyelination and axonal degeneration

## C. Improvement in Orthostatic Intolerance and Circulatory Control

- Anecdotal and clinical reports suggest improvements in symptoms of:
  - POTS
  - Neutrally mediated hypotension
  - Autonomic migraines
  - GI dysmotility (gastroparesis, IBS)

## D. Reduction of Inflammatory Cytokines and Oxidative Stress

- Methyl cobalamin reduces homocysteine levels, indirectly lowering inflammation
- Antioxidant properties help protect against neuroinflammation affecting the ANS

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## Potential Side Effects and Contraindications

- Generally safe and well-tolerated
  - Mild injection site reactions (redness, swelling, pain)
  - Rare: Hypokalemia during rapid red blood cell production
  - Hypersensitivity or allergy to cobalt or B12 components
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## Summary

Vitamin B12 injections are a powerful therapeutic tool for treating deficiency and supporting neurological and autonomic health. For patients with dysautonomia or other autonomic imbalances, B12 may contribute to a functional "reset" of the autonomic nervous system by supporting neurotransmitter production, repairing nerve fibers, and restoring sympathetic-parasympathetic balance.