HEALTHY TIPS

# Vitamin B12 Deficiency Symptoms that most People Ignore

By bestfolkmedicine · 03/06/2018 · 2 min read



*Sadly, we often fail to recognize some important signs that the body is sending in order to show us that there is some internal issue going on, i.e. a nutrient deficiency that may be the main reason behind our health problems. Nowadays, a common nutrient deficiency is low levels of vitamin B12. This vitamin is crucial for the health of the nerves, the production of red blood cells, and for the bonding of proteins and nucleic acid. This being said, we decided to share the major symptoms of vitamin B12 so that you can recognize it timely and treat it properly to avert bigger complications.*

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## The most Common Indicators of Vitamin B12 Deficiency

- Loss of vision
- Shortness of breath
- Heart palpitations
- Pale or yellowish skin
- Tiredness
- Vertigo
- Weakness and numbness in the muscles
- Digestive problems like diarrhea, frequent gas, and constipation
- Loss of memory, mood swings, and depression

## Who Is at the Highest Risk of Vitamin B12 Deficiency?

1. **People older than 50**

Throughout the years, the body's capacity to absorb vitamins from food decreases so very often, vitamin B12 deficiency occurs after the age of 50.

2. **Vegetarians and vegans**

People who are on a plant-based diet have a higher risk of this deficiency because this vitamin is mostly acquired from animal products.

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3. **Lupus or Graves' disease**

People who are diagnosed with these diseases may have a lower capacity to absorb vitamins due to the cells attacking the body's tissues instead of foreign invaders.

Here are some other groups that are at a higher risk too:

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- ***People who consume a lot of alcohol***
- ***People with intestinal parasites***

- ***Those who suffer from atrophic gastritis***
- ***Celiac and Crohn's disease sufferers***
- ***Pregnant and lactating women***
- ***Women in perimenopause***

## How to Naturally Avert this Deficiency?

Make sure you follow a balanced diet, i.e. a diet containing eggs, seafood, poultry, meat, and dairy. If you do not consume animal products, consult your physician for supplementation to preserve optimal health.

Sources:

HEALTHY LIFE BOX & HEALTHY WAY

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