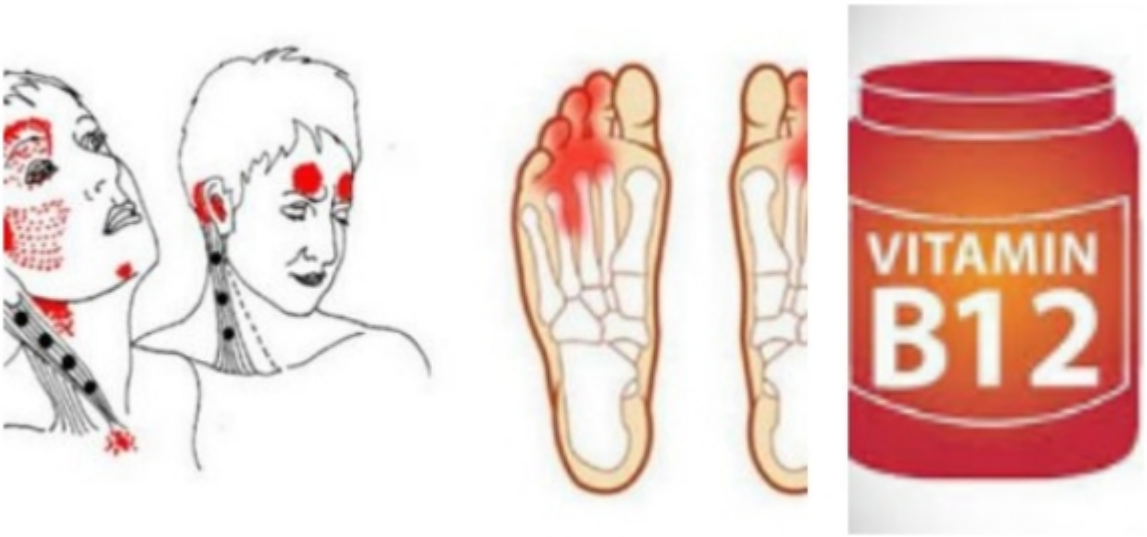
HEALTHY TIPS

Act Timely: NEVER Ignore these Warning Signs of Vitamin B12 Deficiency

By bestfolkmedicine · 12/03/2021 · 3 min read



If we want to stay healthy, we need to ensure we're getting enough vitamin B12. This vitamin does a lot for us and participates in the DNA and red blood cell production.

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However, as the body is unable to produce it on its own, we need to get it from foods and supplements. And, this needs to be done on a regular basis as our body can't store it for long.

The amount we need is conditioned by several factors, including our diet habits, our age, medical conditions, and any medical therapy.

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When we fail to get the amounts we need for our system to function optimally, we're at a higher risk of vitamin B12 deficiency.

Here's how to recognize it timely through its warning symptoms!

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The 8 Indicators of Vitamin B12 Deficiency

- **Numb & tingling sensation-** have you been feeling like pins and needles? Do you feel numb and experiencing tingling; you may be dealing with nerve damage caused by low levels of vitamin B12- get it checked out!
- **You can't keep the eyes open**-since your blood is lacking oxygen due to the low vitamin B12 levels, you don't get the needed energy to feel awake and keep the eyes open.
- **Smooth tongue-** after losing several bumps on the tongue which help us recognize taste due to vitamin B12 deficiency, your tongue won't just look smoother, but you'll also be unable to fully taste food and drinks.
- **Anxiety and sadness-** when a person has vitamin B12 deficiency, they may feel more anxious and tearful. This is a result of vitamin B12's role in the production of the 'happiness' hormones, including dopamine and serotonin.
- **Memory loss-**this can also be a symptom of this deficiency, especially when it happens in younger people who have a lower risk of an age-related memory loss.
- **Yellowish skin-**when red blood cells degrade, the skin turns yellow. It's because during this process, it releases a yellow pigment. In case of a vitamin B12 deficiency, our body can't produce cells that are strong enough.
- **Feeling dizzy-**when the blood doesn't have sufficient oxygen, a person may feel dizzier and wobbly. And, this is often experienced by people who later turn out to have a vitamin B12 deficiency.
- **Blurry or double vision-**when there's optic nerve damage, a person may begin to experience different vision issues. So, if you notice that something isn't entirely right with your eyesight, increase your vitamin B12 levels.

How to Prevent Vitamin B12 Deficiency Naturally

The best way to support healthy vitamin B12 levels is to eat B12-rich foods regularly. Good natural sources include **eggs, fish, meat, milk, cheese, and other dairy products**, while people who follow a vegan or mostly plant-based diet should choose **B12-fortified foods** or speak with a healthcare professional about supplementation. Adults over 50 may also need extra attention, because the body can become less efficient at absorbing B12 from food with age. Since low B12 can affect energy, red blood cell formation, and nerve health, anyone with ongoing fatigue, tingling, weakness, memory issues, or a very restricted diet should consider a simple blood test to check their levels.

Sources:

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