

msherer

The article mentions it, but it's worth emphasizing that healthy gut flora significantly contribute to your B vitamin status. This is part of the danger of clearcutting your gut flora with broad spectrum antibiotics. Another poster mentioned the MTHFR genetic mutation, which is common enough that it's worth recommending that people routinely take B-vitamins in their methyl form. Also worth noting that B12 is a glutathione co-factor, so if you want to keep your inflammation and oxidative damage under control you need to keep glutathione levels up. Based on the title, I actually thought the article might be about magnesium, which is also necessary for maintaining healthy redox balance, but that's another article :-).

Posted On 03/27/2017

freely

msherer, thanks for mentioning health of gut flora. very important!

Posted On 03/27/2017

hut

Yep, definitive connection between gut flora and dementia in rats. Also watch out if you feel dizzy on standing; orthostatic hypotension is a good indicator that you need to mind your mind.

Posted On 03/27/2017

sha2251

Since I have the MTHFR gene mutation and have had labs that show I have a hard time absorbing B vitamins, I've done my own research with what's out there. Check out Methylife supplements, they are top-shelf and very effective! When I started absorbing B9 it was noticeable immediately. I've recommend to my whole family who most suffer depression, ADD, and bipolar disorders.

Posted On 03/27/2017

veritasoreventus

Further support of the use of B12, B6, and folate (not folic acid) for brain health and improvement in blood brain barrier function: Vitamin B12-B6-folate treatment improves blood-brain barrier function in patients with hyperhomocysteinaemia and mild cognitive impairment. Dement Geriatr Cogn Disord. 2003; 16(3):145-50 (ISSN: 1420-8008) Lehmann M; Regland B; Blennow K; Gottfries CG

Thirty patients had mild cognitive impairment and increased homocysteine levels in serum. On average, they were supplemented orally with a high dose of a vitamin B12-B6-folate combination for 270 days. All patients had normal serum B12 and folate levels at baseline. Cerebrospinal fluid levels of the tau protein (CSF-tau) and the albumin ratio were measured before and after treatment. The serum homocysteine levels were normalised after treatment. The albumin ratio significantly correlated with vascular risk factors. At baseline, the ratio was higher in the patients in comparison with age-matched controls. After treatment, the ratio was significantly reduced, which may indicate a tightening of the blood-brain barrier. The CSF-tau levels did not change significantly although there was a numeric decline. None of the patients progressed into dementia during the treatment period. When treated with a vitamin B12-B6-folate combination, patients with mild cognitive impairment and hyperhomocysteinaemia appear to improve their blood-brain barrier function. They may also stabilise their cognitive status. Further investigations are warranted on the role of blood-brain barrier dysfunction in the pathogenesis of dementia.

www.medscape.com/.../12826740

Posted On 03/27/2017

It should also be noted that mercury and other heavy metals can interfere with the absorption of B12: THE PRESENCE OF MERCURY CAN REDUCE VITAMIN B12 In a joint article in the December 1995 issue of Heavy Metal Bulletin by Dr Ahlrot-Westerlund and Editor, Monica Kauppi, they explain that the presence of heavy metals can reduce the uptake of vitamin B12. "The transport of vitamin B12 to the brain can be disturbed or interrupted by heavy metals such as mercury, which affects the blood-brain barrier by causing leakage and hampering the active transport of nutrients. In regard to heavy metal toxicity, in many cases it can be assumed that multiple deficiencies, not always easily separable, can be found."

<http://www.whale.to/w/b12.html>

Posted On 03/27/2017

Air pollution is discussed in this report and the benefits that certain B vitamins provide. I believe a reminder might also be added that people who live in colder climates face higher levels of air pollution than their neighbors in warmer climates. (Warmer climates face their own problems such as longer periods of exposure to disease carrying mosquitoes, etc.- If the right one don't get ya the left one will - lol)

www.youtube.com/watch

Anyway- back to air pollution - Numerous occupations also face serious danger from exposure to toxic pollutants. The group that immediately come to most people's mind would be people who work around diesel engines (buses, trucks, etc.) Consider also the increased danger that firemen and other emergency workers such as EMTs, police also face while breathing in toxic fumes at fires, directing traffic in the presence of road flares, etc. or working in heavy traffic situations. For all who face these or any similar pollution situation - detox procedures are most important along with the mentioned B Vitamins.

Posted On 03/27/2017

forbiddenhealing

Veritas...YES..Metals interfere with life as they source hydroxyl radicals, oxidative stress and inflammation...Conventional-med and most folks never suspect that metals and low mineral levels are killers..Get a hair analysis and otherwise detox for survival..add Mega C and chlorella to mobilize and chelate em...and attend to Mg/K depletion.

Posted On 03/27/2017

veritasoreventus

forb- agreed the Mega C and chlorella are most beneficial. I love this site and the comment section for all the information that is constantly be offered and updated to all of us. We get to pick and choose what's best and what's bogus for our lives/situations. My readings and research recently reminded me to include cilantro along with chlorella use. Evidently they work very well synergistically with the cilantro crossing the BBB, scooping up approx 80% of the heavy metals then exiting via the glymph system especially during the heavy sleep cycle. Unfortunately unless there is chlorella in the body at the same time, the toxins removed from the brain will redeposit somewhere else in the body. So they make a great 1-2 punch combo. Detox is always done best on a slow and steady basis so as to avoid Herxheimer Reaction (forb- I know you and many regular Dr M. readers know this, but here's a link for anyone not familiar with bad reactions to detoxing procedures)

www.bioray.com/natural-detox-articles/adult-health/understanding-a-det..

Posted On 03/27/2017

Krofter

Eating the right foods is always the right thing to do. However, so many of the soils in which our food is grown these days has long ago been stripped of trace elements. I test produce for a health food store and even most organic produce tests at or below average with a Brix meter. As discussed yesterday, food produced using biodynamic principles typically tests better. But for farmers just starting out with biodynamics, they're still looking at 5 years or more before levels of trace elements will be where they need to be.

Posted On 03/27/2017

DavidD1

In the same way folic acid should be consumed in the form methylfolate because it is not only the active form, it is the only form that the 50% or so of the population having the MTHFR gene mutation can assimilate. In the same way, B12 should be the methyl- form, especially for those MTHFR mutants. You did not mention this.

Posted On 03/27/2017

arjatim

Gosh, how clever of you to get by with that gene notation MTHFR. I tried to comment here on a fermenting string, one of Mercola's fave subjects, and the censoring s/w would not let me type the word "***", merely the short form of sauerkraut, but somehow seen by this site's cleansing program as an ethnic slur??!!

Posted On 03/27/2017

dude01

Some additional food sources that contain Vitamin B are watermelon, pomegranate, and squash.

Posted On 03/27/2017

seg

Hey dude the B vits are a group of different guys like thiamin, riboflavin, niacin, folate (also called folic acid or folacin), vitamin B6, vitamin B12, biotin and pantothenic acid ..They work collectively in our cells to help generate energy from carbs, fats and protein..Some foods may contains one of the B'S while others contain more than one and may be naturally higher in certain B'S ..It goes back again to quality of the soils and agri techniques that have been shown to grown healthy top class plants..Best bet is to get a variety of these foods in so it it easier to meet our nutritional requirements..

www.livestrong.com/.../22253-foods-high-b-vitamins

Posted On 03/27/2017

dude01

Morning Seg, when I was typing this in the early morning hours (late evening for me), I didn't consider the plusses and minuses of the soil. You're so right though. We all know how important that is. I remember that strongly, especially after seeing "Symphony of the Soil", the documentary put out by Jerry Garcia's widow. Dr. M had it available for a limited time on this site. After seeing that, I really saw the value of organic farming. The farmers who were profiled were true geniuses. Their methods were so logical. The fact that our FDA and the Dept of Ag do not support and adopt those methods makes corruption in our food industry so obvious that even Stevie Wonder would notice it. Thanks for the link and the lesson.

Posted On 03/27/2017

seg

Right on dude..It really does say something when we cannot depend on the very people we are paying to keep things in check..You have one thief calling another thief, well thief..Looks like we need MORE guards to guard the current guards..Like onions, more and more layers of incompetence.. Hey at least Stevie don't have to see the foolishness, it might affect his work..Have a good one dude :)

Posted On 03/27/2017

Bryan001

My greatest response to taking B vitamins was a dramatic increase in memory and alertness. I started taking them about 20 years ago and the response was noticeable in a few days. As you say Dr one needs to take higher doses, most multivitamin tablets contain low dose rates, rates really too low to be effective
BM

Posted On 03/26/2017

Newbones1

Hi Bryan001, Do you take a B supplement. If so, can you tell me which one you take? Thank you

Posted On 03/26/2017

Almond

B vitamins should be taken in complex, although you may also need to supplement certain of them beyond that. the elderly are often deficient in B-12 and sometimes the only way to correct that is with periodic injections. B vitamins help with mood disorders and irritability as well as general cognition.

There was a time when food was less easy to come by and tastes were not so altered in favor of adulterated foods. Nothing was wasted. The harvest and hunting time before winter was a time of lots of work and stress--putting food by in colder climates. It was customary to continue eating what was available until the frost, including the most bitter thick white ribs. Wild lettuces also contained sedative compounds, in addition to being a source of B-vitamins. It was important for group survival to function as a cohesive unit, working together to make it through the winter. This helped keep people calm and maintained a greater degree of social order.

Posted On 03/27/2017

Labtech S

I have found the same to be true. Improvement in memory, alertness, energy; less need for sleep, the list goes on and on. Alcoholics need B vitamins and pregnant women do as well. Folic acid deficiency is associated with increase in spina bifida in the offspring as one study in England demonstrated. I still have a hard time accepting that study as humane but it is what it is.

Posted On 03/27/2017

Acroyali

As someone who raw-feeds many dogs and cats, it amazed me once to learn that there were certain native tribes who, after a successful hunt, would give the muscle meat to their dogs and keep the organs for themselves, as the organs are extremely valuable sources of a lot of good stuff. Mostly today I see farmers and other folks eating the muscle meat at the dinner table and sharing things like organ meats with the dogs. Perhaps it ought to be switched, or at least shared 50/50!

My dogs and cats enjoy heart, liver, kidney, spleen, and pancreas. Pancreas, fed raw from a clean source, is great for digestion, as is green tripe (fed raw as well.) Even though liver is a great source of B-12 I can't get past the taste or texture. I take it dessicated and so far, so good.

Posted On 03/27/2017

Almond

Many diets are deficient because people no longer consume the traditional foods. organ meats are the most important meats. The organs get priority on nutrient uptake because they are vital to survival. This is even more true when comparing wild game animals to domesticated animals. organs are loaded with good stuff. there are sometimes reasons to limit protein intake. If this is the case, maximize nutrient density per mouthful by consuming the organ meats. :-) Another source of nutrient loss (vitamin, enzyme) is by overcooking vegetables and then discarding the water into which the nutrients have leached. many people also dump the water into the dog bowl.

Still, I find it challenging to cook nutritious meals in a household with so many allergies. I am waiting for Purina to come out with a "new & improved, nutritionally-balanced" version of 'husband chow'... it often seems more attention is paid to the nutritional requirements of animals than children.

Posted On 03/27/2017

Acroyali

Almond I'm sure, at some point, some company will come out with some form of "human chow" that's considered complete and balanced, sadly! The dog and cat food companies are like the junk food industry for people; they tout it all as extremely beneficial and that no real food should be included because it might unbalance the diet...some even go so far as to say that dogs and cats NEED this stuff in order to thrive! If something like this were to be invented for humans, I'm sure the resistance would be strong at first but you know how easily people are duped by crap science and false claims!

Posted On 03/27/2017

totalemfsolutions

I agree the body is starving for nutrition as it's being stressed continuously in this day and age. Parkinson's, Alzheimer's, Autism, Tourettes, and dementia are plaguing society at alarming rates. All effect the brain. These poor kids are suffering."The electrical shock feeling in my spine"
www.youtube.com/watch?v=T4-v5FriLrkh?v=7QYiOh9rfhg?v=CxLopq4qOaY?v=T4-.. We attach devices that use similar frequencies of a microwave oven next our brain and wonder if that could influence negative effects? Should we blame the media that is funded by industry to warn us? Would you tell on your best client only to go out of business? If people knew what a cordless phone base station was doing they wouldn't ever have owned one as they transmit 24/7. www.youtube.com/watch Baby monitors are identical in exposure. www.youtube.com/watch

Posted On 03/27/2017

Horsea

What about choline? It may not be a vitamin, B or otherwise, in the strict sense, but it has always been classified together with the B vitamins. I would say it is as important as any of those listed here. It is necessary for the prevention of fatty liver.

Posted On 03/27/2017

seadipper

Marmite - Britain's favourite spread - has got the full range of B vitamins.

Posted On 03/27/2017

arjatim

Vegemite, from down under is mo' bettah!

Posted On 03/27/2017

seg

Marmite has a lot of Glutamic acids so folks who are sensitive to MSG can react very badly to this..

Posted On 03/27/2017

veritasoreventus

Ahoy mates- Got glutamate/MSG problems? Maybe a little bump in the ginko biloba consumption might turn the tide? www.ncbi.nlm.nih.gov/.../10072919

Now I gotta keep remindin myself.... One from column A and one from column B may still not be such a good idea. Great taste, but organic?

www.yelp.com/search?find_desc=organic%2C+chinese&find_loc=New+York..

Posted On 03/27/2017

MollyMalone

For good vitamin info, check out Dr. Andrew Saul's site:

<http://www.doctoryourself.com/>

For a good B-complex, check out the brand: Seeking Health on Amazon. This small supplement company was started by Dr. Ben Lynch who has the MTHFR genetic defect. His site is great for B vitamin info if you have this same issue: <http://mthfr.net/>

For riboflavin (B2) you want the active form: riboflavin-5-phosphate (R-5-P) and for pyridoxine (B6) you want pyridoxal-5-phosphate (P-5-P). Seeking health's B complex has each of these in this correct form. It also has methylcobalamin (B12) and methyl-tetra-hydrofolate (MTHF) in their correct forms as well.

And no, I don't work for this company, it has just helped me a lot.

Stay well!

Posted On 03/28/2017

ashokyog

Very informative. Excess Vit B can cause toxicity? How to take care of this? I had taken these of various brands and in various combinations but I stopped daily intakes when symptoms like sores in mouth and numbness of toes appeared. After stopping sore mouth became ok but numbness did not reverse despite various things I tried in the past 20 years. I am now 75 years. Any observations on this?

Posted On 03/27/2017

remitrom

I like to think I get enough B vitamins through my diet but using SugaVida, a natural sweetener helps. I found this product thanks to some of you who recommended it. It has helped me ditch the sugar in my coffee and tea. The best news is that it has B1, B2, B3, B6 and B12 vitamins in it along with iron, potassium, magnesium and calcium ... all in one natural ingredient! It can be hard to get a hold of in the US but just contact the company and they help me find it here :)

Posted On 03/27/2017

Norisnita

A very good classification of products with vitamins B. to keep in mind! As always Dr. Mercola, excellent! Thank you very much!

Posted On 03/27/2017

dividingcricker

This Gadolinium contrast dye can cause so many symptoms ...and it may take 5 years before these symptoms show there ugly headI still wonder if this rare earth was used in many things like vaccines ,antibiotics,and other meds because of their blood brain access.....take the Bs very good for many symptoms www.gadoliniumtoxicity.com

Posted On 03/27/2017

"A small-scale human trial found high doses of vitamins B6, B9 and B12 in combination completely offset damage caused by very fine particulate matter in air pollution." Wow. You can continue to live in a major city as long as you take these. And that's a good thing because you could get lyme disease if you venture out too far.

Posted On 03/27/2017

Neurotropic B vitamins play crucial roles as coenzymes and more in the nervous system. In particular, vitamin B1, B6 and B12 essentially contribute to the maintenance of a healthy nervous system. Their importance is highlighted by many neurological diseases related to deficiencies in one or more of these vitamins, but they can improve certain neurological conditions even without a proven deficiency. Evidence suggests that a significant proportion of the population suffers from deficiencies and insufficiencies of one or more of these neurotropic B vitamins. The importance of B vitamins in the context of nervous function is highlighted by the numerous neurological diseases, depression, beriberi, seizures, subacute combined degeneration of the spinal cord or peripheral neuropathy (PN), which are related to a deficiency of one or more of these neurotropic B vitamins.

Table 1 provides an overview of the main implications of the overlap of important biochemical pathways for the nervous system, pointing out a synergistic effect as a logical consequence of these overlaps. [onlinelibrary.wiley.com/.../cns.13207](https://onlinelibrary.wiley.com/doi/10.1111/cns.13207) (2019).----- Vitamin B1 acts as an antioxidant, vitamin B6 balances nervous metabolism, and vitamin B12 maintains myelin sheaths.

The presence of vitamins B1, B6 and B12 paves the way for the next important regeneration by supporting the development of new cellular structures. Additionally, vitamin B1 facilitates the use of carbohydrates for energy production, while vitamin B12 promotes the survival and remyelination of nerve cells. The absence of these vitamins will promote permanent nerve degeneration and pain, eventually leading to peripheral neuropathy. [www.hindawi.com/.../9968228](https://www.hindawi.com/doi/10.1155/2021/9968228) (2021)

This research reported a significant relationship between dietary intake of vitamin B 1, B 2, B 3, B 9 and B complex and COVID-19. A higher intake of vitamin B 5 could reduce the odds of COVID-19 by 47%, and a moderate intake of vitamin B12 had a protective effect on COVID-19.

www.cambridge.org/core/journals/british-journal-of-nutrition/article/a.. (2022).- --- B12 deficiency is estimated to affect around 40% of people over 60 years of age, although more recent studies suggest that this figure may very possibly be as high as 70%, especially in older people who suffer from disorders.

cognitive or who suffer from chronic diseases. Taking vitamin B-12 along with vitamin C can reduce the amount of vitamin B-12 available in the body. To avoid this interaction, take vitamin C two or more hours after taking a vitamin B-12 supplement. www.mayoclinic.org/es-es/drugs-supplements-vitamin-b12/art-20363663 (2021).---- Vitamin B12 deficiency can cause: Alzheimer's, dementia, cognitive decline and memory loss, multiple sclerosis and other neurological disorders, mental illnesses, cardiovascular diseases, learning or developmental disorders in children, autism spectrum disorder, autoimmune disease and immune dysregulation, intestinal dysbiosis, fatty liver and cancer.

Among pregnant women, lactating women, and young children, the effects of vitamin B12 deficiency can be particularly devastating. link.springer.com/.../s41936-020-00148-0 (2020).----
www.frontiersin.org/.../full (2020).--- www.mdpi.com/.../958 (2023).-----www.frontiersin.org/.../full (2023) .----- joe.bioscientifica.com/.../JOE-22-0158.xml (2023)

Almond

Why Were Doctors Asked to Not Test Patients for Chemicals After Ohio Train Derailment?

childrenshealthdefense.org/defender/doctors-patients-chemicals-ohio-tr.. Perhaps someone in East Palestine will see this info and find it helpful. Or, maybe someone will forward it to them. I have found the protocol for NDF+ (Nano-Colloidal Detox Factor Plus) to have a unique chemistry that is invaluable in releasing tightly-bound toxins from the body. Much more effective than chelation. Unless a person is knowledgeable about detox, I recommend supervision by an experienced medical practitioner. Start by a challenge of 5 drops a day, in water, before getting a baseline reading for a toxicity test.

This will serve as a future reference so you know how much progress you are making. I prefer not to increase the dose by more than 5 drops a week, if even that much. You will need to listen to your body. No heroics with high doses that could overload the bloodstream and organs of elimination. Take a break at intervals to replenish with minerals, maybe 6 weeks on and 2 weeks off. NDF+ seems to be a broad detox agent, unlike chelation that may differ in formula for each toxin and may take a longer time. The special virtue seems to be in its ability to release tightly bound compounds.

The chemistry is unique. Very complicated, so I prefer not to engage in a long detailed discussion. Just to state that I have also used it for uranium toxicity and depleted uranium profiles (inc. tungsten and vanadium). This might be considered an "off-label" use. -But it seemed reasonable once I understood how NDF+ worked. This, it may also be helpful for veterans with Gulf War Syndrome, depending on the type of exposure. We do know that many weapons of mass destruction were actually found and destroyed within proximity of troops. This info has now been scrubbed from the internet, but could be researched.

Posted On 02/12/2024

Trailermaid

Maybe taking the "B" vitamins would provide some protection from the chem trails since they help you with air pollution . But chem trails are far more than just air pollution .

Posted On 02/12/2024

Almond

I am very discouraged to see many positions taken by the National Grange. These programs are supported with taxpayer dollars. Here are some recent quotes: "We endorse the recommendations of the Information Technology and Innovation Foundation titled "Gene Editing for the Climate: Biological Solutions for Curbing Greenhouse Emissions", concludes with a set of policy recommendations urging governments around the world to accelerate the development and deployment of gene-edited climate solutions by acting to: Eliminate unscientific burdens and barriers that hinder development of safe gene-edited products... Increase investment in research and development (R&D) priorities such as advancing Clustered Regularly Interspaced Short Palindromic Repeats (CRISPR) tools...

Expand incentives that will spur the rapid adoption of novel gene-edited technologies." The Grange also support "voluntary" (not mandatory) labeling of GMO products. I guess while they support labeling for "country of origin", letting you know where your food came from, they do not support informing you how it was produced. The Grange claims to be nonpolitical, but I find a lot of bias in much of this. Have they have been co-opted by special interests, not realizing the consequences? Part of their agenda that I do support, as very necessary to offset food shortages, is local processing plants for foods of all types.

Personally, I would also like to see the return of rural canning centers where women could drop off prepared home produce and pay a small amount to have it preserved in cans, the same as if it were a commercial product. It was run like a small cannery for local people who wanted to preserve their own home-grown food. This was intended for large amounts of foods back when people were more self-reliant. For example, you could schedule a drop off of your own meat, fish, fruit or vegetables. At one time, the cost was comparable to home canning. I don't know whether that would still be the case.

Posted On 02/12/2024
