

Natural Health News

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EVERGREEN SPA & WELLNESS
ELY, MN

A VITAL NUTRIENT FOR HEALTH

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Retail Store Hours

Monday-Saturday

10am-6pm

(Closed Sundays)



Listen to Sonja's
"Natural Health
& Wellness Hour"
EVERY
WEDNESDAY
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This month I would like to share some important information with you regarding vitamin B12 which is one of the most important nutrients we get from animal foods. Vitamin B12 is also the largest known biomolecule and the only nutrient with a stable carbon-metal bond. It works with folic acid in many body processes including synthesis of DNA, red blood cells and the insulation sheath (the myelin sheath) that surrounds nerve cells and facilitates the conduction of signals in the nervous system. Severe depletion manifests as pernicious anemia, which was invariably fatal until the discovery of B12 in liver. But long before anemia sets in, other conditions may manifest, most often neurological problems (numbness, pins and needles sensations, a burning feeling in the feet, shaking, muscle fatigue, sleep disorders, memory loss, irrational anger, impaired mental function and Alzheimer's) or psychological conditions (dementia, depression, psychosis and obsessive-compulsive behavior). B12 is found almost exclusively in animal foods such as liver, meat, fish, shellfish, milk products and eggs but the original source of B12 in nature is bacteria, the only creatures able to manufacture this vitamin. In humans and animals, these bacteria produce B12 in the colon; however, little if any is absorbed across the colon wall so we must get our B12 from animal foods. High levels of folic acid can accelerate neuropsychiatric complications in persons with B12 deficiency. Since folic acid intake of vegetarians tends to be high (from grain products that have been fortified with folic acid), those following a vegetarian lifestyle may be at increased risk of neurological and psychological problems. The body stores B12 in the liver. Thus a delay of 5-10 years may separate the beginning of a vegetarian diet and the onset of deficiency symptoms. Absorption of vitamin B12 is a complex process, subject to problems at several points. B12 must first be liberated by pepsin and hydrochloric acid. To be absorbed efficiently, B12 must attach to a protein called intrinsic factor which is also secreted in the stomach. This cannot happen until the R-protein complexes are broken down by pancreatic enzymes in the small intestine. B12 then binds with the intrinsic factor and proceeds through the gut to the lower portion of the small intestines, where the intrinsic factor-B12 complex attaches to cell receptors, a process that involves calcium. Therefore, deficiencies in any of these components can lead to B12 deficiency through blocked absorption. Because the absorption process is so complex, many people—particularly the elderly—may develop deficiencies. B12 deficiency mimics many of the features of old age—muscle weakness, incontinence, slowed reactions, memory loss, depression and confusion, as well as shaky movements and unsteady gait. Make sure you get a plentiful amount in your food and take precautions.

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AVOIDING B12 DEFICIENCY

Liver or shellfish eaten at least once a week is the best way to ensure that you are taking in adequate amounts. Avoid overconsumption of foods that block vitamin B12 intake or increase the body's need for the vitamin, such as soy foods and spirulina. Avoid antacids and drugs that lower stomach acid levels: acid-suppressing drugs can lead to serious B12 deficiency. Consume plenty of calcium. Best sources are bone broths, raw dairy products and leafy greens. Bone broths also help heal intestinal inflammation that could cause absorption problems. Take coconut oil and consume lacto-fermented foods: these help fight against pathogens such as *helicobacter pylori*, which is associated with B12 deficiency. Avoid foods fortified with folic acid. Taking folic acid without B12 can mask signs of B12 deficiency in red blood cells but will not protect against deficiencies in the nervous system. Folic acid and B12 work together and any supplementation program should include both of these nutrients. Avoid taking excess vitamin C, especially for long periods. The ability of vitamin C to destroy B12 has been observed by several researchers—although this is disputed by others. Small amounts of natural vitamin C are a better choice than large amounts of synthetic vitamin C. Cigarette and cigar-smoking deplete vitamin B12. Take extra vitamin B12 before and after surgery. Nitrous oxide anesthesia during surgery can deplete B12, a fact that may explain many cases of post-operative depression. Avoid vaccinations containing thimerosal and other mercury-containing compounds. Vitamin B12 is depleted by mercury. Avoid molds in the environment and your food. Mycotoxins produced by molds disrupt or interfere with the normal functions of vitamin B12. Do not take oral contraceptives (the pill), which can deplete B12. Take B12 supplements (made from whole foods only!) if you have any conditions that might interfere with B12, such as Celiac disease, Crohn's disease and similar intestinal disorders, especially if you are elderly or exhibit any of the symptoms of B12 deficiency such as fatigue, weakness, vision or hearing problems, violent behavior, emotional disorders, irrational or chronic anger or lack of balance.

JANUARY SPECIALS

Woodstock—Frozen Raspberries or Blueberries	25% OFF
A.Vogel—Soothing Pine Cough Drops	25% OFF
CitrusMagic—Odor Absorber, Lavender	25% OFF
Nutiva—Organic Hempseeds, shelled, 13 oz.	25% OFF
Rising Moon Organics—Pasta Sauce, assorted	25% OFF
Woodstock—Organic Pumpkin or Sunflower Seeds	25% OFF
Bob's Red Mill—Flaxseeds or Flaxseed Meal	30% OFF
Late July—Org. Rich Crackers or Saltine Crackers	30% OFF
Monte Bene—Marinara Sauce (Garlic or Spicy)	30% OFF
Pamela's Products—G/F Flour, Artisan Blend 24oz.	30% OFF
Suzie's—Puffed Thin Rice Cakes, 4.9 oz.	30% OFF

and many more items!

Organic Roots  Bistro

Lunch on Fridays & Saturdays from 11 AM—3PM

Dinner on Saturdays—by reservation only!

We will be closed from January 13th—30th for seasonal maintenance. We apologize for any inconvenience.

HAPPY NEW YEAR!

**“Another fresh new year is here...
Another year to live!
To banish worry, doubt, and fear,
To love and laugh and give!**

**This bright new year is given me
To live each day with zest...
To daily grow and try to be
My highest and my best!**

**I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!”**

~ William Arthur Ward

**HAPPY NEW YEAR FROM ALL OF US
AT THE EVERGREEN COTTAGE &
THE ORGANIC ROOTS BISTRO!**