

## DO YOU HAVE A VITAMIN B12 DEFICIENCY?

A deficiency in this energizing, detoxifying vitamin can leave you feeling weak, tired and just plain terrible. And if your B12 levels stay low there can be serious consequences for your nervous system, and your quality of life.

To see if you may have a B12 deficiency, answer the questions below. If you answer YES to more than SIX, drag your tired self in to your Naturopath's office to get a blood test done.

	YES	NO
Do you suffer from weakness, tiredness or fatigue?		
Do you experience tingling or numbness, or a "pins and needles" sensation in your hands or feet?		
Do you have a low mood or depression?		
Do you have poor memory or difficulty concentrating?		
Do you have Crohn's disease, celiac disease, inflammatory bowel disease or have you had gastric bypass or any other stomach or intestinal surgery?		
Do you experience frequent (or even daily) headaches?		
Are you a strict vegan or vegetarian?		
Do you regularly drink alcohol (more than 2-3 times per week?)		
Do you have shortness of breath or feel winded with minimal physical exertion?		
Do you have trouble waking up in the morning? Are you the queen of the snooze button?		
Do you have difficulty sleeping? Or do you wake from sleep feeling unrested, as though you barely slept at all?		
Do you have cold hands or feet?		
Do you have difficulty losing weight?		
Have you experienced unexplained weight loss?		
Do you have indigestion, gas, bloating, diarrhea or constipation?		
Do you have brittle nails? Does your manicure never last more than a day?		
Do you experience dizziness or lightheadedness?		
Do you have a sore or swollen tongue? Or do your teeth leave indents along the side of your tongue?		
Is the inside of your mouth pale?		
Is your skin unusually pale?		

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