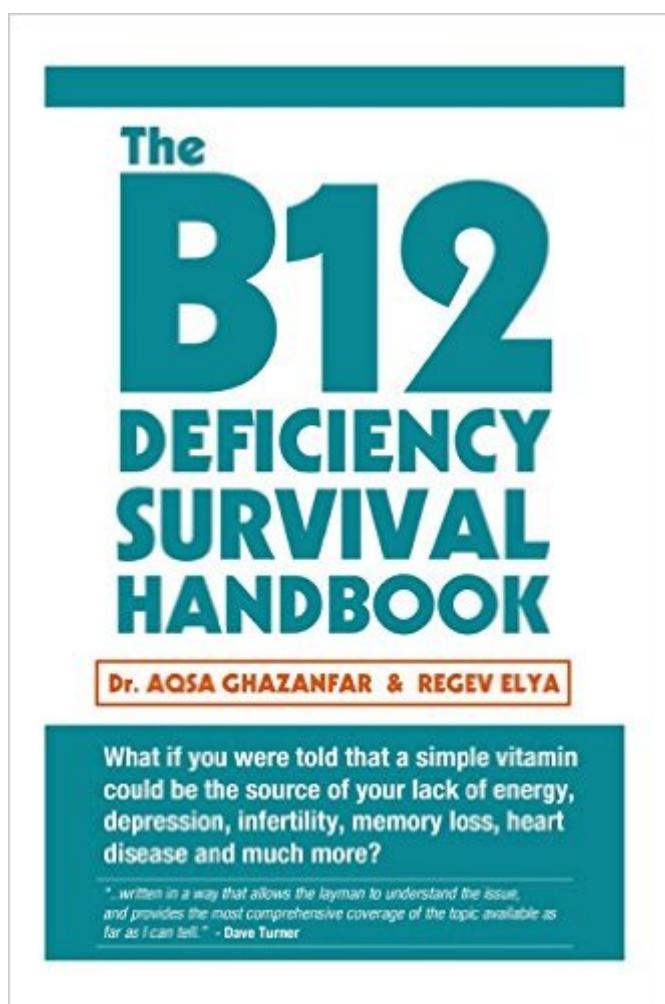


The book was found

The B12 Deficiency Survival Handbook: Fix Your Vitamin B12 Deficiency Before Any Permanent Nerve And Brain Damage



Synopsis

Warning:Â ProlongedÂ B12 DeficiencyÂ Can Cause Permanent Brain Damage. Can a lack of vitamin B12 be the reason youâ™re so tired and stressed? Can such an easily-obtainable nutrient really prevent memory loss, alzheimer, heart disease and even infertility? And what if you were told that a deficiency can literally shrink your brain, cause irreversible damage and even stunt the development of your lovely child? Those are no longer theories, but hard facts backed by solid scientific research. B12 deficiency is one of the most underrated and destructive illnesses in the western world. With great help from scientists and specialists,Â Dr. Aqsa GhazanfarÂ separates the junk from science and gives you the best ways to prevent or treat this deficiency as early as possible, saving you a lot of money and time.Â The B12 Deficiency Survival Handbook will help you: Know more about vitamin B12 than 99% of doctors. Choose the best foods or supplements to treat your specific deficiency. Understand the signs and symptoms so you can avoid irreversible nervous and brain damage. Achieve the vibrant energy, vitality and happiness that you desire so much. Delay aging, alzheimer and other degenerative diseases. Keep your hormones in good shape and feel like Wolverine. Protect your children and loved ones. Save a LOT of time and money by avoiding the wrong types of supplements and expensive medical procedures. Early treatment can literally save your life.

Book Information

Paperback: 104 pages

Publisher: CreateSpace Independent Publishing Platform (January 6, 2014)

Language: English

ISBN-10: 149491879X

ISBN-13: 978-1494918798

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.5 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (33 customer reviews)

Best Sellers Rank: #138,969 in Books (See Top 100 in Books) #71 inÂ Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements

Customer Reviews

I was diagnosed with Vit B12 deficiency about six weeks ago by my new doctor who is a Family Practice physician in large HMO. I am very grateful, as replacement injections have already made big positive changes in my life. That bit of personal information is just to let you know that I

appreciate the seriousness of this condition and also want to help make others aware. That said, I found this book to be extremely repetitive and written as though the author were addressing children. It abounds with misspellings, syntax errors and poor organization. Although I'm a medical professional and have done a lot of research on B12 deficiency since my diagnosis, one does not have to understand a great deal of scientific information in order to benefit from well-researched and written medical articles and papers. I'd like to suggest that those wanting and/or needing accurate information on this subject go online and search: "Why Vitamin B12 Deficiency Should be on Your Radar Screen." It is from the Centers for Disease Control (CDC) and is aimed at healthcare providers, but is lay-reader-friendly. Ignore the top part and scroll down a bit. I don't think you'll be sorry you checked it out. And I'd like to suggest to the author and editor that if they are going to write books geared toward readers who speak English they will gain more credibility if they re-edit their book and at least check spelling. Rated three stars as I did find some references that appear promising.

As someone who has B12 deficiency, I was very intrigued by why the supplements don't seem to be doing any good but the shots really helped me. It turns out, there are all sorts of types of supplements and they are not all created equally. My doctor who actually had the lab test results in hand and told me I was deficient would not give me the shots, so you really have to fight to get them unfortunately. And I was ridiculously deficient, not just by the author's proposed new standards. I was well below the threshold for the currently accepted low value. This book helps explain why you should continue to fight however.

This author talks down to us like we are just ignorant fools, or like we are children, unable to understand anything of depth. She often talks in stupid sounding à ^dramaticâ™ sentences, such as ending her sentences with à œOh my!â• or something similarly dramatic. I quickly came to hate her style of speaking! She constantly repeats the same information - on the level that - even she - comments that, à œshe has said the same thing many times alreadyâ•. But, yet she continues on repeating the same information again and again. It really feels like her extreme repetition of the same information serves as à ^fillerâ™ to make her book longer, when, in reality, there is not much information that would require this book to be much beyond about 30 pages. There actually is some really good information in this book, but she gives it in such a poor manner as to make it feel scattered and uninformative. Perhaps that is because she seems à ^scatteredâ™ herself, thus her constant need to à ^repeat herselfâ™. How this woman is a doctor is beyond me. She canâ™t

even spell worth a darn!! just ordered Could It Be B12?: An Epidemic of Misdiagnoses Paperback
â “ January 26, 2011. I paid \$12.00 but it has 77 stars, with over-all rating of 4 1/2 stars. I think it will definitely be worth the extra price.

This is a fairly basic book on vitamin B12 deficiency, which I feel is something people need to be aware of. However, there sometimes replacement vitamin B12 is counter indicated, and that is really not discussed in this book, which is why I took off one star. None the less, the Dr. Ghazanfar does discuss many different types or B12 supplements, which I really think helps make this book valuable. These include injections, patches, tablets, sublingual tablets and sprays of B12. In the past I had a B12 deficiency, and the shots straightened me up very quickly. This is a good book to get an insight into this and I recommend it, especially as it is free now.

I picked up this book to study how B-12 would affect me, a fitness freak. While this book is a simple read, there are points about this "disease" that are downright unsexy. This book gets takes the nitty-gritty details and breaks it down into laymen's speech. Frankly, this disorder is so terrifying, I wish the book would hype it up a little more. But there is no hype, only facts. What really struck me is how many autoimmune disorders, pins-and-needles sensations, depression and fatigue are likely linked to deficiencies of this vitamin. Many of us who would think "there's no way I could have a B12 deficiency" may be at more risk than we think because of the way the body digests and extracts it from foods. Definitely worth the read.

I've been tired and sleepy for about the last decade or so, but who could have imagined it could be because of B12? This book will give you a very solid foundation of why B12 is so crucial, why and how it's involved in almost everything the human body does, why it could very well be the little missing bolt in your system that makes you feel so tired and sickly. The book says you shouldn't wait too long when you have a b12 deficiency because the potential damage is permanent (something with the myelin layer around your nerves), so I'm very glad I bought it - I took care of my b12 levels the next day with the recommended methods Dr. Aqsa listed in there. Overall, a great buy and a potential life-saver for some people.

[Download to continue reading...](#)

The B12 Deficiency Survival Handbook: Fix Your Vitamin B12 Deficiency Before Any Permanent Nerve and Brain Damage 21 DAY FIX: 30 Top 21 DAY FIX RECIPES with complete container count PREP IN 15 MIN OR LESS (21 day fix recipes, 21 day fix cookbook, 21 day fix book) Power of

Vitamin D: A Vitamin D Book That Contains The Most Scientific, Useful And Practical Information About Vitamin D - Hormone D Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) The Autoimmune Fix: How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease Survival How To Disappear Without a Trace, Find Food, Shelter and Water in Any Wilderness: (Survival Tactics, Survival Navigation) (Prepper Survival, How to Survive in The Forest) Sugar Crush: How to Reduce Inflammation, Reverse Nerve Damage, and Reclaim Good Health Vitamin K2 and the Calcium Paradox: How a Little-Known Vitamin Could Save Your Life Vitamin K2: Understanding How a Little Known Vitamin Impacts Your Health The Vitamin Cure for Eye Disease: How to Prevent and Treat Eye Disease Using Nutrition and Vitamin Supplementation Fruit Infused Water: 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Survival Medicine Handbook: Essential Things Every Medicine Kit Needs And First-aid In Case Of Emergency: (Survival Books, Survival Guide, Survivalist, ... (Survival Skills Book, Emergency Medicine) A Failure of Nerve: Leadership in the Age of the Quick Fix Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) SURVIVAL MEDICINE: Your Guide to Survival Basics, First Aid and the Most Common Medical Issues Encountered In Survival Situations (Survivalist, Safety, First Aid, Emergency, Survival Skills Book 1) Survival Communication: 20 Proven Lessons to Stay In Touch With Your Family When the World Goes Silent: (Prepper's Guide, Survival Guide, Survivalist, Safety, ... Survival Skills Book) (Survival Books) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) SURVIVAL: Survival Pantry: A Prepper's Guide to Storing Food and Water (Survival Pantry, Canning and Preserving, Prepper's Pantry, Canning, Prepping for Survival) The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books)

[Dmca](#)