



**PERSONAL
HEALTH
PARTNERS**

918-872-9499

**Preparing for
Your Lab Test**

- ◇ Fast at least 4 hrs, preferably 6-8 hrs, before your test
- ◇ You may drink water, in fact it is preferred
- ◇ You may drink black tea or coffee
- ◇ You may take your medications

Did you know.....

- Chronic Vitamin D deficiency is often misdiagnosed as fibromyalgia because the symptoms are so similar: muscle weakness, aches & pains.
- 40% of the U.S. population & 32% of doctors & med students are Vitamin D deficient
- Vitamin B12 deficiency may cause infertility or recurrent spontaneous miscarriage.

Partner's Health Page

Special Issue *

October 2018

Eat Rite



Eat Rite Testing Event

Monday Oct 15th & Tuesday Oct 16th

7:30—10 am

2425 W I-40, Amarillo, TX 79109

For an appointment call: (806) 353-7476

Testing will be performed by **Personal Health Partners**
Results will be delivered directly to you to share with your health care provider;
or for your personal use.

Vitamin B12—Does It Really Boost Energy?

For years, many people have promoted the use of Vitamin B12 shots to boost energy. Some say that the feeling they get from a dose of B12 helps them to deal with the rigors of everyday life, as well as difficult times. Others get it in injectable form because they don't absorb vitamins from traditional forms such as food or oral supplements.

Whatever the reason for increasing foods rich in B12, taking B12 supplements or getting B12 injections; increasing B12 is a positive step in improving & maintaining good health. Determining how to get enough for you depends on understanding about how it works, or doesn't work, in each situation.

Vitamin B12 (cobalamin) helps the body:

- ⇒ convert food into glucose
- ⇒ maintain healthy nerve cells
- ⇒ produce nucleic acid (e.g. DNA)
- ⇒ regulate the formation of

- red blood cells (along with B6)
- ⇒ control blood levels of homocysteine (along with B6 & B9)
- ⇒ reduce fatigue
- ⇒ normalize the immune system

A deficiency of B12 may contribute to risk of heart disease, birth defects, Alzheimer's & depression. Heart disease risk may be increased because a deficiency increases blood levels of homocysteine (see article on page 2).

It is not uncommon for 10-15% of the population over 60 years of age to have B12 deficiency. This may either be because of a poor diet or decreasing levels of stomach acid; necessary for absorption of B12 from foods. For these people,

changes in diet may be all that is needed. Because vitamins, including B12, are absorbed in the intestinal tract, people with conditions affecting those organs may have a deficiency that cannot be corrected with oral supplements. This necessitates treatment with B12 or B Complex injections. The serious condition, pernicious anemia, occurs when the protein needed to absorb B12 is missing. High doses of B12 are often used to treat it.

Natural sources of vitamin B12

Eggs, meat, poultry, shellfish, milk and milk products

B12 is also added to fortified grain products, such as cereals



ADAM.