

VITAMIN B 12

Vitamin B12, commonly known as cobalamin, is one of the eight vitamins found in the vitamin B complex. This essential vitamin plays an important role in the human body, helping to regulate red blood cell production, support neurological function, and provide energy. It is also necessary for DNA synthesis and normal nerve cells. Vitamin B12 deficiencies can lead to a range of symptoms such as anemia, fatigue, tingling neuropathy, constipation, and balance problems. To ensure sufficient vitamin B12 intake for optimal health, it is recommended that adults get 2.4 micrograms (mcg) of B12 vitamin daily.

Vitamin B12 is a very misunderstood vitamin. And it is actually not a vitamin, but a bacteria. It is an airborne bacteria found in rainwater, in organic root vegetables, and on organic fruit and vegetables.

When B12 levels are low, it may be a dietary deficiency, but more often it is a compromise in digestion that causes low B12.

When B12 levels are very low, a supplement may be required initially, and later on, B12 levels can be maintained by improving your digestion.

You can download my sheet on how to improve your digestion [here](#).

To obtain sufficient amounts of vitamins and minerals in your body and to maintain health, eat a whole food plant-based diet and adopt good digestion habits for good absorption.

A blood work by your doctor might be necessary to make sure that you have no deficiency. If you do have one or several deficiencies, you might need to take supplements. Be aware that some supplements aren't really potent. But fortunately, there is a good choice of good quality, potent and plant-based supplements on the market that you can choose from.

In the long term, the goal isn't to keep taking supplements all your life but rather to get all you need from food, so maintain your good vitamins and minerals levels with good plant-based foods and good digestion habits.



ALKALINE FOOD

Eating alkaline food is an essential part of achieving good health. It helps restore the body's natural pH balance, which can help reduce inflammation and improve overall health. It can revitalize energy levels and improves metabolic function, as well as aid in digestion and weight loss efforts. Research shows that diets consisting of highly alkaline foods — fresh vegetables, fruits, and unprocessed plant-based sources of protein, for example, help protect healthy cells and balance essential mineral levels.

You might ask what Does “pH Level” Mean?

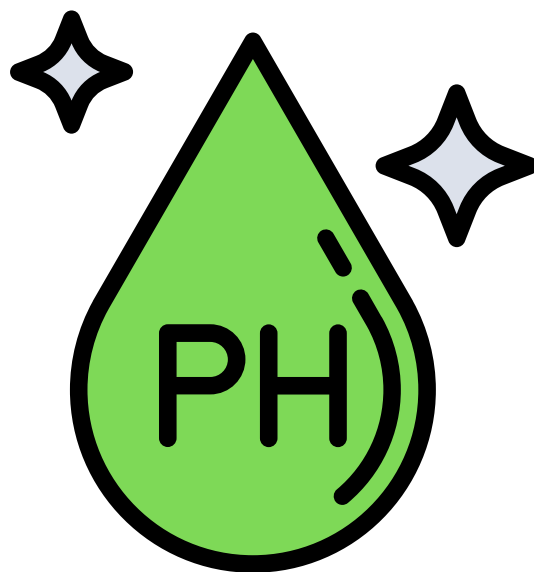
What we call pH is short for the potential of hydrogen. It's a measure of the acidity or alkalinity of our body's fluids and tissues.

It's measured on a scale from 0 to 14. The more acidic a solution is, the lower its pH. The more alkaline, the higher the number is. The human blood PH is 7.365.

A major portion of what most people eat today comes from acidic foods, and it is, therefore, necessary to incorporate a great portion of alkaline foods in meals, in order to obtain a balanced PH that will keep the human blood healthy. Knowing that healthy blood equals good health. It is necessary to get a little acidic food in your diet to balance this PH, but please note that It takes 20 parts of alkalinity to neutralize 1 part of acidity in the body.

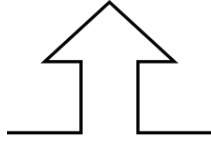
Please check out my alkaline diet sheet guide to have a better idea of what foods are alkaline and what foods are acidic.

You will notice that fresh whole plant-based foods tend to be alkaline and that animal products and processed foods tend to be acidic.



ALKALINE DIET

ONE SHEET GUIDE

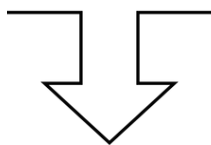


Consume Freely

Alkaline

pH

Most foods get more acidic when cooked



pH 10.0
1,000x more Alkaline

Raw Spinach
Raw Broccoli
Artichokes
Raw Asparagus

Red Cabbage
Raw Celery
Cauliflower
Collard Greens
Cucumber
Raw Kale

Dandelion Seaweeds
Raw Onions
Lemons & Limes
Rhubarb Stalks
Soy Lecithin -pure

Alfalfa Grass
Barley Grass
Wheat Grass
Black Radish
Soy Sprouts
Chia Sprouts

pH 9.0
100x more Alkaline

Avocados
Borage Oil
Green Tea
Most Lettuce
Raw Zucchini

Red Radish
Red Beets
Raw Tomato
French Beans
Parsley-Cilantro

Raw Peas
Raw Eggplant
Alfalfa Sprouts
Green Beans
Beet Greens

Garlic or Chives
Dog/Shave Grass
Straw Grass
Lemon Grass
Cayenne Pepper

pH 8.0
10x more Alkaline

Brussel Sprouts
Endive
Green Cabbage
Cooked Spinach
Cooked Broccoli
Cook Asparagus

Lima Beans
Soy Beans-Fresh
Navy Beans
Cooked Peas
Cook Eggplant
Sour Grapefruit

Raw Almonds
Wild Rice
Quinoa
Millet
Flax Seed Oil
Coconut Water

Chicory
Olives
Bell Peppers
Watercress
White Radish
Lamb's Lettuce

Neutral
pH

pH 7.0

Most Tap Water

Municipalities adjust tap water to be +/- 7.3 by using Chlorine to keep pH high enough to eliminate any bacterial growth etc.

HUMAN BLOOD pH is 7.365

Most Olive Oils
Pumpkin Seeds
Primrose Oil
Marine Lipids
Sesame Seeds
Raw Goat Milk

Fennel Seeds
Sunflower Seeds
Leeks (bulbs)
Coconut & Oil
Barley
Sprouted Breads

pH 6.0
10x more Acidic

Fresh Water Fish
Lentils
Spelt
Soy Flour
Brazil Nuts
Wheat Kernels
Coconut

Macadamias
Grapes
Hazelnuts
Brown Rice
Wheat
Papaya
Stevia & Agave

Watermelon
Cantaloupe
Cherries
Strawberries
Plums
Blueberries
Raspberries

Dates
Peaches
Oranges
Pineapple
Banana
Mango
Walnuts

Most Bottled Water

pH 5.0
100x more Acidic

Honey
Cooked Beans
Bread
Liver
Organ Meats
Cocoa
Soy Milk

White Rice
Potatoes
Butter-Corn Oil
Soft Cheeses
Milk & Cream
Cook Tomatoes
Sweet Potatoes

Whole Grain
Rye Bread
White Bread
White Biscuit
Fruit Juice
Cashews
Oysters

Rice Cakes
Turbinado Sugar
Ketchup & Mayonnaise
Figs & Prunes
Rose Hips
Cooked Corn

Reverse Osmosis Water • Distilled & Purified Waters • Enhanced • Flavored • Vitamin & Sports Waters

pH 4.0
1,000x more Acidic

Turkey
Ocean Fish
Chicken & Eggs
Hard Cheeses
Mustard

Canned Fruits
Beer & Wines
Cream Cheese
Most Pastries
Popcorn

Peanuts
Pistachios
Fruit Drinks
Beet Sugar
White Sugar

Coffee
Cocolate
Cranberries
Buttermilk
Tomato Sauce

Carbonated Water • Seltzer or Club Soda

pH 3.0
10,000x more Acidic

Pork
Veal
Beef
Lamb
Pickles
Vinegar

Black Tea
Soy Sauce
Hard Liquors
Canned Foods
Processed Foods
Microwaved Foods

Sweetened Fruits & Juices
Stress, Worry, Lack of Sleep
Tobacco Products (Chewed or Smoked)
Artificial Sweeteners
16 oz. Chocolatty-Mocha-Frapuccinos
Sodas & Carbonated Beverages

