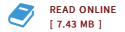




The B12 Deficiency Survival Handbook: Fix Your Vitamin B12 Deficiency Before Any Permanent Nerve and Brain Damage (Paperback)

By Dr Aqsa Ghazanfar

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Warning: Prolonged B12 Deficiency Can Cause Permanent Brain Damage. Can a lack of vitamin B12 be the reason you 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, Dr. Aqsa Ghazanfar 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. 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...



Reviews

This kind of book is every little thing and made me searching ahead of time plus more. This is certainly for anyone who statte that there was not a well worth reading through. Its been developed in an remarkably straightforward way in fact it is simply following i finished reading this pdf in which really modified me, alter the way i really believe.

-- Ivy Pollich

This ebook may be worth purchasing. it absolutely was writtern extremely completely and useful. You will not truly feel monotony at whenever you want of your respective time (that's what catalogs are for relating to when you ask me). -- Idella Halvorson