



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 ass in to your Naturopath's office to get a blood test done.

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

Dr. Lisa Watson, BHSc, ND

dralisa@drlisawatson.com

www.drlisawatson.com

[f](#) [@](#) [@drlisawatsonnd](#)

From burnt out to *fired up.*