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An Epidemic Of
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Could it be B12? - Book

Review #5 ~~Sally Pacholok USA~~

~~2015 87mins HD~~ **Could It Be**

B12 - An Interview with

Sally Pacholok - Part 2 *How*

I CURED my Vertigo

Vegans: What About Vitamin

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B12 | Dr. Milton Mills⁹

~~Signs and Symptoms of
Vitamin B12 Deficiency~~

Jordan B. Peterson on 12

Rules for Life 5 Signs and
Symptoms of Vitamin B12

Deficiency *Which Vitamin B12
Supplement Should We Take?*

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*Dr. Michael Greger Sally M
B12 Deficiency - The most
common Cause | Dr. Berg 5*

~~Reasons Why B12 is Not Being
Absorbed 7 Common Signs of
Vitamin B12 Deficiency How
to Naturally Overcome
Vitamin B12 Deficiency | Dr.~~

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~~Josh Axe 10 Signs of B12~~

~~Deficiency in Women~~

~~Misvattingen over vitamine~~

~~B12: Niet zo gezond als je~~

~~denkt Vitamin B12 - Why~~

~~\u0026 how much? Schilling's~~

~~test for Vitamin B12~~

~~deficiency~~

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B12 Deficiency (7 Signs

Doctors Miss) 2020 ~~Vitamin~~

~~B12 deficiency — causes,~~

~~symptoms, diagnosis,~~

~~treatment, pathology~~ You

Need Vitamin B-12, Where Do

You Get It? *The Biggest*

Mistake Vegans Or Athletes

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~~Can Make Regarding Selly Vitamin
B12 Deficiency The Suprising
Truths About Vitamin B12
Deficiency Cambridge IELTS
12 Test 1 Listening Test
with Answers | Most recent
IELTS Listening Test 2020
Dangers of B12 Deficiency~~

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*The Keys To Aging Well Why
B12 is important for brain
health ~~Vitamin B12~~
~~absorption~~ How to Get
Vitamin B12 and D on a Vegan
Diet Could It Be B12 - An
Interview with Sally
Pacholok - Part 1 **Could It***

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Be B12 An Misdiagnoses Sally M

"Could it be B12? has
literally saved lives and is
the only complete and
authoritative guide to B12
deficiency and shows what
you can do to protect
yourself and your family

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from this crippling Sally M
disorder."--Senior Beacon
"Could It Be B12? is both
powerful and revealing. It
serves as a reminder that
often times a simple
precaution and nutrition
awareness will save lives

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and a ton of
Misdiagnoses Sally M

money."--Charles H. Liu

R.Ph., clinical pharmacist
and nutrition and preventive
care specialist

**Could It Be B12?: An
Epidemic of Misdiagnoses:**

Page 14/99

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Amazon.co . . . Diagnoses Sally M

Some say that it is simplistic to suggest that a B12 deficiency could be at the root of so many diseases, but as the author explains, B12 is more than just a vitamin, it is

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involved in digestion, cell reproduction and many more functions.

**Could It Be B12?: An
Epidemic of Misdiagnoses by
Sally M ...**

These cells will produce a

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protein called intrinsic factor, which binds to any animal product eaten, including meat, fish and dairy products, and produces vitamin B12. Vitamin B12 is essential to produce healthy red blood cells that

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transport oxygen around the body to wherever it is needed - which is just about everywhere.

**Could it be B12? | Health
and Nutrition Advice on
Patrick ...**

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VITAMIN B12 deficiency is far more common than people think, with many living their lives suffering from ailments which could be improved by simply adding more B12 into their diets. Feeling any of ...

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**Vitamin B12 deficiency:
Nerve shock, unsteadiness
and a ...**

Therefore, B12 deficiency is very common among women with a history of infertility or multiple miscarriages. Blood

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abnormalities due to B12 deficiency could affect the lining of your uterus and cervix, causing cervical dysplasia, or an “abnormal pap smear” that could be mistaken for pre-cancerous.

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**Could it be Vitamin B12
Deficiency? - Peace With
Endo**

VITAMIN B12 deficiency is known as the essential vitamin, vital for the body to function effectively. Lacking in the vitamin could

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cause a variety of unusual ailments including the inability to ...

Vitamin B12 deficiency: An inability to lose weight could ...

Vitamin B12 is a crucial

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ingredient for the healthy
running of the body, as it's
needed to make red blood
cells. Signs of a deficiency
can develop very slowly, so
it may be difficult to
diagnose...

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Vitamin B12 deficiency
symptoms: Unusual signs to
add more ...

Vitamin B12 is naturally found in animal foods, including meats, fish, poultry, eggs and dairy. However, it can also be

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found in products fortified with B12, such as some varieties of bread and...

9 Signs and Symptoms of Vitamin B12 Deficiency

Vitamin B12 or B9 (commonly called folate) deficiency

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anaemia occurs when a lack of vitamin B12 or folate causes the body to produce abnormally large red blood cells that cannot function properly. Red blood cells carry oxygen around the body using a substance called

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Vitamin B12 or folate deficiency anaemia - NHS

Since B12 is a water-soluble vitamin, it's generally considered safe, even at high doses. No Tolerable

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Upper Intake Level (UL) has been established for B12, due to its low level of toxicity. UL...

How Much Vitamin B12 Is Too Much?

Here are 5 sources of

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vitamin B12 that one can get
and how you can include it
in your diet. 1. Chicken.
Chicken is not just rich
with protein but also a
vital source of vitamin B12.
And the best part is it can
be immensely satisfying when

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cooking right. Here are two simple, guilt-free chicken recipes to try at home:

Chicken Masala Without Oil

**Heres How You Can Add These
5 Vitamin B12 Foods To Your**

...

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Could it Be B12?, essential
for both the patient and the
interested layperson,
outlines how physicians
frequently misdiagnose B12
deficiency as Alzheimer's
disease, multiple sclerosis,
heart disease,

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neurodevelopmental disorder,
Parkinson's disease,
depression, or other mental
illnesses. Now in the second
edition, this resource has
been thoroughly updated with
the latest research,
diagnostic tests, treatment

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options, case studies, and testimonials.

Could It Be B12? (Second Edition) Audiobook | Sally M

...

Could it be B12? has also been translated into the

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following languages; As an Amazon Associate I earn a small % from qualifying purchases. If you value this website, consider donating. Donations support the free information provided on b12deficiency.info and its

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blog, which help those with
B12 deficiency world wide.

...

Presenting a wide scope of
problems caused by B12

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deficiency, this comprehensive guide provides up-to-date medical information about symptoms, testing, diagnosis, and treatment. Written for both the patient and the interested layperson, this

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detailed book outlines M how
physicians frequently
misdiagnose B12 deficiency
as Alzheimer's disease,
multiple sclerosis, heart
disease, mental retardation,
Parkinson's disease,
depression, or other mental

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illnesses. Now in the second edition, this resource has been thoroughly updated with the latest research, diagnostic tests, treatment options, case studies, and testimonials.

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Your child is unsocial,
moody, and not hitting
standard development
milestones. Is it autism? A
developmental disability? Or
could it be as simple as B12
deficiency? Millions of
children and adolescents are

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at risk of developing
serious neurological
disorders caused by B12
deficiency, yet B12
deficiency often goes
misdiagnosed as autism,
depression, and mental
illness. B12 deficiency is

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treatable—but if you don't catch B12 deficiency in time, it can cause permanent nerve damage and disability. Could It Be B12? Pediatric Edition is the only book for parents that offers a complete guide to

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misdiagnoses and preventing
pediatric disorders caused
by B12 deficiency. Written
by Sally Pacholok and Dr.
Jeffrey Stuart, authors of
the acclaimed Could It Be
B12?, Could It Be B12?
Pediatric Edition offers

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parents critical information
about protecting children
from B12 deficiency from
early fetal development
through adolescence. Written
in a highly accessible style
that makes complex medical
information clear to general

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readers, Could It Be B12?

Pediatric Edition presents strategies for healthy nutrition for mothers during pregnancy and breastfeeding, early intervention for infants and young children, and detecting subtle to

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severe symptoms of B12
deficiency in older children
and teenagers. Could It Be
B12? Pediatric Edition will
help readers learns the
warning signs of childhood
B12 deficiency, prevent
serious injury with timely

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Interventions, and work with health care professionals to get effective treatment for their children. Thoroughly researched, clearly written, and backed with hard scientific data, medical journal citations, and

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numerous case studies, Could
It Be B12? Pediatric Edition
is a must-read for all
parents and expectant
parents.

Your child is unsocial,
moody, and not hitting

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Standard development
Milestones. Is it autism? A
developmental disability? Or
could it be as simple as B12
deficiency? Millions of
children and adolescents are
at risk of developing
serious neurological

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disorders caused by B12 deficiency, yet B12 deficiency often goes misdiagnosed as autism, depression, and mental illness. B12 deficiency is treatable—but if you don't catch B12 deficiency in

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time, it can cause permanent nerve damage and disability. Could It Be B12? Pediatric Edition is the only book for parents that offers a complete guide to detecting and preventing pediatric disorders caused by B12

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deficiency. Written by Sally
Bacholok and Dr. Jeffrey
Stuart, authors of the
acclaimed *Could It Be B12?*,
Could It Be B12? Pediatric
Edition offers parents
critical information about
protecting children from B12

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deficiency from early fetal development through adolescence. Written in a highly accessible style that makes complex medical information clear to general readers, *Could It Be B12?* Pediatric Edition presents

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strategies for healthy
nutrition for mothers during
pregnancy and breastfeeding,
early intervention for
infants and young children,
and detecting subtle to
severe symptoms of B12
deficiency in older children

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and teenagers. Could It Be B12? Pediatric Edition will help readers learn the warning signs of childhood B12 deficiency, prevent serious injury with timely intervention, and work with health care professionals to

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Misdiagnoses treatment for
Pacholok their children. Thoroughly
researched, clearly written,
and backed with hard
scientific data, medical
journal citations, and
numerous case studies, Could
It Be B12? Pediatric Edition

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is a must-read for all
parents and expectant
parents.

This book could save you
years of ill health! Vitamin
B12 deficiency, often
caused by pernicious

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anaemia, can be a
devastating condition if
left untreated, leading to
irreversible nerve damage
and disability after years
of exhaustion and mental
'fog'. Its symptoms creep up
on sufferers and are under-

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misdiagnoses by doctors; tests to confirm it and underlying pernicious anaemia, are problematic. Martyn Hooper, the founder of the Pernicious Anaemia Society, now brings together vital information about the

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Psychok

condition and real-life stories - including his own and those of many members of the society - that will help sufferers and their friends and families recognise the condition and understand how best to tackle it. In

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particular, the book draws on the findings of a survey of society members that give new clarity to the complex issues involved.

Dr Joseph Chandy, a practicing doctor for almost

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50 years, has written a fascinating and important book. Some 20 years after starting to practice, Dr Chandy came across a patient with vitamin B12 deficiency who presented with neurological symptoms, but

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without the characteristic changes in blood cells. In the subsequent 30 years, he dedicated himself in General Practice to identifying and treating patients who had insufficiency of B12. The book vividly described this

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Facholik

very human story and the challenges he faced from the authorities who were reluctant to admit that he was making the correct diagnoses. The authorities behaved very badly in prioritising the 'rule book'

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over the clinical symptoms.
The book shines throughout
with Dr Chandy's devotion to
the well-being of the
patient and it should be
read by all GPs, in training
and those with experience.
Medical scientists should

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also read the book since Dr Chandy ranges across several areas of medicine where much more research is needed. The book is very readable and full of helpful practical information. If the regulatory authorities read

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the book, it could lead to an improvement in an unsatisfactory aspect of the current practice of medicine. Note this version is printed in colour with colour diagrams and colour photographs. There is a much

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cheaper version printed in
black and white. The charity
www.b12d.org is selling both
items at cost (cost of
printing) so the price
difference is entirely due
to cost of printing. Please
feel free to make a donation

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if you would like to.

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Cobalamin (vitamin B12) was discovered in the first half of the 20th century. Vast amount of information on the role of the vitamins in human health and disease

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became available. Cobalamin science was, however, based on theoretical concepts that have been accepted without further proof of facts and hypotheses. Recently, the breath-taking pace of development in research

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technologies has changed our understanding for the role of nutrients and the complex interaction between diet, environment and diseases. Conditions like aging, diet and drugs increase the risk of developing cobalamin

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deficiency, probably because of diminished ability to liberate, absorb or distribute the food-derived vitamin. From a basic science point of view, understanding of the transport and function of

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the vitamin, may pave the road for using this system for drug delivery. This book represents up-to-date literature on the discoveries and developments in the field of cobalamin. It includes multifaceted

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aspects of the vitamin in health and disease conditions. The book has been written by leading scientists who have significant contributions in this field and represents therefore, a timely unique

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encyclopaedia on cobalamin.

Pacholok

Human sufferings, including deaths, can be reduced or avoided by applying routine principles of hygiene in individuals' lives. Some hygiene routines are purely

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simple remedies, which are inexpensive, affordable, acceptable and easily accessible. It is evident that change is first enacted from within the mindset of an individual, then transmitted to families,

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groups and communities, and eventually the mindset of a nation can change creating an environment which is better for everybody to live in. This book contains chapters discussing conditions or diseases that

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Psycholok
may not be common in the
readers' area. Caution as
such may never be
underestimated considering
the fact that we are living
in a global village where
one can never say 'this does
not occur in my area' but

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rather question, does this occur in my community, why does it occur, who is affected, where and when does it occur and what can be done about it? These questions constitute what epidemiology is all about,

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and their precise and comprehensive answers can transform lives and help us have the right perceptions for the health challenges we face and accept the possibility of dealing with them directly.

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This is another attempt of InTechOpen to continue the dissemination of international knowledge and experience in the field of immunology. The present book includes a number of modern

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Concepts of specialists and experts in the field of immunotherapy, covering the major topics and analyzing the history, current stage, and future ideas of application of modern immunomodulation. It is

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always a benefit, but also a compliment, to gather a team of internationally distinguished authors and to motivate them to reveal their expertise for the benefit of medical science and health practice. On

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behalf of all readers,
immunologists,
immunogeneticists,
biologists, oncologists,
microbiologists,
virologists, hematologists,
chemotherapists, health-care
experts, as well as students

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and medical specialists,
also on my personal behalf,
I would like to extend my
gratitude and highest
appreciation to InTechOpen
for giving me the unique
chance to be the editor of
this exclusive book.

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Vitamin B12 Deficiency is now being revealed as one of the most misunderstood conditions of the 21st century. The potential for it to result in permanent nerve damage and varying

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levels of disability
irrespective of the amount
of B12 replaced in the blood
is slowly being recognized
by modern clinicians. Yet
this is knowledge which is
not emerging, but re-
emerging, because physicians

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who dealt with this illness a century ago were well aware of the long-term implications. They were also aware of an underlying cause - low stomach acid. In addition, they understood that patients suffering from

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the condition would also have stomach atrophy, gut dysbiosis and intestinal permeability - in themselves conditions which could give rise to further ailments relating to mental health issues, autoimmune

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Conditions and a broad range of what we today recognize as chronic diseases. Yet for decades these issues, once well recognized, have been forgotten, and patients of the 21st century are often given advice and treatment

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misdiagnoses to combat not only the injuries caused by a deficiency of Vitamin B12, but which may well be misinterpreted as other, often untreatable conditions, or, as is possibly the case, that the

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Underlying cause of the B12 deficiency may also be the cause of other illnesses.

This book aims to pave the way in setting the record straight. It aims to help both patients and clinicians to deepen their

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Understanding in respect of a condition which was once feared and which, it would seem, still exists but is simply not recognized for what it is. It also aims to explain to those with other chronic and neurological

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conditions that a deficiency of B12 might prove to be a cause of at least some of their symptoms, and that the cause of any deficiency, even outside of B12 may well be impacting their health.

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"Are you constantly exhausted? Does sleep not refresh you? Is your balance not what it was? Do you have tingling or even burning in your fingers and toes? Then your problem may be vitamin B12 deficiency. Your doctor

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misdiagnoses Sally M
Pacholik
may test you for this but
your blood levels look OK so
what should you do then? Or
you may receive treatment
but not feel any better?
This book is a guide to the
complexities of this
deceptively simple problem -

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how it can be diagnosed, how
it can be treated, and how
those who have it can cope
with the lifelong
repercussions. Incorporating
the latest research, and the
input of the thousands of
members of the Pernicious

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Anemia Society, this book is both practical and engaging, illustrated with many personal stories that will resonate with sufferers and their friends and families." --Publisher's description.

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