



And can Vitamin B12 help?

Protect yourself

Droplets fall to the ground after a short time, so the more distance, the better.

The smaller the dose you get, the less your symptoms will be and the better you will cope.

How are you coping with self-isolation?

We asked the people present at the meeting how we were coping. Some people are relieved that we don't have to go out. The first graph shows quite a mix of responses to, whether you strongly agree or strongly disagree.

The second graph summarises people's descriptions of how they feel about the virus, because rightly, it's more of a danger to someone whose immune system isn't so strong.

The answer given the most often is “worried”. Words get bigger the more times people said them, and get more into the centre.

B12d

VITAMIN B₁₂ DEFICIENCY

Our first coffee morning - who came?

25 attended although only 9 put their details up. Where are you joining us from:?

cambridge

coventry

sussex

kent

staffordshire

scottish borders

durham

shropshire

west yorkshire

gloucestershire

north shields

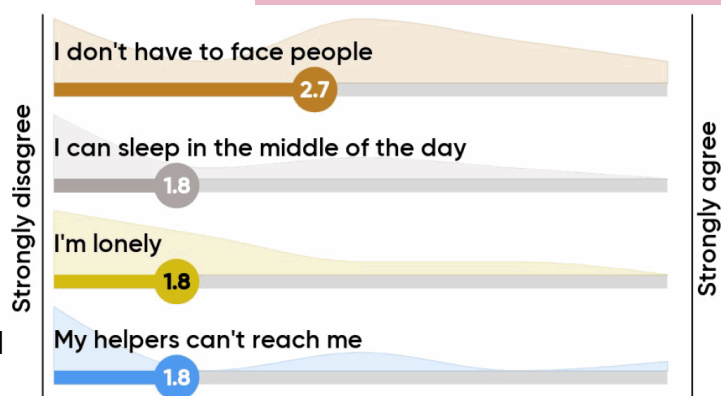
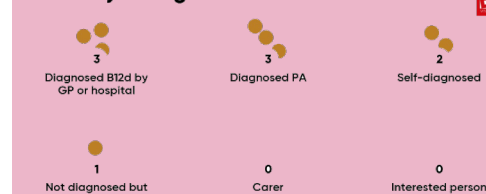
ireland

rugeley

staffs

How were you diagnosed?

How were you diagnosed?



A word cloud featuring various negative emotions. The word 'worried' is the largest and most central. Other prominent words include 'nervous', 'sad', 'anxious', 'tired', 'scared', 'concerned', 'drifting', 'a bit stressed', 'restricted', 'coping', 'cut off', 'painful', 'long-lasting', 'i have it', and 'annoyed'. The words are arranged in a circular pattern, with some overlapping. The colors of the words vary, including shades of blue, green, yellow, and grey.

The stronger your immune system, the better you are at fighting off the virus. The more energy you have, the stronger you will be to fight of the virus. Everything that B12 contributes to, helps to keep you well when the virus strikes.

Vitamin B12
Deficiency in
Clinical Practice

"Doctor you gave me my life back!"

Dr Joseph Chandy (Kayyalackakom)

Chapter 7 - the immune system

(Autoimmune glandular disorders, with special reference to APS and hypoadrenalism (Addison's Disease))

[This message is covered Chapter 7 of Dr Chandy's book - "Vitamin B12 Deficiency in Clinical Practice".](#)

The chapter describes how B12 is important for the cell membrane, and how a shortage of B12 can cause the cell membrane to distort or be of the incorrect thickness. This means that the endocrine system (hormones) don't work as they should, and the immune system also breaks down.

Outside of coronavirus, you suffer from autoimmune conditions like Hashimoto's, Lupus, Graves', Sjögren's, and potentially diabetes (see list in Chapter 1 section 1.4.5).

Innate immune system

Dendritic cell

Macrophage

Natural killer cell

Mast cell

Granulocyte

Adaptive immune system

γδ T cell

Natural killer T cell

B cell

Antibodies

CD4⁺ T cell

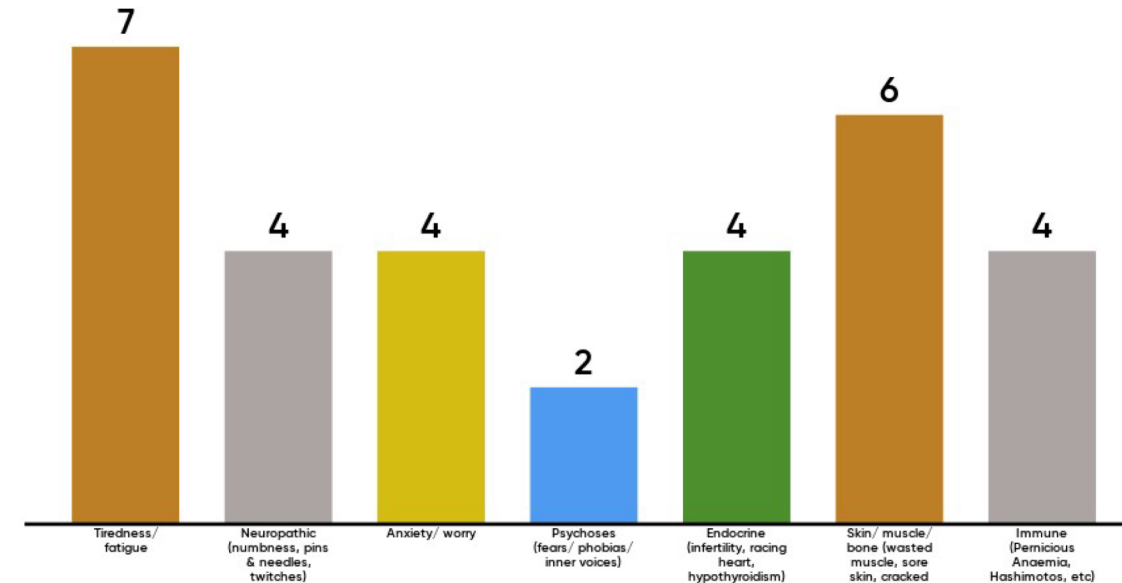
CD8⁺ T cell

There are two immune systems, on the lookout for external infections, and on the look out for abnormalities in the body. If the Innate immune system (looking out for abnormalities) goes wrong due to lack of Vitamin B12, that's when you get autoimmune conditions. If the Adaptive immune system goes wrong, then you are less able to fight infection and more susceptible to viruses.

Vitamin B12 makes you better able to resist infection.

Shortage of B12 leads to (answers from those at the Zoom meeting)

Each of these can make you more susceptible, more likely to have uncomfortable symptoms. If you are tired, you won't have as much energy to fight the infection. But all isn't lost.



Symptom	Frequency
Tiredness/fatigue	7
Neuropathic (numbness, pins & needles, twitches)	4
Anxiety/ worry	4
Psychoses (fears/ phobias/ inner voices)	2
Endocrine (infertility, racing heart, hypothyroidism)	4
Skin/ muscle/ bone (wasted muscle, sore skin, cracked mouth)	6
Immune (Pernicious Anaemia, Hashimotos, etc)	4

GP Practices have (in some cases) stopped B12 injections

We've had notice from a number of people that GP practices have stopped offering the injections.

If B12 injections are so important, why are GP practices stopping injections, and what can you do about it?


Many GP practices are continuing to give B12 injections.

What is NOT RIGHT

- The claim that the body has stores of B12 which will last months or years is true for healthy people, but not for people with B12 deficiency
- B12 deficient people often have trouble absorbing (classic Pernicious Anaemia),. And NHS prescription tablets only have 50mcg in (typical Over the Counter or OC tablets have 1000mcg or 5000mcg)
- B12 deficient people seem to need higher concentrations of B12 in the blood in order to make use of it in the body's cells

What you CAN DO

- Take extra care to guard against infection. Keep your distance. Wear PPE (Personal Protective Equipment) like a mask over your mouth and nose (washed regularly), gloves that you change or wash regularly, and so on
- Take oral supplements. B12 needs a good balance of other vitamins and minerals to work well, so I take a multivitamin/multimineral one-a-day tablet which tops up my Vitamin D, Magnesium and Potassium. However these tablets only have 50mcg of B12 so you will probably need more. Buy methylcobalamin 1000mcg (usually)
- Consider self-injecting at home. Check websites for sources



May 2020 Newsletter

B12 coffee mornings

The web site is still up and running. You can download the protocol for diagnosis and treatment <http://www.b12d.org/protocoltreatment>. You can check symptoms (symptoms checker <http://www.b12d.org/admin/healthcheck/diagnosticcalculator>) and symptoms diary.

The coffee mornings are a chance for you to meet other people who also understand this condition, and talk.

In May we're going to have two Zoom meetings, instead of our usual one. This means two chances to meet. The first will be a Coffee Morning in USA, but an evening in UK. It will be 7pm BST (British Standard Time) on Monday 11th May, which is 2:00pm EST in New York and 11am PST in California. People in Europe and UK are also welcome!

The second will be our usual time 10:30 BST on second Tuesday (May 12th), which is also my Silver Wedding Anniversary. Everyone is welcome to this too - it's probably a good time for people in India and Russia.

Coffee Meetings

Meeting	Date and Time	Zoom details	Phone
USA daytime meeting and UK evening	Monday 11 May 2020, 7:00pm BST	https://us02web.zoom.us/j/81578202008	UK Local call 01314601196 , 81578202008
UK and Europe morning	Tuesday 12 May 2020, 10:30am BST	https://us02web.zoom.us/j/925587851	UK Local call 02034815237 , 925587851

The subject for May will be neurological symptoms - paralysis, muscle spasms, numbness, phantom pains, and psychosis.

How else can you keep in touch?

There are Facebook groups ([New Beginnings B12 Deficiency Information and Support Group](#), and [B12 Deficiency - Functional, Neurological & Autoimmune](#)) which don't give advice, but are a good place to meet people.

Dr Chandy doesn't usually join us for these meetings, but as always he's available by [email \(notifications@b12d.org\)](mailto:notifications@b12d.org) and you can ask him to phone you

If you would like to get Dr Chandy's book "Vitamin B12 deficiency in clinical practice", it is available as a FREE DOWNLOAD from www.b12d.org/book. You can also buy a copy from Amazon - check the link on the web page for Amazon.co.uk, or search for it by title and author on your country's Amazon website. It should be selling at cost price: there are two versions, a colour one (more expensive) and a black and white version (low cost). It's a big book, but we're selling it for just the cost of printing (which Amazon decides) so you may be surprised at the price.

Keep in touch via the email address above, and sign up to an account using the "Members' Area" button on the website, where you can save your symptoms from the symptoms checker.



Thanks - Hugo Minney