

# B12 Deficiency Recovery Guide (Yogic Wisdom, Neuroscience & Science-Based Habits)

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## Important Note:

Vitamin B12 deficiency is common, especially in vegetarians, because B12 is naturally found mainly in animal foods.

Yogic lifestyle, sunlight, gut health, and stress reduction can improve absorption and overall health. Do consult a qualified doctor for diagnosis and for supplementation if you have serious issues.

## SECTION 1: 10 HABITS TO SUPPORT RECOVERY FROM B12 DEFICIENCY

### 1. Improve Gut Health (Science + Neuroscience)

Benefit: Healthy gut lining improves absorption of B12 and other nutrients.

Practice: Eat fermented foods like curd, buttermilk, and homemade pickles (in limit and according to your body type).

### 2. Regular Sunlight Exposure (Science)

Benefit: Sunlight helps regulate circadian rhythm and energy metabolism, indirectly supporting recovery and mood.

### 3. Yogic Breathing – Anulom Vilom & Bhramari

Benefit: Improves oxygen delivery, reduces stress hormones, and enhances nervous system balance.

### 4. Stress Reduction through Meditation (Neuroscience)

Benefit: Chronic stress reduces digestive efficiency; meditation improves vagus nerve activity and digestion.

### 5. Chewing Food Slowly (Ancient Indian Wisdom)

Benefit: Better digestion begins in the mouth and improves nutrient absorption.

### 6. Regular Movement or Yoga Asanas

Benefit: Improves blood circulation, helping nutrients reach tissues and the brain efficiently.

## 7. Adequate Sleep (Neuroscience)

Benefit: Sleep supports brain repair, energy metabolism, and hormone balance.

## 8. Include Fortified Foods (Science)

Benefit: Fortified cereals, nutritional yeast, and plant milks can provide reliable vegetarian B12 intake.

## 9. Maintain a Fixed Eating Schedule (Yogic Discipline)

Benefit: Supports digestive enzyme timing and gut health.

## 10. Medical Monitoring and Supplementation if Needed

Benefit: Fastest and most reliable correction of deficiency when levels are low.

# SECTION 3: LIFESTYLE SUMMARY

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Try these daily habits and include in your routine.

Daily:

- 20 minutes sunlight
- 30 minutes movement or yoga
- 10 minutes breathing practice
- 7–8 hours sleep
- Balanced vegetarian diet with fortified foods

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Thank You  
Pratiush Sharma