Mindluster Platform

About the course Functional vitamin B12 deficiency symptoms

Functional vitamin B12 deficiency course, in this course we delve into the concept of functional vitamin B12 deficiency, a condition where there may be adequate levels of vitamin B12 in the blood, but it is not effectively utilized by the body. Through an exploration of scientific literature and clinical case studies, we examine the underlying mechanisms, causes, and consequences of this condition. From understanding how factors such as genetics, aging, and certain medications can impact vitamin B12 metabolism to exploring the clinical manifestations and diagnostic challenges associated with functional deficiency, we aim to provide a comprehensive understanding of this complex issue. Additionally, we discuss strategies for diagnosis, management, and prevention, including dietary interventions and supplementation approaches. Join us to gain insights into recognizing and addressing functional vitamin B12 deficiency to optimize health and well-being.

Medical Category's Courses

Course Lesson(17)

Lesson 1 : **What to Eat for Stroke Prevention**

Lesson 2 : **What Not to Eat for Stroke Prevention**

Lesson 3 : **Do Vegetarians Really Have Higher Stroke Risk**

Lesson 4 : **Vegetarians and Stroke Risk Factorsâ€”Vitamin D**

Lesson 5 : **Vegetarians and Stroke Risk Factorsâ€”Omega 3s**

Lesson 6 : **Vegetarians and Stroke Risk Factorsâ€”Vegan Junk Food**

Lesson 7 : **How to Prevent a Stroke**

Lesson 8 : **Lowering Our Sodium to Potassium Ratio to Reduce Stroke Risk**

Lesson 9 : **Best Foods to Reduce Stroke Risk**

Lesson 10 : **Chocolate and Stroke Risk**

Lesson 11 : **Vegetarians and Stroke Risk Factorsâ€”Saturated Fat**

Lesson 12 : **Vegetarians and Stroke Risk Factorsâ€”Animal Protein**

Lesson 13 : **Vegetarians and Stroke Risk Factorsâ€”Vitamin B12 Homocysteine**

Lesson 14 : **How to Test for Functional Vitamin B12 Deficiency**

Lesson 15 : **Should Vegetarians Take Creatine to Normalize Homocysteine**

Lesson 16 : **The Efficacy and Safety of Creatine for High Homocysteine**

Lesson 17 : **Update on Vegetarian Stroke Risk**

Related courses

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