



The B12 Deficiency Survival Handbook: Fix Your Vitamin B12 Deficiency Before Any Permanent Nerve and Brain Damage

By Dr. Aqsa Ghazanfar



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Warning: Prolonged B12 Deficiency Can Cause Permanent Brain Damage.

Can a lack of vitamin B12 be the reason you're so tired and stressed? Can such an easily-obtainable nutrient really prevent memory loss, alzheimer, heart disease and even infertility? And what if you were told that a deficiency can literally shrink your brain, cause irreversible damage and even stunt the development of your lovely child?

Those are no longer theories, but hard facts backed by solid scientific research. B12 deficiency is one of the most underrated and destructive illnesses in the western world. With great help from scientists and specialists, *Dr. Aqsa Ghazanfar* separates the junk from science and gives you the best ways to prevent or treat this deficiency as early as possible, saving you a lot of money and time. The B12 Deficiency Survival Handbook will help you:

- Know more about vitamin B12 than 99% of doctors.
- Choose the best foods or supplements to treat your specific deficiency.
- Understand the signs and symptoms so you can avoid irreversible nervous and brain damage.
- Achieve the vibrant energy, vitality and happiness that you desire so much.
- Delay aging, alzheimer and other degenerative diseases.
- Keep your hormones in good shape and feel like Wolverine.
- Protect your children and loved ones.
- Save a LOT of time and money by avoiding the wrong types of supplements and expensive medical procedures.

Early treatment can literally save your life.

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Alexander Goodman:

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