

B Vitamin Food Sources – Because A Deficiency Can Drive You Insane

A teenage boy is admitted to a mental hospital. He screams in fear, begging to be saved from the thousands of spiders climbing up the wall – spiders no one else can see.

A middle-aged woman is anemic.

An elderly man is depressed.

A young woman dreads her monthly cycle, knowing she will become moody or angry – mood swings so severe they may jeopardize her relationship or her job.

What do all of these people have in common? They are all suffering from a B vitamin deficiency.

The B vitamins are a group of water-soluble vitamins crucial to many of the metabolic processes in the body. All eight B vitamins, or several of them, are often found together in a particular food- a helpful occurrence since many of the B vitamins work together.

The B vitamins are: B1 (thiamin), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folate or folic acid), and B12 (cyanocobalamin).

B vitamins help carbohydrates break down to glucose and they aid in the breakdown of fats and proteins. Without them, we would not have fuel for any tissues in the body. They are absolutely essential for neurotransmitters and nerve tissue. They help our bodies form red blood cells. B9 and B12 are required for normal fetal development during pregnancy.

B vitamin deficiencies run the gamut from decreased energy all

the way through to acute psychosis or death. Every bodily function requires B vitamins or the glucose it provides.

The best source of any vitamins is food. B vitamins are found in the following foods.

Foods High in B1

Asparagus, Brussels sprouts, green peas, beet greens, spinach, sweet potatoes, navy beans, black beans, pinto beans, lima beans, kidney beans, lentils, peanuts, unpolished rice, barley, oats, sunflower seeds, sesame seeds, flax seeds, watermelon, oranges, and liver.

Foods High in B2

Beet greens, spinach, asparagus, crimini mushrooms, collard greens, sweet potatoes, green peas, eggs, turkey, tempeh, sardines, and tuna.

Foods High in B3

Asparagus, crimini mushrooms, potatoes, sweet potatoes, green peas, tuna, chicken, turkey, salmon, lamb, beef, sardines, shrimp, peanuts, sunflower seeds, brown rice, and barley.

Foods High in B5

Avocado, crimini and shitake mushrooms, sweet potatoes, green peas.

Foods High in B6

Sweet potatoes, potatoes, spinach, cabbage, turnip greens, garlic, winter squash, bok choy, bell peppers, avocado, green peas, tuna, chicken, turkey, beef, salmon, lentils, lima beans, pinto beans, bananas, and sunflower seeds.

Foods High in B7

Sweet potatoes, onions tomatoes, carrots, oats, peanuts, almonds, walnuts, eggs, salmon, and bananas.

Foods High in B9

Asparagus, spinach, turnip greens, broccoli, Romaine lettuce, bok choy, cauliflower, green peas, avocados, leeks, fennel, summer squash, Brussels sprouts, lentils, pinto; garbanzo; black; navy; and kidney beans, papaya, and quinoa.

Foods High in B12

Sardines, salmon, tuna, cod, lamb, shrimp, scallops, beef, yogurt, and milk.

It can be difficult to meet the daily requirement of B12 if you are a vegetarian or vegan, or if you are elderly. It is also more difficult for anyone suffering from digestive diseases that inhibit absorption such as celiac disease.

Conclusion

If you do choose to supplement with B vitamins, it is important to take a full B complex. Taking one or more B vitamin over an extended period of time can cause deficiencies in other B vitamins.

Remember a healthy diet is one that consists of 80% raw, fresh, organic produce – more vegetables than fruits along with healthy omega 3 fats. To properly absorb and assimilate B vitamins, you must have balanced healthy fats in the body and a healthy gut that's not overrun with Candida. Check out *Balance Your Ecosystem*.

Recommended Supplements:

- B-Complex #12 – Thorne Research

- Shillington's Total Nutrition Formula
- B Vitamins

Sources:

- *Vitamin B Deficiency and Developmental Disorders*
- *The Fascinating Bacteria in our Gut, and How it Affects Our Whole Lives*
- *Mental Health, Physical Health & B Vitamins – Nature's Valium*