

Foods with Vitamin D and Vitamin B12 for those with Multiple Sclerosis

All nutrients have a role to play in health. When we are found to be deficient in particular vitamins or minerals, it could be that we are not eating enough foods that provide them or our state of health may be such that we are unable to properly metabolize and process them.

Many studies have shown that people with multiple sclerosis have lower levels of specific vitamins and other nutrients, especially vitamin D and vitamin B12.

The Vitamin B12 Connection

Those who have MS have low levels of vitamin B12 in their cerebrospinal fluid, blood serum, or both. A vitamin B12 deficiency is often mistaken for MS.

Studies have shown patients with MS given vitamin B12 supplements have experienced clinical improvements with symptoms. Those with MS are also likely to be low in other B vitamins and should consider a B vitamin complex with extra B12. It is always best to take a complex B rather than taking just one B vitamin for any length of time. B vitamins work together to perform many vital roles in the body.

Foods Rich in Vitamin B 12

Foods rich in vitamin B12 include:

- Sardines
- Salmon
- Tuna

- Cod
- Lamb
- Shrimp
- Scallops
- Beef
- Yogurt
- Milk

If you are suffering from a digestive disease that inhibits absorption such as celiac disease or you are elderly, vegan, or vegetarian it may be difficult for you to reach your daily requirement of B12 without supplementation.

Even if you are not aware that you have a digestive disorder, chances are you suffer from leaky gut syndrome if you have MS or any other autoimmune disease. Elimination of gluten from your diet, treating Candida overgrowth, and repairing your gut will go a long way toward your recovery from MS.

The Vitamin D Connection

The farther away a person lives from the equator, the greater the risk of developing MS, which suggests vitamin D deficiency may play an important part in the development of this disease.

Study after study shows that when people are chronically ill they either are or they were vitamin D deficient. Vitamin D is a hormone our bodies produce after we are exposed to sunlight.

Vitamin D is stored in fat and released as needed, but this does not work right for particularly toxic people or overweight people and most of us in the modern world do not get nearly enough vitamin D in the summer regardless of our ability to store it. We certainly get enough in our diet to make up for our lack of outdoor life.

If you have MS you will likely feel an immediate improvement by supplementing with vitamin D. Avoid very high doses of

vitamin D for long periods of time.

Foods Rich in Vitamin D

We can also get vitamin D from the following foods:

- Fatty fish
- Mushrooms
- Beef liver
- Cheese
- Egg yolks

Conclusion

Vitamin D and vitamin B12 deficiencies play a role in MS, but they are not the only causes of this disease. A leaky gut is most certainly a big part of the problem, and diet management is paramount, not only to manage symptoms naturally but also to getting well. To learn more about MS, check out *Naturally Treat Multiple Sclerosis – Therapies, Diet, Pain Management, Alternative Medicine*.

Recommended Products:

- Vitamin D
- Vitamin B12 Complex

Suggested Reading:

- *Gluten, Candida, Leaky Gut Syndrome and Autoimmune Diseases*
- *Vitamin B12*
- *Vitamin D and Hypertension*
- *Naturally Treat Multiple Sclerosis – Therapies, Diet, Pain Management, Alternative Medicine*