

SIMPLIFIED 14 DAY RESET

# The Essential Vitamins

DAY 10: B6: PYRIDOXINE





# B6: Pyridoxine

## BRAIN AND MOOD

B6 is necessary for the production of serotonin and progesterone, two very calming chemicals. When deficient, this can lead to depression.

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## WOMEN'S HEALTH

high levels of estrogen after ovulation increase our need for B6 and impede our ability to absorb it. B6 is a natural diuretic and helps with the bloating and water retention of PMS. B6 can help amenorrhea (300-600 mg/day). Can also resolve pregnancy nausea at higher doses.

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## RANDOM AND AMAZING USES

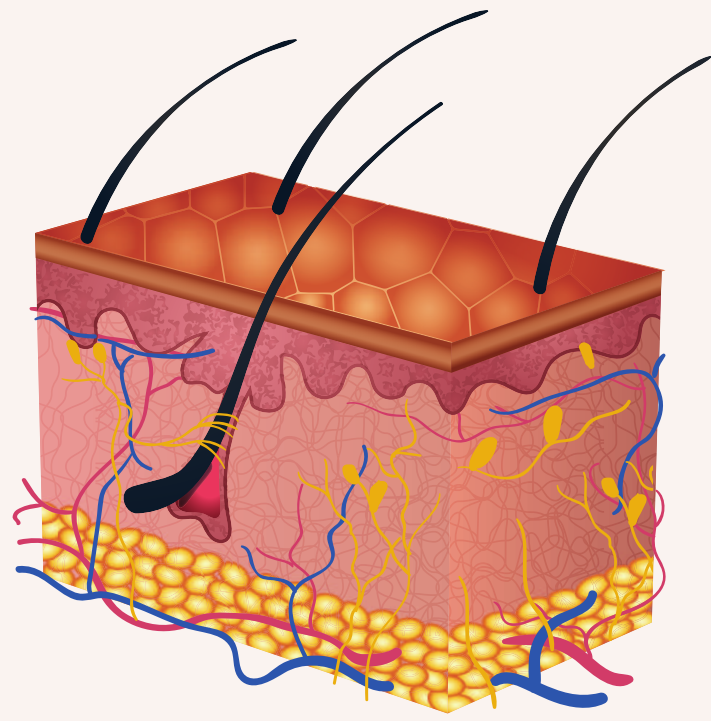
Asthma in adults and children (improves ability to metabolize estrogen), diabetes, recurrent kidney stones, premature aging, anemia, melanoma, seizure disorders.



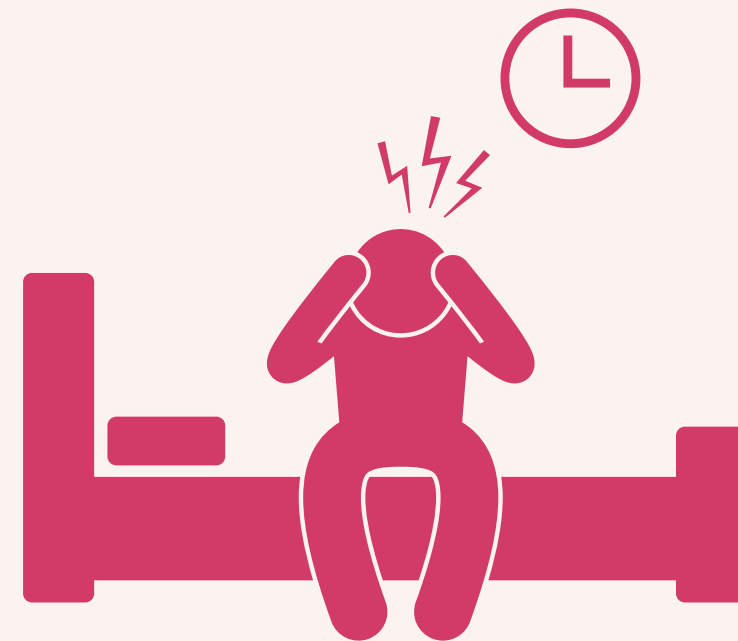


# Pyridoxine Deficiency

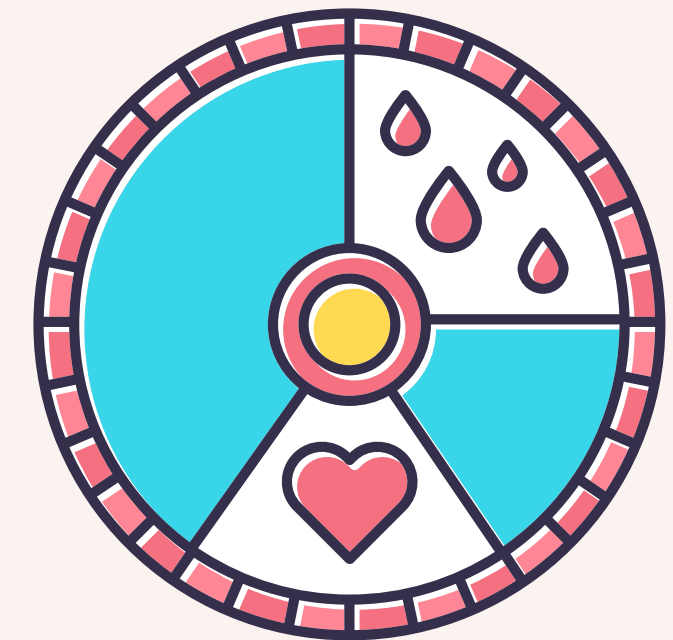
## HOW IT SHOWS UP IN THE BODY



skin and mucous  
membrane  
issues: dermatitis of  
the face, acne,  
glossitis



pins and needles  
feeling, dizziness,  
depression,  
insomnia, loss of  
grip strength



menstrual  
difficulties- cramps,  
PMS, bloating,  
weight gain

**most notable  
symptoms:  
PMS, loss of  
grip strength**

PYRIDOXINE DEFICIENCY



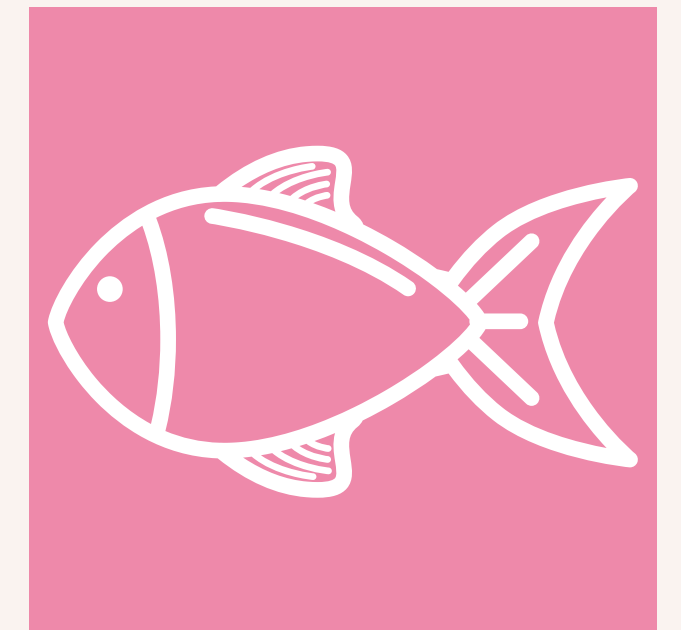
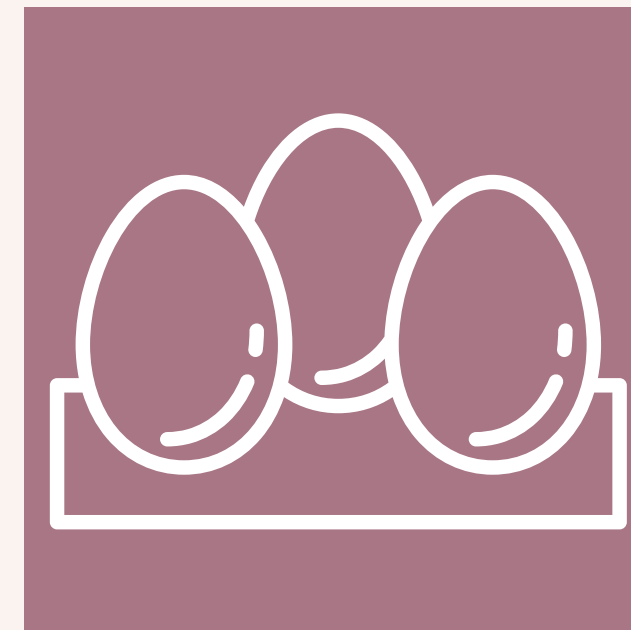
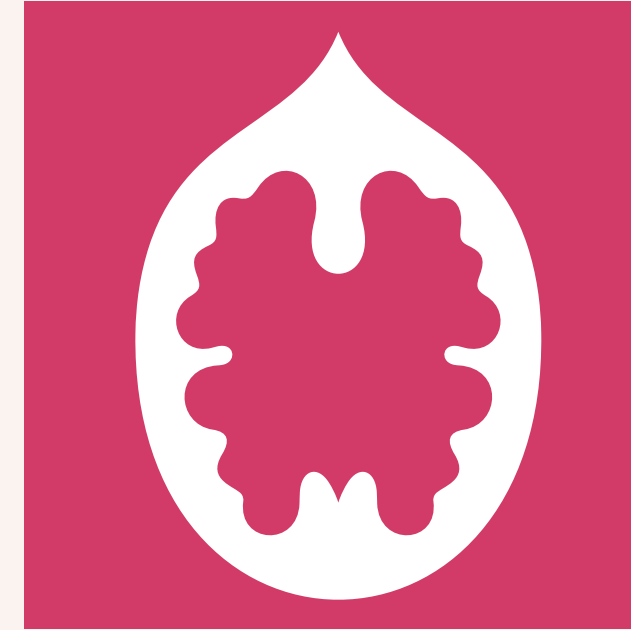
# Foods with Pyridoxine

## MEAT, DAIRY, PRODUCE

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Eggs, spinach, carrots, peas, meat, chicken, herring, salmon, brewer's yeast, walnuts, sunflower seeds, wheat germ, blackstrap molasses, avocados, canteloupe, bananas, cabbage, beans.

Recent evidence shows food bioavailability is low and up to 70% of B6 is lost during cooking.



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# It is really hard to get enough B6.

WOMEN, DIETERS, ALCOHOL DRINKERS, ADOLESCENT GIRLS, THE ELDERLY, THOSE UNDER STRESS ALL HAVE TROUBLE GETTING EVEN 2 MG OF B6.

A STUDY OF 74 COLLEGE GIRLS NOT TAKING ORAL CONTRACEPTIVES SHOWED THAT **ONLY 1 OF THEM** WAS GETTING ENOUGH B6.





WHEN SUPPLEMENTING

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# Pyridoxine

RDA:

2 MG FOR WOMEN

2 MG FOR MEN

1 FOR CHILDREN

My Recommendation: 100–500 mg/ day

# next up- b9: folate

JENNIFER WOODWARD NUTRITION





SIMPLIFIED 14 DAY RESET

# The Essential Vitamins

DAY 11: B9: FOLATE

*jw*  
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WOODWARD  
NUTRITION





# B9: Folate

## FORMATION OF RED BLOOD CELLS

B9 works with B12 to form proper blood cells. Without enough folic acid, macrocytic anemia can occur. Folic acid can lower homocysteine, a normal metabolic chemical that can accumulate and raise your risk of CVD. High levels of B6 interfere with folic acid and deplete it- never take the B's alone!

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## CERVICAL CANCER/ DYSPLASIA

Folic acid works in cell division. Cancer is an abnormal growth of cells. Cervical dysplasia is an abnormal and precancerous condition. Oral contraceptives will lower B9, which is needed in great concentrations in the cervix. This leads to a susceptibility of viral or chemical alternations.

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## BIRTH DEFECTS

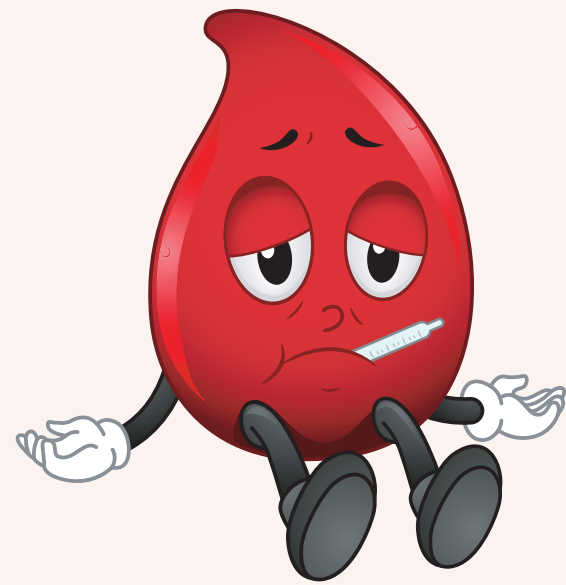
Cells multiply rapidly during pregnancy and women need large amounts of folate to have a healthy fetus. If you take the Pill, make sure to shore up your B9 before attempting pregnancy. Neural tube defects occur with b9 deficiency.





# Folate Deficiency

## HOW IT SHOWS UP IN THE BODY



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anemia shown by weakness, insomnia, irritability, pallor. must be countered with B12- too much of one depletes the other



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severe depression, low arousal- B9 has been shown to enhance the effects of SSRIs



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immune dysregulation, specifically vitiligo, deficient means that the body cannot recognize invading microbes and has low WBC

**most notable  
symptoms:  
anemia,  
depression**

FOLATE DEFICIENCY



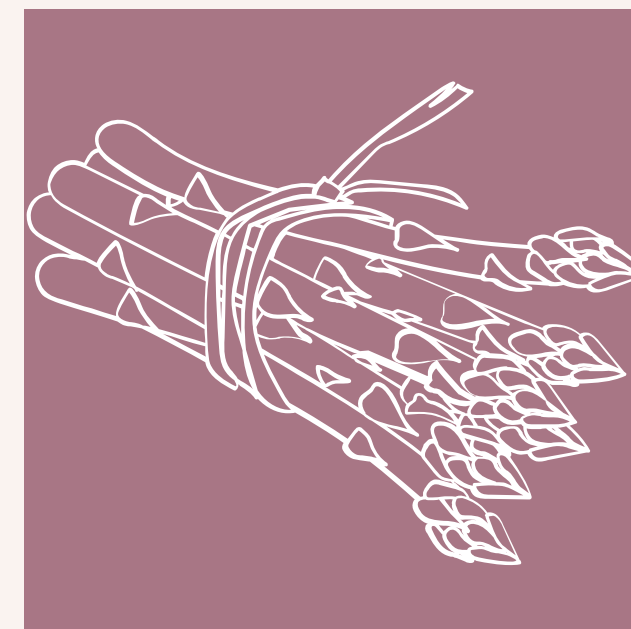
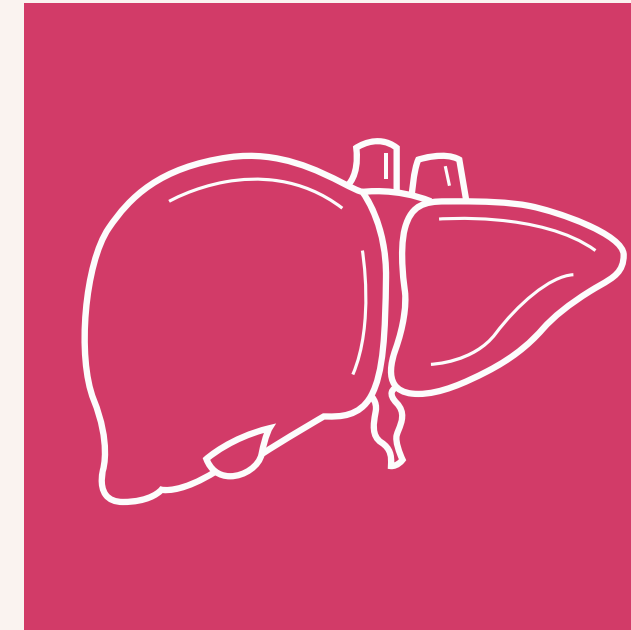
# Foods with Folate

## ORGAN MEATS AND LEAFY GREENS

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Beef liver, chicken liver, lamb liver, pork liver, spinach, kale, beet greens, asparagus, broccoli, brewer's yeast.

Cooking and processing reduces folate by up to 90%.



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# Folate for mental health

FOLINIC ACID HAS TO UNDERGO A SERIES OF CHANGES PRECIPITATED BY VITAMINS AND MINERALS BETWEEN THE INTESTINE AND THE LIVER BEFORE IT IS CONVERTED TO METHYLFOLATE.

FOLINIC ACID CAN HELP THOSE WITH ACUTE PSYCHIATRIC DISORDERS- EPILEPSY, DEPRESSION, SCHIZOPHRENIA. FOLATE REGENERATES SAM-E, WHICH CREATES MORE SEROTONIN.





WHEN SUPPLEMENTING

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# Folate

RDA:

400 MCG FOR WOMEN

400 MCG FOR MEN

200 MCG FOR CHILDREN

My Recommendation: 100-500 mg/ day

**next up-**  
**b12:**  
**cobalamin**



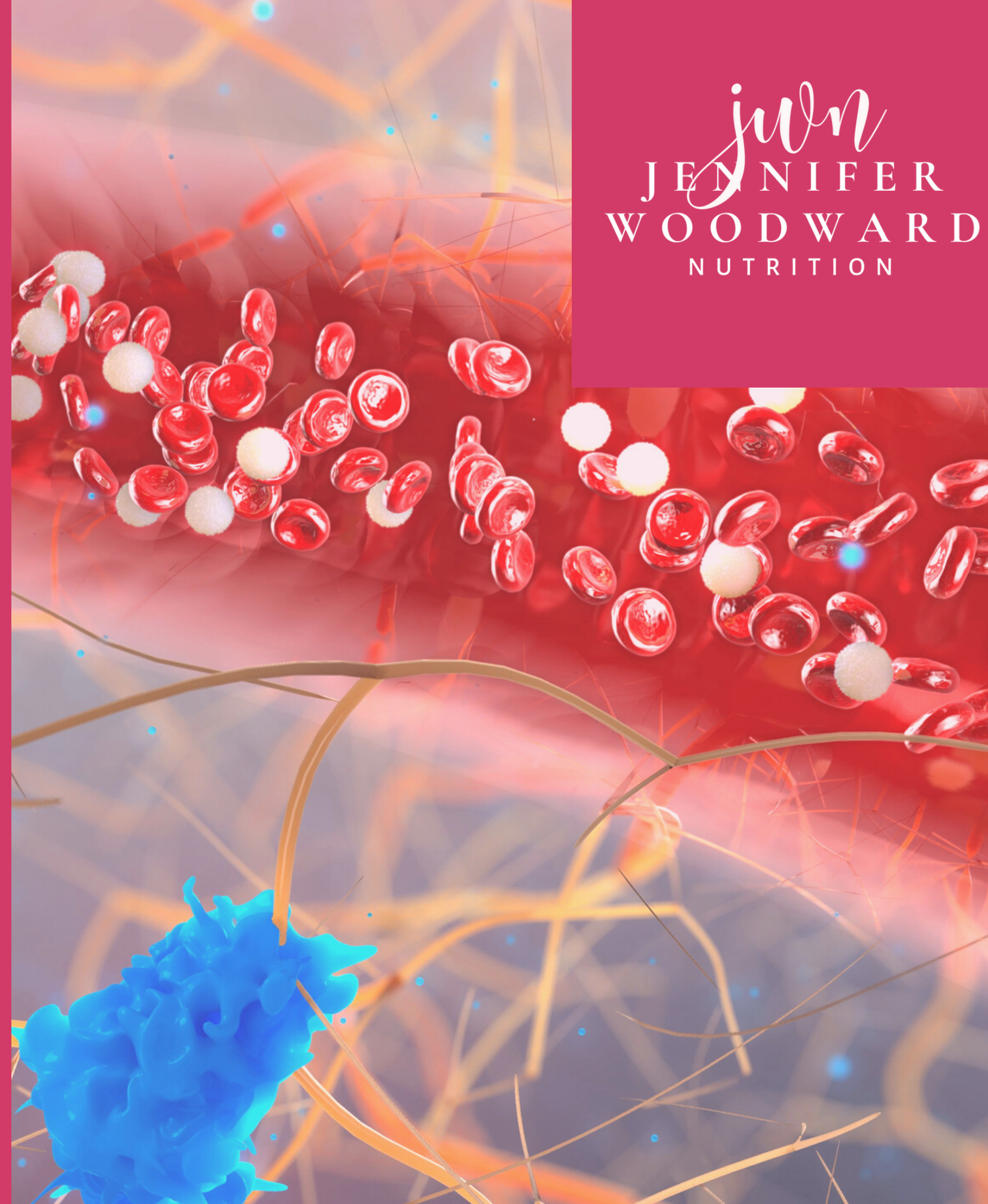


SIMPLIFIED 14 DAY RESET

# The Essential Vitamins

DAY 12: B12: COBALAMIN

*jw*  
JENNIFER  
WOODWARD  
NUTRITION





# B12: Cobalamin

## BLOOD AND BLOOD VESSELS

Needed to form red blood cells in the marrow, Without it, pernicious anemia forms, leading to fatigue and pallor. Keeps homocysteine in balance, lowering risk for CVD. Counteracts increase in homocysteine seen in statins.

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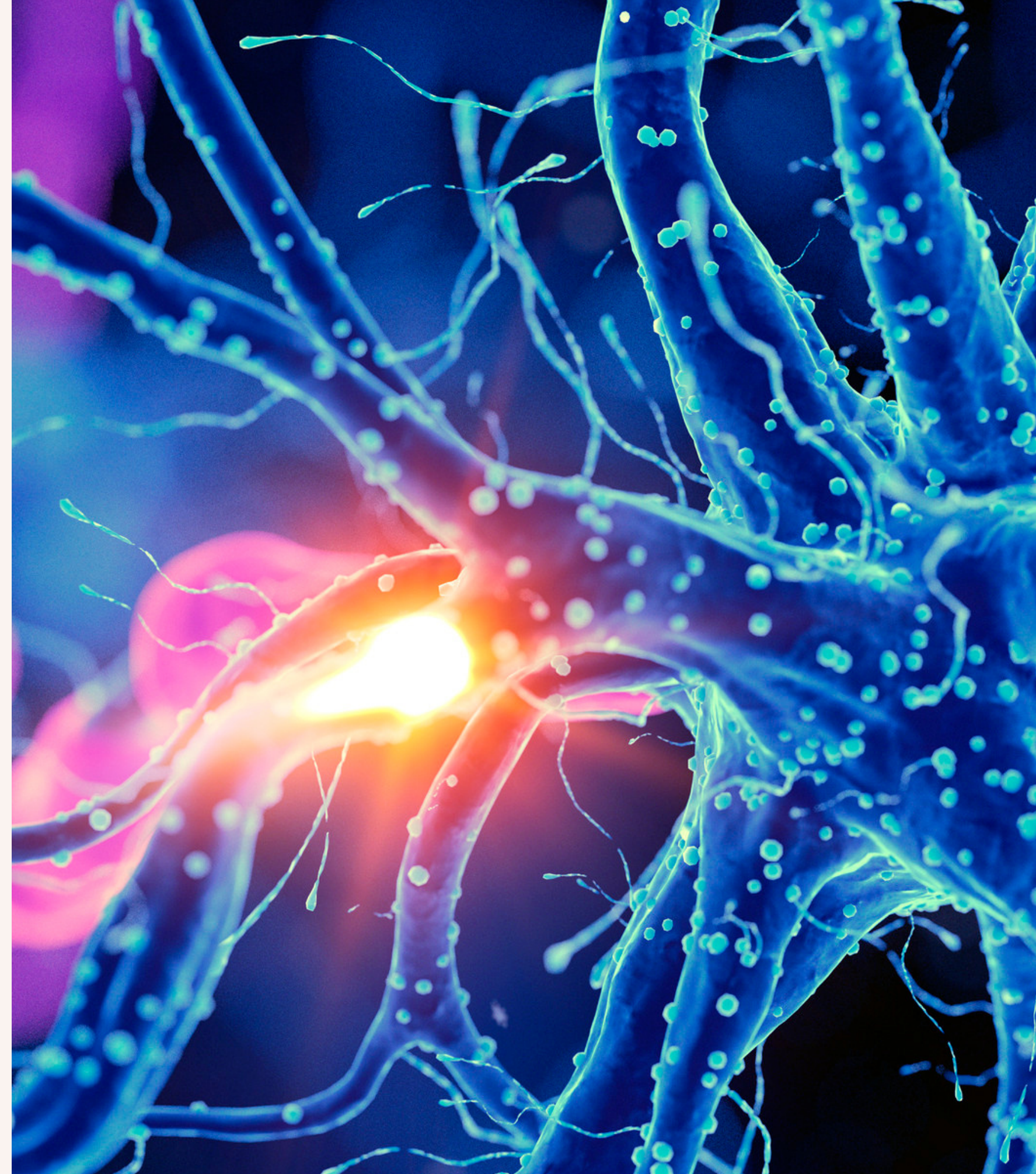
## NERVOUS SYSTEM

Involved in production of myelin sheath. Association between B12 deficiency and nervous system dysfunction is well established. Confusion, moodiness, impaired coordination, Alzheimer's, dementia, Liver converts cyanocobalamin to methylcobalamin, but methylcobalamin protects better against Parkinsons, Alzheimers, ALS,, neurodegeneration.

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## CANCER

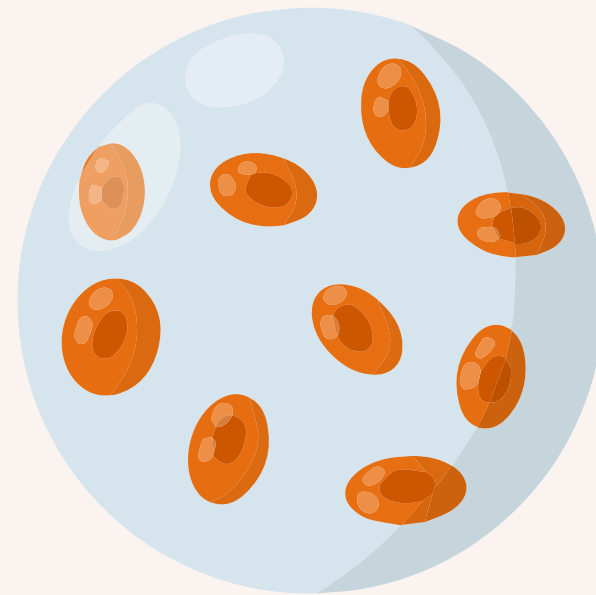
Plays a role in cancer prevention B12 + Vitamin C has been shown to prevent cancer in laboratory mice. Abnormal cells shown in smokers and drinkers are mitigated with B12 and B9. .





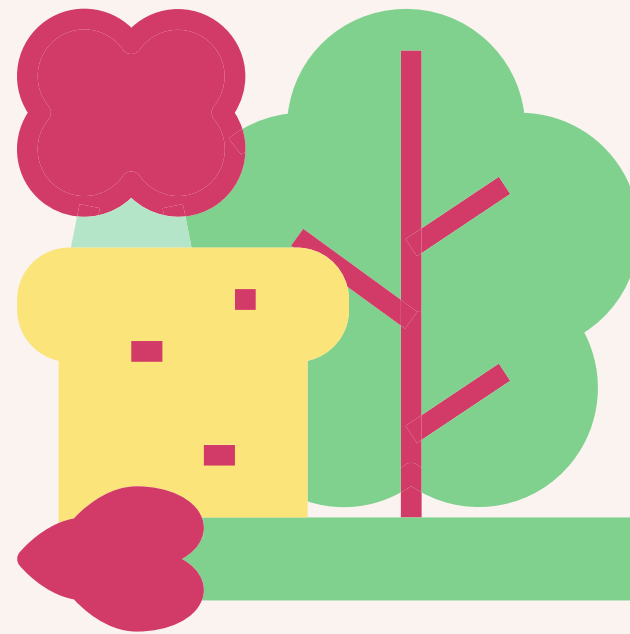
# Cobalamin Deficiency

## HOW IT SHOWS UP IN THE BODY



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pernicious anemia, mostly in alcoholics, elderly, vegans. Pernicious anemia (b12) different from folic acid anemia, and one depletes another.



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taking too much B9 (folic acid) without enough B12 can lead to severe B12 deficiency. The body needs B12 to utilize folic acid.



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low vitamin C in the body can lead to low B12 absorption, even though early studies suggested the opposite.

**most notable  
symptoms:  
anemia,  
fatigue.**

COBALAMIN DEFICIENCY



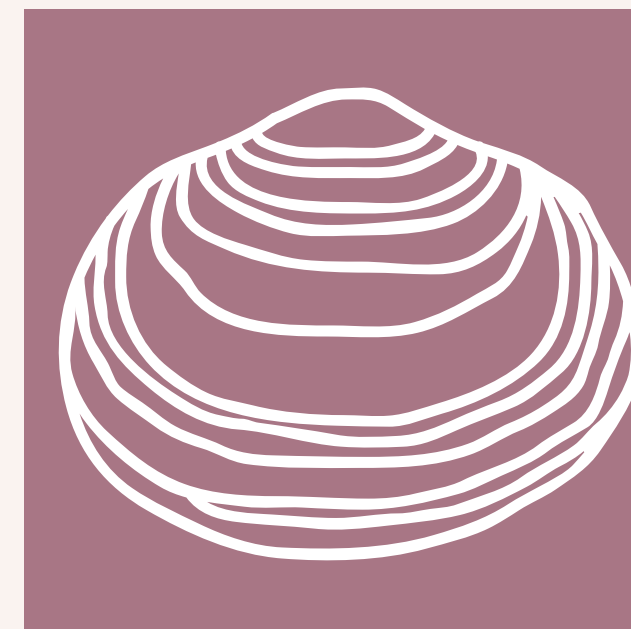
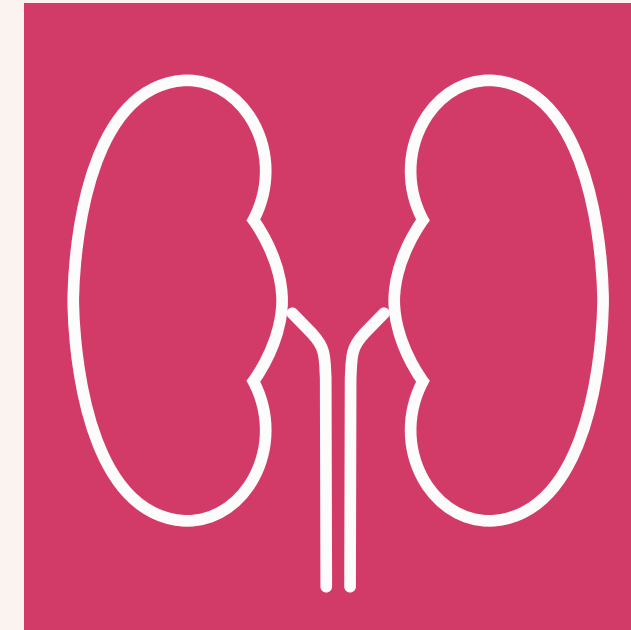
# Foods with B12

## ALL SOURCES ARE ANIMAL IN ORIGIN

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The amount of B12 in foods is small. Lamb and beef kidneys; lamb, beef, and pork livers, beef, herring, mackerel, egg yolk, milk, cheese, clams, sardines, salmon, crabmeat, and oysters.

B12 is not stable in presence of heat, acid, or light and is easily oxidized.



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# B12 to prevent neurodegeneration

USE METHYLATED B12 FOR EASIEST ABSORPTION. INJECTIONS ARE RECOMMENDED FOR THOSE WHO HAVE TROUBLE ABSORBING.

TO PREVENT PROBLEMS OF AN AGING BRAIN LIKE PARKINSONS OR COGNITIVE DECLINE, TAKE 1 MG SUBLINGUALLY DAILY.





WHEN SUPPLEMENTING

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# Cobalamin

RDA:

6MCG FOR WOMEN

6MCG FOR MEN

1 FOR CHILDREN

My Recommendation: 100-1000 mcg/ day

# next up- magnesium

JENNIFER WOODWARD NUTRITION

