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**[Vitamin B-3 \(niacin\): Deficiency symptoms, uses,
and ...](#)**

**Symptoms of vitamin B12 deficiency are so
varied that it's often difficult to diagnose the**

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deficiency on the basis of symptoms alone. If you lack B12 whether due to your diet or poor absorption, you would experience fatigue, shortness of breath, muscle weakness, dizziness, poor vision, pale or yellow skin, a smooth tongue, and even vitiligo.

[15 Signs and Symptoms of Vitamin C Deficiency](#)

Vitamin deficiency is the condition of a long-term lack of a vitamin. When caused by not enough vitamin intake it is classified as a primary deficiency, whereas when due to an underlying

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disorder such as malabsorption it is called a secondary deficiency. An underlying disorder may be metabolic - as in a genetic defect for converting tryptophan to niacin - or from lifestyle choices that ...

[7 steps to cure your hangover - Harvard Health](#)

For example, thiamine deficiency is a common occurrence in people with alcoholism and results from poor overall nutrition. Thiamine, also known as vitamin B1, is an essential nutrient required by all tissues, including the brain.

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[Vitamin A | The Nutrition Source | Harvard T.H. Chan ...](#)

Scurvy is a disease resulting from a lack of vitamin C (ascorbic acid). Early symptoms of deficiency include weakness, feeling tired and sore arms and legs. Without treatment, decreased red blood cells, gum disease, changes to hair, and bleeding from the skin may occur. As scurvy worsens there can be poor wound healing, personality changes, and finally death from infection or bleeding.

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[Vitamin B1 \(Thiamine\) - Nootropics Expert](#)

Alcoholism is a chronic physical and psychological dependence on alcohol 2. If left untreated, it is progressive and can be fatal. According to the National Institute on Drug Abuse, past studies indicate that alcoholism and addiction run in families 2. Scientists are working on discovering the genes that play a role in the development of this dependence.

[Orthomolecular News](#)

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They often lack this vitamin due to diuretic use, malnutrition, and alcoholism [88, 64]. In some of these patients, thiamine deficiency may further impair heart function and worsen their symptoms. A review of clinical and animal trials confirmed the role of thiamine deficiency in the development of heart disease [89, 90].

[End Stage Alcoholism - Addiction Center](#)

Vitamin B12 plays an important role in the overall functioning of your body. Not only does B12 help create and regulate your body's DNA

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but it also aids in the creation of blood cells. The vitamin is found in certain animal products, such as meat, eggs, and milk. However, this is not convenient for certain people, especially vegans and ...

[Vitamin B1 \(Thiamine\) - Importance, Functions, Sources ...](#)

Taking supplements containing vitamin B5 does not appear to improve athletic performance, according to a small study published in the Journal of Applied Physiology in 2012. For the

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study, eight healthy male volunteers took either a placebo or a supplement containing 1.5 grams each of vitamin B5 and l-cysteine (an amino acid) every day for a week.

[Alcohol-Related Liver Disease: Symptoms, Treatment and More](#)

Riboflavin (vitamin B2) People with alcoholism, liver disease, poor nutrition/absorption, and those on dialysis may be more at risk of riboflavin deficiency. The symptoms can include a sore throat, scaly skin, and redness, swelling,

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**and cracks on the mouth, tongue, and lips.
Niacin (vitamin B3)**

[Google Health](#)

Alcoholism: Alcohol intake can cause the body to excrete vitamin C in the urine. People who regularly use alcohol, especially those who have other illnesses, often have vitamin C deficiency.

[End Stage Alcoholism: Is Recovery Still Possible?](#)

Due to vitamin D's connection to depression and

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mood, I test the vitamin D levels, specifically 25-hydroxy-vitamin D, of every new patient. For years, vitamin D blood levels of 20 ng/mL were ...

[Vitamin and Mineral Guide for Arthritis | Arthritis Foundation](#)

Vitamin B1 was discovered to be the cause of beriberi decades ago. Non-frontline doctors, with blinders on, are themselves dying because of failure to recognize the symptoms of beriberi . Modern medicine is making too much money off of beriberi to ever cure it or eradicate it, let

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alone recognize it walking in the office every day.

[Scurvy - Better Health Channel](#)

Vitamin E oil; Directions. Extract the gel from a freshly cut aloe vera leaf. Add some drops of vitamin E oil to the gel and mix. Apply mixture directly on affected parts of your skin. Leave it to dry then rinse off using warm water. Repeat 2 times a day till you start seeing results. 10.

Turmeric

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[How Well Do I Handle My Stress: Stress Assessment](#)

Summary: Author of “Green Mental Health Care: How to Get Off & Stay Off Psychiatric Drugs- Staying Sane in a Toxic World, and Alcoholism: The Cause & The Cure“, President of Green Body and Mind, and Nutritional & Orthomolecular Biochemist, Genita Petralli, Lic. H.H.P, N.C, M.H. is a licensed (ANMA) practitioner who specializes in ...

[Wernicke-Korsakoff Syndrome - NORD \(National](#)

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NAD Treatment Center™ is a provider of NAD+ Brain Therapy, using intravenous NAD+. The therapy assists in alleviating brain-destroying diseases of alcoholism, addiction, chronic stress, depression and anxiety.

[Human migration of past 500 years led to more vitamin D ...](#)

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[Ataxia | Johns Hopkins Medicine](#)

Deficiencies in B-complex vitamins such as thiamine, folate or folic acid, and B12 are common with alcoholism, and inadequate stores of other B vitamins and vitamin C frequently occur. Chronic alcohol consumption also increases the loss of minerals like zinc, magnesium and calcium from the body. Iron is an

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exception to this and is rarely ...

Bad Breath Home Remedies, Symptoms & Halitosis Prevention

There is no need for people with diabetes to give up alcohol simply because of their diabetes. Although alcohol does have an effect on blood sugar levels, with a few precautions and careful management, people with diabetes can also enjoy a drink. There are also alcohol substitutes for those who abstain. In fact, diabetes alcohol [...]

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