



Hi, my name is Bean.

I am a Designer, a CRT- critical care healthcare specialist, Artist, and B12 Community Advocate.

Design is where my happy place lives- and then... COVID19.

My life's experience collided with the pandemic .... leading me on a journey back to medicine, asking that Healthcare professionals receive **IMMEDIATE TRAINING** for \*ADVANCED\* B12 and cofactor therapy.

Why?

My personal B-12 deficiency started with screams for help. - call 911.

I screamed as loud as I could with such clarity and specificity that no one could have mis understood.

I had just guided my boyfriend and love of a lifetime to the ground, I watched him die in front of me. He turned blue, he pinked back up as compressions were started- this cycle continued for what felt like a lifetime- Blue and lifeless a little pink- keep it going... I can put myself in that moment as if it was yesterday. Seeing his body seize on the way to the helicopter.

He lived! - we saved him. 5 days later he left the hospital sore and confused -quickly putting his death behind him- It was incredible. No deficits, no damage.

What should have been happy times of relief was wrought with depression, flashbacks, anger, tears, sadness and more... oh, was there more. Not from him... from me! I proceeded to suffer PTSD and find my body beginning to decline- rapidly.

Month 2 of everything fine with him... I went to my GP- let's check my B-12. (**I'm vegan**) I've been depressed before- this is different though- this is aggressive?

Why am I so...? angry? ...My B-12 was 195 on Jan 17th and my blood work came back with concerns of leukocytopenia/thrombocytopenia.

On Feb 27th I received an iron infusion of Infed.

The next day- **GAME ON**. The pain started in my left forearm- like a cheese grater going across the muscle. Skin? Why does it feel that way- ouch! It then migrated to the R arm- into the upper arms, my back, my torso, gut changes, vision changes, why does it hurt to be hugged? EMDR therapy was helping with flashbacks- I must stop EMDR though to accommodate all the new Dr's in my life???

Dr to Dr, test to test, nerve conduction studies, MRI's, drives and calls to the next specialist to push for the earliest appointment. What in the hell? I feel like I'm going to be incontinent and now month 3 in -I am having flashes of electricity in my face and head- A Cheese Grater across my muscles- ALL OF THEM.

I read; I questioned every Dr along the way- could this be B-12? The answer was always no. I joined FB groups, I read Sally Pacholok's book. Over and over. After 8 specialists and multiple tests over 4 months on June 15th I finally met Dr. Kalidas-

Within 30 minutes in his presence – I told him my journey – he asked to look at my tongue. He said let's get you an injection. I was on my road to recovery. He knew it and I knew it. It was second nature to him.

WHY, why, why, could no one in traditional (insured) medicine of which I worked for 13 years help me? I didn't realize until later he was the first of the 8 to look at my tongue like that. I had forgotten that was a sign of deficiency as well. I recovered and started feeling better in a few weeks- I broke my ankle during this time- big bummer (unstable gate is a symptom)

Thankfully, my psychological concerns subsided, along with my physical symptoms quickly – I am tenacious, and I was trained- I knew... how could sooooo many of my Doc's not see this even with me raising the concern? So many tests too? How would they not show it? (PS- once I had the first injection my labs were skewed for months- never showing deficient in the serum again)

### Why now?

As I recovered and felt better, I went back about my life -hurricane Irma blew through ... life changes.... I would post a yearly B12 awareness blurb- fine. Then COVID19- (what? ARDS -That was my specialty). Following the pandemic like ALL us- I read the journals and very early on saw the connection of long COVID (PASC) as being the sudden onset of what I had experienced with the B12 deficiency. COVID-PASC? How are all the Doc's talking about long haul - not addressing B12?

I started reaching out around the globe to universities, neurology leaders, healthcare agencies, and other experts in B12 – only to find out... healthcare professionals are **not trained or taught** B12 care. Humph... weird, I thought that would have been a given... turns out it's not.

Just like my experience, MANY cannot go to a Doc (within insurance) and find proper assistance with a B12 deficiency.

Healthcare understanding B12 (like that of the PA community) would benefit **ALL** our communities.

4 steps



“B12 deficiency/Pernicious Anemia (PA)- protocols for \*advanced\* B12”

1. Join the B12 deficiency/ Pernicious Anemia Facebook group created by Pat Kornic. Read the files, read the group interaction, learn the nuance of how B12 and cofactors are delivered in the protocols developed for the PA community. <https://www.facebook.com/groups/PAB12DSupportGroup/>
2. Read, Watch, Listen to Sally Pacholok’s work in book form (adult and pediatric), watch her movie and documentary. <https://b12awareness.org/> <https://www.youtube.com/watch?v=OvMxJ6GRBNQ>
3. Read Mayo Clinic’s \*the many faces of cobalamin deficiency\*  
[https://www.mcpigojournal.org/article/S2542-4548\(19\)30033-5/fulltext](https://www.mcpigojournal.org/article/S2542-4548(19)30033-5/fulltext)
4. Read the **NASA study** Personalized medicine in human space flight: using Omics based analyses to develop individualized countermeasures that enhance astronaut safety and performance.  
(DNA instability within current \*acceptable\* lab value ranges.)  
[https://www.lifestylesbybean.com/\\_files/ugd/45aa19\\_f8fcc8234c63405294a39b6c29dc4aa0.pdf](https://www.lifestylesbybean.com/_files/ugd/45aa19_f8fcc8234c63405294a39b6c29dc4aa0.pdf)

If you are a health care professional, university, community member, or researcher I have contacted- please read the studies on my website <https://www.lifestylesbybean.com/b-12-why-the-urgency> and reach out to the CDC with case # CDC-1232781-B4W6H4 if you agree with this information.

My goal is to bring training and awareness to the entire healthcare system of this important topic, asap. It’s not “back to basics” with this vitamin! It’s very misunderstood by healthcare and can be fixed. This deficiency affects skin, psych, gut, pulmonary, cardiac, neuro... every cell in your body needs B12 and cofactors for repair/life/viral or bacterial attack.

This information would benefit millions of people in your/ our communities.

[#helpmechangethefuture](#)

My deficiency was sparked of a vegan lifestyle, PTSD, and then fully exacerbated by 1 iron infusion. Let me know how I can help or you can help. I am available for conversation to discuss this topic further.

All the best,

Bean

*NOTE-this information will benefit healthcare professional and community members alike- (the subject is complex – thus, this information in the hands of healthcare professionals is the priority for optimal community care.)*

