

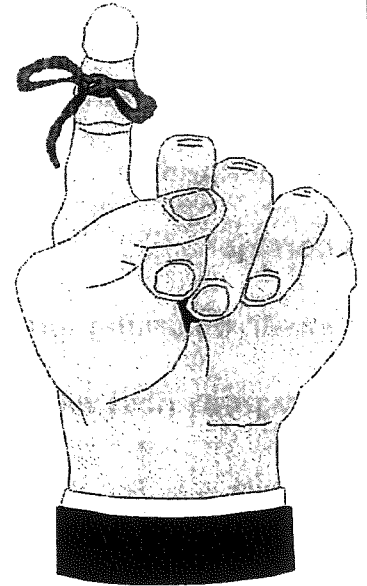
VITAMIN B6 PROFILE
- nerve function

numbness & tingling
sharp stabbing electric shock type pain
nausea & vomiting (incl morning sickness)
joint pain and stiffness (& arthritis)
depression (& post natal depression)
swelling (oedema)
psychoses
loss of appetite
sensitive teeth, split lips
Menopause & PMT
red sore tongue, cracks corner of mouth
poor dream recall (dream in black & white)



VITAMIN B12 PROFILE
- memory & brain function

lack of white moons up a third of thumbnails
pins & needles hands and feet
pernicious anaemia - feel tired
memory loss
Alzheimer's
mental confusion
poor concentration
depression
disorganised
unruly, lank hair
hair grey before 40
painful bony spurs
shortness of breath on exertion



Quick hand Test for B6 Deficiency

The Quick Early Warning Test for B6

A perfectly healthy person should be able to run through this test readily. If any one of these sixteen joints, representing the 2 outer joints of the 4 fingers on each hand, cannot be flexed completely and without pain - barring old fractures, other injuries and infections - it is probable that there is a need for increase in Vitamin B6. But conversely, capably performing the QEW test without difficulty or pain does not necessarily rule out a need at the cellular or preclinical level. These findings are based on my observations and studies with approx 5,000 patients on B6 therapy
From "*Vitamin B6: THE DOCTOR'S REPORT*" by Ellis and Presley, published Harper & Sons.

TEST for Vit B6

Inability to touch palms with fingertips when bending only outer 2 joints signifies insufficient Vitamin B6.

