

BOUNTIFULLY HEALTHY

NUTRITIONAL DEFICIENCIES

As a genetic practitioner, I mostly see the same nutritional deficiencies in all my clients.

These are the most common:

Vitamin B12

Vitamin D

Iron (and/or) Ferritin

Calcium is another big one.

Minerals include zinc and magnesium

Interestingly, a lot of Celiacs, in the years post diagnosis, **continue to experience nutritional deficiencies.** From comparing genetic tests amongst my clients, I have seen that a lot of Celiac's have similar problems in their genetics and main pathways such as detoxification, oxidative stress and vitamin metabolism.

Not only does a **poor diet** contribute to nutritional deficiencies, but **genetics** does too, especially when coupled with **poor nutrition and lifestyle choices.**

While Fiber is not a vitamin or mineral, it is essential to gut health and often people do not include enough fiber in their diet.

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This is something I help my clients with after they get their genetic testing done. It really is a HUGE help and I cannot stress it enough. Now that I know the power of genetics, I am all for it.

Personally I have experienced getting my genetics tested and discovered I had problems with metabolizing Vitamin B12, Vitamin D, and Folate and since I have been taking the recommend supplementation (special methylated supplementation is required for B12 and folate) I have been doing so much better. Now I also know what nutritional deficiencies I need to keep my eye on in the future. This saves a lot of money as you don't have to be doing blood tests in the dark.

Here are some wonderful references for your reading:

<https://www.verywellhealth.com/do-you-know-your-vitamin-d-level-562626>

<https://www.reuters.com/article/us-health-celiac-diagnosis-idUSKCNITQ287>

<https://pubmed.ncbi.nlm.nih.gov/19154566/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3820055/>