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# Self-Healing Through Nature: Reversing Vitamin B12 and D Deficiency via Fasting, Raw Foods, Enema, Juices, Sunbathing, and Earthing

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**Abstract:** In this personal case study, I share my journey of reversing Vitamin B12 and D deficiencies without pharmaceutical supplements. By adopting a fully raw plant-based lifestyle, regular colon cleansing through enemas, daily fresh juices, sun exposure, and barefoot connection to the earth (earthing), I observed significant improvement in my energy levels, gut health, and blood test reports. This research aims to provide insight into how nature-based practices can support the body's natural ability to heal and regulate essential nutrients.

**Keywords:** Vitamin B12, Vitamin D, Raw Food, Enema, Juicing, Sunbathing, Earthing, Holistic Healing, Self-Healing, Natural Lifestyle, Fasting

## I. INTRODUCTION

Modern lifestyles and processed foods have led to widespread deficiencies in Vitamin B12 and D. Conventional treatment often involves supplementation. However, I chose to trust nature and my body's healing potential. My intention was to regenerate these essential nutrients through natural means-without any animal products or pills-by restoring gut health, absorbing sunlight, and maintaining a high-vibration lifestyle rooted in raw living and earth connection.

## II. PERSONAL METHODOLOGY

Over 90 days, I followed a nature-based healing protocol:

Diet: 100% raw vegan-mostly fruits, leafy greens, juices, fasting.

Juices: Daily green juice - grapes, amla, greens (coriander, curry leaves, spinach & local greens).

Enemas: Warm water enemas (2-3 times per day) to clean the colon.

Sunbathing: 30-45 minutes daily, preferably in the morning.

Earthing: Walking barefoot on soil/grass for at least 20 minutes daily.

Sleep & Rhythm: Early rising, natural circadian rhythm, digital detox in the evening.

Before and after this journey, I took blood tests to measure my Vitamin B12 and D levels.

## III. RESULTS

Parameter	Before (Baseline)	After 90 Days	Change
Vitamin B12	190 pg/mL	320 pg/mL	Increased without supplements
Vitamin D3	14 ng/mL	32 ng/mL	Significant improvement
Energy	Low, fatigued	High, sustained	Clear improvement
Digestion	Sluggish, bloated	Light, regular	Improved gut function
Mental Clarity	Foggy	Sharp & calm	Better focus and peace

This transformation occurred without consuming any supplements or fortified foods.

## IV. DISCUSSION

### 1) Vitamin B12

While it's widely accepted that B12 must come from animal sources or supplements, my results challenge that notion. I believe the key was detoxifying the colon and creating a healthy gut microbiome. Colon cleansing removed toxic buildup and supported the body's natural bacteria, which may play a role in B12 synthesis or absorption.



## 2) *Vitamin D*

Vitamin D synthesis is activated by sunlight. By exposing my skin to the sun every day-without sunscreen and during safe UV hours-I experienced a dramatic shift in my D levels. Raw foods like dark greens may also support this absorption due to their magnesium content.

## 3) *Juices & Raw Foods*

Fresh, enzyme-rich juices energized my system, supported detoxification, and helped nourish my body at a cellular level. The living foods gave me lightness, clarity, and vibrancy.

## 4) *Earthing*

Grounding daily helped me sleep better, reduced inflammation, and made me feel emotionally stable. This simple act of reconnecting with the earth had a profound effect on my nervous system and mood, possibly supporting nutrient absorption.

## 5) *Fasting*

Played an important role as the core - daily 5-7 hours morning fast breaking it with green juice.

## V. CONCLUSION

This self-study reflects the body's ability to heal when returned to a natural state of living. Through raw foods, colon cleansing, natural sunlight, fasting and connection to nature, I reversed my B12 and D deficiencies and experienced holistic well-being. Nature provided everything I needed, reminding me that simplicity is powerful. More in-depth research can help validate these experiences on a broader scale.

## VI. FUTURE SCOPE

- 1) Sharing this lifestyle with others as a natural, low-cost alternative.
- 2) Encouraging formal clinical trials to study similar cases.
- 3) Exploring the role of emotional detox and spiritual grounding in physical healing.

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