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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.

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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.

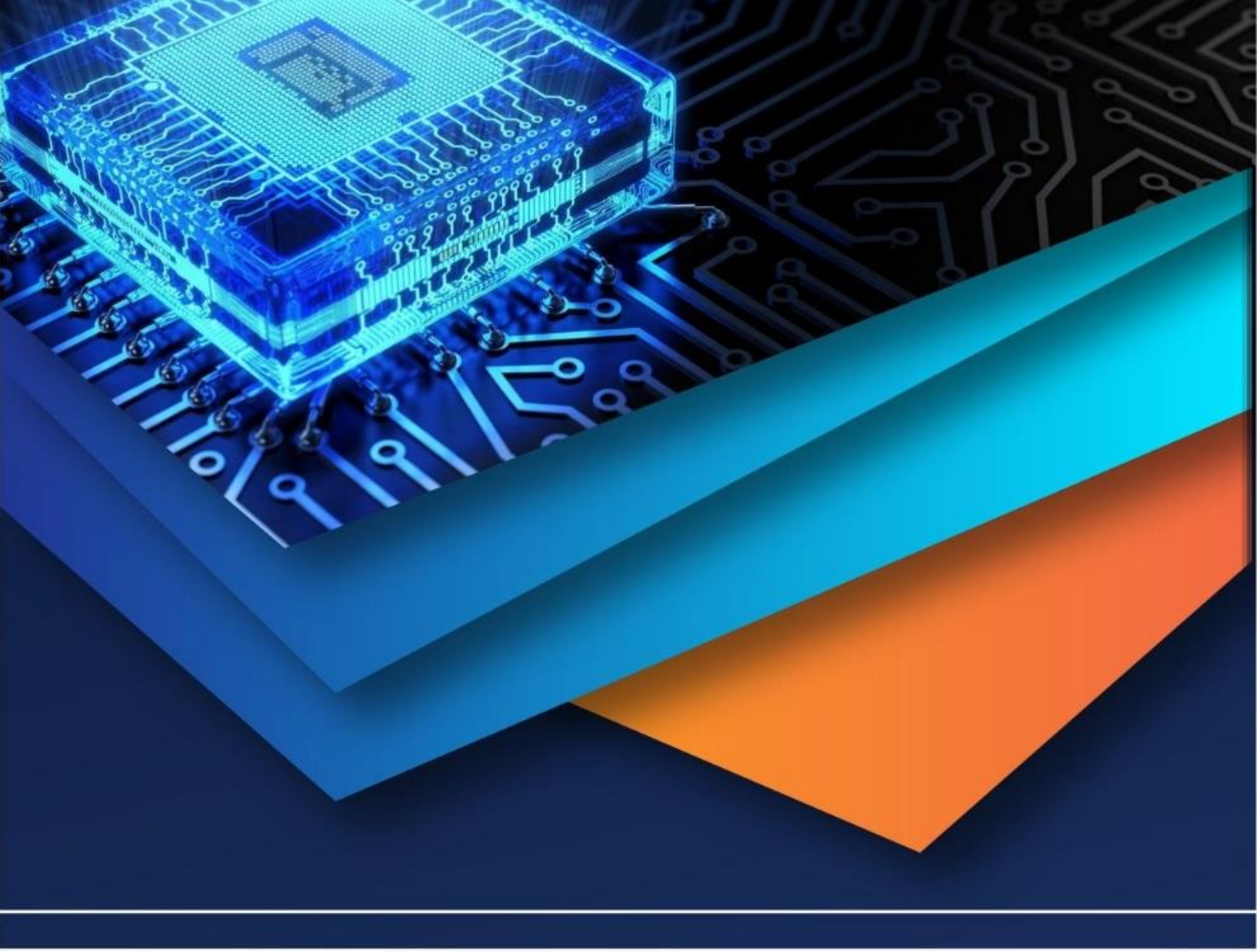
VI. FUTURE SCOPE

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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