



“THE MESSAGE”

Health & Fitness Newsletter

September/October 2005

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Information contained within this newsletter and any other related information is intended to help educate those afflicted by movement disorders such as Parkinson's, etc. and their caregivers about their conditions, and to allow them to access useful information about movement disorders on the "Information Highway". It is not intended to provide treatment or replace appropriate medical care by a licensed, qualified physician. If you intend to act on any information found, this should only be done after consultation with your physician.

For more information about
Fit For You contact:
Joe Green
CFPT, CSNC, MFBPC
Fit For You
Personal Training & Nutrition

www.phyt4u.com

Phone: (717) 579-8257

Fax: (717) 545-2595

WHAT'S NEW WITH FIT FOR YOU?

- **NEWSLETTER CHANGES!!!** We will now be distributing the newsletter Bi-Monthly. Our next issue will be out in November of 2005.
- **NEW!!!** Now Joe can provide you with even more detailed instruction. For those who are interested he has a personal exercise studio at 3301 Schoolhouse Lane. It is in the same building as Schappell Chiropractic. Private, one on one instruction is still yours only now you'll have access to commercial grade gym equipment and all of the tips and techniques to go along with it. It's all about taking your fitness and the improvement of your overall health to another level!
- **NEW TOO!** Joe now has his **FIRST Home Exercise Video**. A real benefit to existing clientele it's a really great investment for all of those who have trained with Joe and would like to remember how they did it. Well, now it's here so if you're interested simply send an email to Joe by visiting his website at www.phyt4u.com or give him a call at 717 579-8257. – Or – you can send a check made payable to Joe Green in the amount of \$39.95. A new supply of DVD's has just arrived and the first 15 orders received get a bonus. **(BONUS- Receive a FREE Fit For You T-Shirt and (1) Free Session including a nutritional analysis.)**



WHEN IT HURTS LIKE THIS!

By Joe Green

More than just a pain in the neck, it hurts and it hurts everywhere, everyday. While this might fit the profile of a few different ailments, today we're looking at a chronic illness known as Fibromyalgia.

illness that does not appear to have a solution or cure. It involves chronic inflammation of the muscles and the fibrous connective tissues that cushion the joints. The pains and the symptoms have no known, discernible cause and this condition is closely related to Chronic Fatigue Syndrome (CFS). The main difference between fibromyalgia and CFS is that the predominant symptom with CFS is fatigue and with fibromyalgia it's pain. Symptoms of fibromyalgia can often be aggravated by allergies, the weather and related temperature changes, overexertion, lack of sleep and acute infections.

Fibromyalgia often affects the neck, lower back, shoulders, back of the head, upper thighs, elbows, buttocks, knees and upper chest with an achy, tight, sometimes burning painful sensation. Typically this results in being very sensitive to touch in certain areas especially those near joint sites on the body.

Nutrition Research indicates that coconut oil despite being 95 percent saturated is an excellent oil to use because it contains high levels of a medium chain fatty acid (lauric acid). Lauric acid is known to be antiviral, antibacterial and antifungal, making it an excellent supplement for intestinal disorders which are common in fibromyalgia. It is recommended to be mindful of processed foods and refined sugars, keeping them to a minimum or even avoided altogether.

Exercise Research indicates that improved circulation is particularly helpful and may even provide short term relief. The type of exercise must be approached judiciously. Those clientele that I work with who suffer from fibromyalgia have very customized exercise programs and routines. I work together with each client realizing that no two sessions will be quite the same. With that in mind, stretching, massage, Reiki, Qigong, Tai Chi, swimming, light weight resistance, weightless exercise, pilates and more great choices and in some instances, when carefully blended provide for great results.

When your body hurts like this certainly see your health care provider first and then explore the possibilities I've mentioned above to see what is right for you. Good Luck!

EAT N' RUN

We're usually in a rush, running late or we need something quick if breakfast is going to become a staple in our dietary practice. So rather than just one monthly menu recipe, check these out and use them to get your day off to a great start. They're quick and easy, perfect for what I call EAT N' RUN. **By the way, did you know that a whole egg contains 13 vitamins? Food for thought!**

Breakfast Burrito

1 egg
¼ cup egg whites
2 tbsp sliced green onions
2 tbsp diced green chilies
Salt lightly and pepper to taste
1 whole-wheat tortilla
2 tbsp prepared green salsa
Nonstick cooking spray

Beat together egg and egg whites in a mixing bowl. Add green onions, chilies, salt and pepper. Coat nonstick skillet with cooking spray and heat over medium heat. Add egg mixture, stirring occasionally until just cooked, about 2 minutes. Spoon mixture onto tortilla and wrap up. Top with salsa and serve immediately.

Calories: 261, Protein: 17g, Carbs: 26g, Fiber: 3g, Fat: 8g

Microwave Omelet

1 egg
½ cup egg whites
2 oz. Cooked chicken, diced
2 tbsp. Red onion, chopped
2 tbsp. Red Pepper, chopped
Salt lightly, add pepper to taste
2 tbsp. Cheddar cheese, shredded
2 tbsp. Prepared salsa
Nonstick cooking spray

Coat wide microwave safe dish with cooking spray. Blend egg and egg whites in dish. Add chick, onion, red pepper, salt and pepper. Microwave on high for 2 minutes Top with cheese and cook an additional 15 seconds. Slide omelet out of dish and onto plate. Top with salsa and serve immediately.

Calories: 282, Protein: 36g, Carbs: 9g, Fiber: 1g, Fat: 11g, Serving Size: 1

THE HEALTH HAZARDS AND RISKS OF SODA

By Joe Green

The soda beverage industry keeps it coming and in new flavors. But one thing you'll never hear is how healthy soda is yet we can't get enough of it. In 1998, Americans gulped down 15 billion gallons of soda, the equivalent of 585 cans of soda for every man, woman and child. In fact we drink more soda than any other beverage, including water. So what's the deal with soda?



Increased risk of illness can occur. As little as 100 grams of refined sugar consumption of any kind results in a 50% reduction in immune function for up to five hours. So many of us have depressed immune systems from such a high intake of refined sugars. On an average it was found that we consume 132 pounds of sugar per person. It's no small wonder why the incidence of onset of Type II diabetes is on the rise. In general a depressed immune system means more sickness and a greater risk of disease. Soda contains up to 50 grams – that's approximately 10 tsp per 12 oz serving. Do not be fooled by some of the labeling, there is sugar in these drinks and many other products that we consume.

Do you think that you are a step ahead of the game because you drink **Diet Soda or a brand labeled Sugar Free?** You're not! The artificial sweeteners that replace the calorie burden of sugar are not safe. One of the most popular artificial sweeteners is aspartame. Inside the body it breaks down into known carcinogens which are cancer causing substances. Artificial chemicals such as this pose health risks such as the onset high blood pressure, headaches, insomnia, seizures, allergic effects, mood swings, lack of sustained energy and more.

Trying to lose weight is tough enough without any setbacks. Caffeine and sugar both have negative effects on blood sugar balance, which is what helps to control your appetite and cravings for sweets and breads. High sugar drinks with or without caffeine contribute to weight gain, especially childhood obesity which is a rising epidemic. Excess sugar will surely lead to extra-unwanted pounds. Be wary of drinks and snacks that advertise themselves as

healthy but "taste too good to be true." Read your labels and make smart healthy choices for you and your family.

PEP TALK

Don't think you are, know you are!

- Unknown

GOOD TO THE LAST DROP!

By: Joe Green, CPFT, CSNC

It's absolutely essential to our health, our daily performance and suffice it to say our bottom line existence. We can't live without it yet many of us don't get enough of it.

Most of you have probably guessed it already, I'm talking about water. But before you lay this down and turn to something else take a minute to read some interesting information that is worth digesting.

Every system of your body needs water because most of your body is water. Your lean muscle, blood and brain are each more than 70 percent water and this vital fluid is one of the most important ingredients your body needs everyday.

[Below are some valuable tips that might give you a taste for what you need...water!](#)

How Important Is Water?

Water regulates our body temperature, transports nutrients and oxygen and carries away waste. It helps to detoxify the kidneys and liver, dissolves vitamins and minerals and cushions the body from injury. We lose an average of 10 cups of water per day just through the process of breathing, laughing, talking, sleeping, etc. You can actually see it winter when the vapors show up and linger in the cold air. So we must replace what we lose for optimal health.



Recognize Dehydration!

Even mild dehydration can lead to health problems such as lethargy and constipation. Dehydration

symptoms can include loss of appetite, minor headaches, dizziness and general lack of mental clarity. There is also evidence that drinking the sufficient amount of water may help prevent some diseases, such as kidney stones, and may be associated with a lower incidence of colon cancer.

Getting Your Fill?

Eight, 8-ounce glasses is the standard and you've all heard that advice but that does not hold true for everyone since we are all different weights, height, etc. Researchers say that one way to calculate your need for water is to divide your weight in half. This number in ounces is your recommended daily water intake. I agree with that as an easy way to play it safe with regards to getting enough water. In addition to that another good piece of advice is to check the color of your urine. The darker color it is the more water you need, the lighter the color the better. This is a good way to monitor your hydration level throughout the day.

When You Need It Most!

When it is hot, humid, cold weather or high altitudes drinking extra water is recommended as these conditions make for a perfection situation wherein dehydration can occur. If you have a cold or the flu, or a fever it is very important to make sure you drink plenty water. It is best to drink your water cold, this is quite refreshing to the body and helps burn calories since the body is forced to heat up the water to its inner core temp.

Is It Too Late?

Many experts will tell you that if are already thirsty then you are already slightly dehydrated so don't wait until you're thirsty. In fact it is common that we mistake the feeling of hunger or the temptation to snack as such instead of recognizing it as a sign of needing more water. This is far easier to determine for someone eating healthy and regularly throughout the day versus any other situation.

Exercise The Benefits Of Water!

To prevent dehydration while exercising you must replace water at a faster rate especially when perspiring. The American Dietetic Association (ADA) recommends at least two cups of fluids two hours before exertion, followed by another two cups of water approximately 15-20 minutes before

endurance exercises. During exercise replenish fluids every 15 to 20 minutes.

When exercising at a vigorous sustained pace the ADA is in favor of Sports Drinks to get the ample sodium, potassium, chloride and magnesium to replace sweat losses. Electrolytes help to enhance fluid absorption and carbohydrates to supply energy.

Joe Only Recommends the Best - To Meet Your Home Fitness Equipment & Cycling Needs...

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2139 Market Street
Camp Hill, PA 17011
Phone: 717-737-3461
Fax: 717-737-2478
Email: allen@holmescycling.com
Web: <http://holmescycling.com/>

THE BALANCED BODY

By Jane Crowley

Welcome to "The Balanced Body," a column about complementary and alternative therapies that work in tandem with Western medicine to help you become the healthiest person you can be. My name is Jane Crowley and I will be your guide providing you with information about areas of medicine that may be new to you.

I began using holistic healing over 20 years ago. Along the way, I have worn many hats: client, student, practitioner, counselor and teacher. I am in my 14th year of private practice providing healing solutions for animals and their human companions. My expertise includes being certified and/or trained in several healing modalities/therapies including Color Therapy, Bach Flower Therapy, Reiki and Tellington Touch. I am a healing intuitive and animal communicator as well. I have worked with, taught, and/or received referrals from doctors,

veterinarians, nurses and other healing professionals when they needed additional help. I believe in using all forms of medicine to help me. "Whatever works best for me" is my motto.

Most of us are used to Western medicine. Western medicine, also called allopathic medicine, works with the body's physical system. It works with cures. A cure is providing something--medicine or an operation--that will cut out or eliminate what is hurting the body physically. It is usually a once and done process. Doctors are very good at what they do. However, their time and resources are limited when working only with the body's physical system. In addition, physical curing is becoming expensive.

This is where your experience with the healing process can begin. Healing works with the body's energy system to bring the body into balance. When the energy system is balanced, the physical body will be impacted in positive ways. Your immune system is now in "long" supply, as opposed to short supply. In other words, you will have a "holding tank" of energy to see you through the down times of whatever situation you are facing, for example a chronic condition that flares up, an operation, or a debilitating illness. Also your body will feel less pain and have more energy. Your brain will be less fuzzy so your thinking will be clearer. This translates into a shorter recovery time that will cost less.

Healing, however, is a lifetime process. Unlike curing, healing is always taking place. The good news is that it can be started at any time and is always beneficial. In healing, you are working hard because you have "become the process." You are the healer. You are in charge. You get to choose what or how many healing modalities you want to combine for the best possible healing program. You are also responsible for your choices, doing the work, charting your results, and changing what doesn't work. Sometimes, however, healing the body may also include working with the physical system of the body as well as the energy system of the body in order to balance the whole body properly.

An example of this is my recovery from a horseback riding accident. I was taken by ambulance to a local hospital with a great trauma center. The EMTs were wonderful as was the trauma center team. The EMTs

and the trauma team thought I had broken my pelvis. The trauma team, after careful examination and x-rays determined I had been badly bruised, had a cracked rib and a severely bruised calf where the horse had stepped on it. I was kept overnight for observation. During this time I was Reikiing myself, a healing modality we will discuss next time. When I got to my room, I used homeopathics, Tellington Touch, and Bach Flowers for the pain as well as more Reiki and affirmations. I didn't use any Western medicine because most of it causes unpleasant side effects for my body. I was sent home the next day with a prescription for pain medicine and a diagnosis of a six week recovery. I knew I would recover sooner. When I returned home, I needed no prescription pain medicine. I continued healing my energy system with Reiki, Bach Flowers, Tellington Touch, and added some color therapy. I was physically healed in three weeks time. During those three weeks I was a lot less sore than I was told I would be and the cost of my recovery, other than the ambulance and hospital stay, was minimal.

I used a combination of Western knowledge and complementary therapies. I chose the combination, followed through with the program I created, and reaped the rewards. This is an important point. Whether we are involved in an accident, have a chronic condition, or a debilitating illness, we feel we have no control over anything. Working with complementary therapies gives you back control over your body. It doesn't mean you will get rid of the condition or illness. I still have my cracked rib. It acts up every now and again. However, I can relieve the pain, so I feel better. Even if you don't learn healing techniques for yourself, you can still choose which healing techniques you want to utilize and choose the practitioners that will be right for you. Having control over your body, even in a small way, makes life worth living. You are then part of life, a participant, not a "body" that is having something done to it. In addition, lower health costs don't hurt either.

In future columns, as your guide I will introduce you to various complementary healing modalities that I have either participated in as a patient or used as a practitioner and teacher. In addition, I will also share information about healing therapies that may be useful to you although I may not have personally experienced them. You will gravitate toward some

of the healing modalities, others you will discard as not being right for you. However, you will collect a treasure trove of knowledge. You will be able to pick and choose the healing therapies from this information that are right for you when you need them. They will balance your energy system which in turn will impact the physical system of your body making you the healthiest person you can be.

If you have questions or comments, contact Joe Green and he will pass them along. If you would like to schedule an appointment with me, please call my office at 717-652-6099.

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RESEARCH & REPORT CORNER

STEM CELL RESEARCH ENHANCEMENT ACT PASSES U.S. HOUSE OF REPRESENTATIVES

***Bill Passes with 238 Votes in Favor; Will Expand
Administration Policy
On Embryonic Stem Cell Research***

(WASHINGTON, DC) – The Parkinson’s Action Network (PAN) today applauds the United States House of Representatives for passing the Stem Cell Research Enhancement Act of 2005, HR 810, with 238 votes. The bill, which had strong bi-partisan support, will expand the current federal policy on embryonic stem cell research.

“We commend the work of Representative Mike Castle (R-DE), Representative Diana DeGette (D-CO), and every Member of Congress who supported this important legislation,” said PAN Executive Director Amy L. Comstock. “Now it’s time to work with leaders in the U.S. Senate and the Administration to make sure it becomes law. By expanding federal research, we will accomplish our

shared goal of helping millions of Americans suffering from many devastating conditions, including Parkinson’s disease.”

The bill amends the Public Health Service Act to provide for human embryonic stem cell research. The bill specifies strict ethical guidelines. The stem cells must come from in vitro fertilization (IVF) created embryos. After the individual seeking fertility treatment no longer needed the embryos and the embryos would otherwise be discarded, there exists an option to donate the unused embryos. There must be provided written informed consent and the donors would not receive any compensation.

“The more people learn about embryonic stem cell research, the more they realize the potential to fight disease and improve the lives of the 110 millions of Americans who are suffering, and therefore the more supportive they become. That is why the momentum continues to grow every day – we are making great progress to help all families touched by diseases like cancer, diabetes, Parkinson’s, ALS and Alzheimer’s. If I had not been part of this movement, I would never believe how far we have come and how supportive the American public is. This truly is a heart and conscience issue,” said Rep. Castle.

Said Comstock: “There will be innumerable challenges in this complex science, but stem cell research will go forward. This legislation will lift the unfair federal limitations on this important research. Because of those limitations, we simply aren’t making the progress we should be. America should not only be engaged in stem cell research, we should be at the forefront. Ensuring that this legislation becomes law will be a strong step forward in that direction, and PAN and Parkinson’s advocates will do their part to help pass such a bill in the United States Senate and the White House.”

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PAN is the unified advocacy voice of the Parkinson’s community—more than one million Americans and their families. Through education and interaction with the Parkinson’s community, scientists, lawmakers, opinion leaders, and the public, PAN leads the fight to ease the burden and find a cure. PAN increases awareness about Parkinson’s disease and seeks federal support for Parkinson’s research. For more information on the Parkinson’s Action Network, please visit www.parkinsonsaction.org or call 1-800-850-4726

YOGA – WHAT’S YOUR STYLE?

There are many different styles of yoga being taught and practiced today. Although all of the styles are based on the same physical postures (called poses), each has a particular emphasis. Here is a



quick guide to the most popular types of yoga that can help you decode the schedule at your gym and figure out which class is right for you.

Hatha is a very general term that can encompass many of the physical types of yoga. If a class is described as Hatha style, it is probably going to be slow-paced and gentle, and can provide a good introduction to the basic yoga poses.

Like Hatha, Vinyasa is a general term that is used to describe many different types of classes. Vinyasa, which means breath-synchronized movement, tends to be a more vigorous style based on the performance of a series of poses called Sun Salutations in which movement is matched to the breath. A Vinyasa class will typically start with a number of Sun Salutations to warm up the body for more intense stretching which is done at the end of class.

Ashtanga, which means eight limbs in Sanskrit, is a fast-paced, intense style of yoga practice. A set series of poses is performed, always in the same order. Ashtanga practice is very physically demanding, because of the constant movement from one pose to the next. In yoga terminology, this movement is called flow.

Ashtanga is also the inspiration for what is often called Power Yoga. If a class is described as Power Yoga, it will be based on the flowing style of Ashtanga, but not necessarily keep strictly to the set Ashtanga series of poses.

Based on the teachings of the yogi B.K.S Iyengar, this style of practice is most concerned with bodily alignment. In yoga, the word alignment is used to describe the precise way in which your body should be positioned in each pose in order to obtain the

maximum benefits of the pose and avoid injury. Iyengar practice usually emphasizes holding poses over long periods versus moving quickly from one pose to the next (flow). Also, Iyengar practice encourages the use of props, such as yoga blankets, blocks and straps in order to bring the body into alignment.

The emphasis in Kundalini is on the breath in conjunction with physical movement, with the purpose of freeing energy in the lower body and allowing it to move upwards. All asana practices make use of controlling the breath, but in Kundalini, the exploration of the effects of the breath (also called prana, meaning energy) on the postures is essential. Kundalini uses rapid, repetitive movements rather than holding poses for a long time, and the teacher will often lead the class in call and response chanting.

Pioneered by Bikram Choudhury, this style is more generally referred to as **Hot Yoga**. It is practiced in a 95-100 degree room, which allows for a loosening of tight muscles and profuse sweating, which is thought to be cleansing. The Bikram method is a set series of 26 poses, but not all hot classes make use of this series.



WARNING DO YOU NEED B-12?

A study that came out of Tufts University in 2001 found that as many as 40 percent of healthy men and women have low levels of B-12 -- and those levels were deficient even though the people were eating diets that had as much as three times the recommended daily intake of this critical vitamin.

Vitamin B-12, which is also known as cyanocobalamin or cobalamin, is an essential nutrient in our diet. It is required for development of red blood cells, and is used to make the protective coating surrounding nerves. Vitamin B-12 is found mainly in animal foods such as meat, poultry, milk products, eggs, and fish.

The study was led by Katherine Tucker, PhD a nutritional epidemiologist at the Jean Mayer U.S. Department of Agriculture Human Nutrition Research Center at Tufts University in Boston. They evaluated B-12 blood levels in 3,000 adults.

What they found was that low B-12 levels were fairly common in the entire population, but of all those tested, 39 percent had levels that were on the border or slightly below the cutoff, 17 percent had demonstrably low levels, and 9 percent had levels so low that they are considered clinically deficient. According to Dr. Tucker, "I think there's a lot of undetected vitamin B12 deficiency out there."

B-12 deficiency can cause a type of anemia that is characterized by fewer but larger red blood cells. Other effects include walking and balance disturbances, a loss of vibration sensation, confusion, and, in seriously advanced cases, dementia. Since the body requires B12 to an inadequate supply of B12 can expose nerves to damage.

Symptoms of B-12 deficiency and B-12-related anemia include:

- Feeling tired or weak
- Pale appearance to the lining of lower eyelids
- Palpitations, fast or irregular heart beat.
- Faintness and breathlessness.
- Hair loss
- Bruising that occurs without reason
- Dizziness
- Long or unusually heavy menstrual periods

The researchers were particularly surprised by the fact that among those studied, the youngest—the 26 to 49 year olds—had similar B12 status to the group aged 65 and up. Says Dr. Tucker, "We thought that low concentrations of B12 would increase with age. But we saw a high prevalence of low B12 even among the youngest group."

The deficiencies in B-12 did not correlate with meat, poultry and fish in the diet, even though these foods are the typical source of B-12. According to Dr. Tucker, "It's not because people aren't eating enough meat," Tucker says. "The vitamin isn't getting absorbed." Although many people can make up the deficiency by eating cereals or dairy products fortified with B-12, others had to take vitamin

supplements to bring their levels up to normal.

Most people, and particularly those with autoimmune diseases, should be tested for a B-12 deficiency, and for anemia. Once diagnosed, in addition to your doctor's recommendations regarding treatment for anemia and any suggested iron supplementation, you can also consider the following recommendations:

- Eat more foods that are good sources of iron. Concentrate on green, leafy vegetables, lean, red meat, beef liver, poultry, fish, wheat germ, oysters, dried fruit and iron-fortified cereals.
- Help your body absorb iron better by eating foods high in vitamin C.
- Red meat can supply iron, but also helps your body absorb iron from other foods.
- Limit your use of tea, except herbal teas. The tannins in tea can inhibit iron absorption.
- Avoid antacids, phosphates (found in soda, beer, ice cream, candy bars, etc.) and the food additive EDTA. These block iron absorption.
- Increase dietary fiber to prevent constipation.

Pernicious Anemia

In other studies, it was found that as many as 10 percent to 15 percent of adults older than 65 have a vitamin B-12 deficiency called pernicious anemia.

Pernicious anemia is one of the autoimmune conditions discussed in the book ["Living Well With Autoimmune Disease."](#) The book discusses how pernicious anemia is connected with autoimmune endocrine conditions, including Hashimoto's thyroiditis, thyrotoxicosis, diabetes, Addison's disease and primary ovarian failure. People with these autoimmune conditions are at higher risk of pernicious anemia, and vice versa.

Pernicious anemia is an autoimmune disease in which the body is not able to absorb enough vitamin B-12 from the digestive tract. It occurs after long-term autoimmune gastritis (inflammation of the mucosal lining of the stomach). The destruction of the gastric mucosal cells makes you unable to make intrinsic factor, a substance that enables vitamin B-12 to be absorbed from the intestine, resulting in a B-12 deficiency.

Pernicious anemia is most common in people of Celtic (i.e., English, Irish, Scottish) or Scandinavian descent. Pernicious anemia usually occurs in people aged 40 to 70 years. Among Caucasians, the mean age of onset is 60 years, but it shows up at an average of 50 with African-Americans.

While symptoms of pernicious anemia are usually slow and vague, making diagnosis difficult, the most common symptoms include weakness, sore tongue, and paresthesias (numbness, tingling, burning sensations). Other symptoms include:

- Lack of appetite, weight loss of 10-15 pounds in about 50% of patients, due to lack of appetite
- Low-grade fever
- Anemia
- Half of all patients have a smooth tongue, which may be painful and red. Burning and soreness on the tongue may also be accompanied by changes in taste and loss of appetite.
- Constipation or several semisolid bowel movements daily
- Numbness and tingling in hands and feet
- Nausea, vomiting, heartburn
- Flatulence, diarrhea
- Sense of fullness, abdominal pain
- Fatigue, weakness
- Pale skin, pallor, lemon-yellow waxy appearance to the skin
- Impaired smell
- Bleeding gums
- Shortness of breath
- Headache
- Ringing in the ears (tinnitus)
- Loss of bladder control
- Impotence
- Clumsiness and unsteady gait (worse in the dark)
- Irritability, personality changes, memory loss
- Delusions, hallucinations
- Premature whitening of the hair
- Rapid heartbeat

Pernicious anemia can frequently be diagnosed through various tests, including:

- Blood work to assess iron levels, typically a complete blood count (CBC), which can measure various iron levels
- Blood tests for vitamin B-12 deficiency, and folic acid deficiencies
- Measurement of methylmalonic acid and homocysteine, which can be elevated in pernicious anemia
- Testing for antibodies to intrinsic factor
- Indirect bilirubin may be elevated
- Other red blood cells, enzymes, and serum iron saturation may be elevated
- Serum potassium, cholesterol, and alkaline phosphates may be decreased
- Other disorders that interfere with the absorption and metabolism of vitamin B-12 can produce cobalamin (Cbl) deficiency, so many of the tests to rule out and diagnose pernicious anemia focus on identifying the cause of Cbl deficiency. Some of these results include low serum Cbl levels
- The Schilling test to measure Cbl absorption, which shows that anemia is not secondary to other causes of Cbl deficiency

Iron replacement can treat general anemia, but not pernicious anemia. For pernicious anemia, injections of vitamin B-12 (called cyanocobalamin or hydroxycobalamin), oral folic acid therapy, or both, can reverse the production of abnormal blood cells.

To deal with acute situations, injections of the B-12 are given daily for several weeks, then twice a week for a month, and monthly thereafter.

Usually, the B-12 shots must be taken for life, although some patients can be maintained on an orally administered form of B-12.

It's difficult to get people to take monthly injections, so other forms are being investigated. In Europe, a nasal spray form of hydroxocobalamin is showing promise and is expected to reach the U.S. soon.

This information was obtained from the about.com website. Any medical concerns or advice should be discussed with your own health care provider without exception.