

# Is LowB1 causing my leg and foot problems?



*A recent survey revealed that half of Americans have given up on ever experiencing a pain-free day again. Nerve pain, often accompanied by numbness and tingling, is a particularly bothersome problem. It's not often there's a promising non-drug option: vitamin B1. I'm happy to welcome Zobria, a highly bioavailable form of vitamin B1, to our roster of sponsors. Right now, they're offering exclusive savings to Intelligent Medicine readers: get 20% off all non-subscription orders when you use code HOFFMAN at checkout.*

*—Dr. Ronald Hoffman*

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## **Do you have numbness, tingling, burning, or nerve pain in your feet and legs?**

**You might be one of the tens of millions of Americans who suffer from vitamin B1 deficiency, also known as LowB1.**

Thankfully, there's help!

It's becoming more and more common—people, by the tens of millions, are experiencing burning, tingling, numbness, and nerve pain in their feet and legs—and although most people suffer in silence or take ineffective medications, the problem may be corrected rapidly and safely with the right vitamin formulation.

It is well known that when the nerves in your feet and legs stop working properly, the symptoms can make your life miserable. People most often describe these feelings as though their feet are in wax, or their socks are crumpled up in their shoes, or they feel strange and annoying sensations from which there is no relief. Some feel as if their feet are on fire or being bitten by insects. The problem usually begins in the big toes, generally of both feet, and over time spreads to the other toes and into the balls of the feet and up the legs. It sometimes affects the fingers and hands as well. Medically, this is known as a “stocking-glove distribution” because it ascends in the same manner as if you were putting on stockings or gloves.

Numbness in the feet can have significant health consequences. Sensation is protective; diminished sensation can cause instability when walking and make you more prone to lose your balance and fall. If something is irritating your foot—a pebble in your shoe, a shoe that doesn't fit well, an ingrown toenail, or a thousand other problems which may cause an infection or a wound—and you don't feel it, treatment will be delayed, and the problem may become very serious very quickly. Impaired sensation in the feet is considered by doctors to be the leading cause of wounds, serious infections, and amputations.

Many doctors believe that this problem is often caused by a nutritional issue: a mild vitamin B1 deficiency, commonly called **LowB1**. In fact, in the last few years, this condition has been recognized by many physicians as one of the leading causes of burning, tingling, numbness, and nerve pain in the feet and legs.

Vitamin B1 is essential for the nerves in the body to work properly. When vitamin B1 is not available in adequate amounts, nerve cells can't produce enough energy to function optimally. In the nerves of the feet and legs this leads to the uncomfortable symptoms mentioned above—generally the first sign of **LowB1**. **LowB1** can also impair brain functioning, making your mind feel foggy or forgetful.

But why would someone become even mildly vitamin B1 deficient in America today? Doesn't the food we eat provide us with enough vitamin B1? Don't the multivitamins we take make up for any dietary insufficiency? Unfortunately, the answer is *not always*.

Certain conditions can interfere with how the body absorbs vitamin B1 from the foods we eat or impair how the body retains the vitamin B1 that it absorbs. Diabetics were recently discovered to be highly prone to vitamin B1 deficiency. People on certain medications (like water pills), the elderly, those dealing with obesity, people with a history of alcohol abuse, among others all tend to be vitamin B1 deficient. But no matter the cause, anyone experiencing the first signs of vitamin B1 deficiency—burning, tingling, numbness, and nerve pain in the feet and legs—should consider the possibility that they may be in need of more vitamin B1 than they are

currently getting in their diet or with the supplements they are currently taking.

## How can I tell if I am suffering from **LowB1**

There are laboratory tests that can measure the vitamin B1 levels in your blood. But if you are suffering from burning, tingling, numbness, and nerve pain in your feet and legs it makes sense to take a safe and effective form of vitamin B1 and see if these sensations are improved. Generally, you'll feel better in just 30 days if, like millions of Americans, **LowB1** is your problem.

That said, it's important to know that not all vitamin B1 products work the same way, and that's where **Zobria**® may help. As a physician who specializes in nerve problems in the feet, I created the formulation for **Zobria**® specifically designed for people with **LowB1**. **Zobria**® is vitamin B1 perfected.

**Zobria**® is formulated with benfotiamine, the most effective form of vitamin B1 available. It quickly and safely provides your nerve cells with the right amount of the right type of vitamin B1 they need to work properly. It's been helping people worldwide for many years improve the functioning of their nerves, and now, as a part of my unique formula, it's available in the US. Visit [ZobriaLowB1.com](http://ZobriaLowB1.com) for more information.

*This article originally appeared on Zobria's website.*