**Vitamin B12 as homeopathic remedy**

Since I discovered what a magnificent substance vitamin B12 is, I started to potentise all the different forms of this vitamin: a homeopathic treatment with one or more kinds of potentised vitamin B12 (homeopathic medicines made of different forms of vitamin B12).

For me as a homeopathic doctor the treatment of the vitamin B12 problem does not mean solely the supplementation of vitamin B12. Most of the patients who visit me, also have an indication for a homeopathic treatment with the new homeopathic medicinal products of vitamin B12, which I developed by myself.

**The psycho-energetic themes and essential of vitamin B12**

In the beginning I had no idea yet of the psycho-energetic theme(s) and essential that are connected to potentised vitamin B12. The book (in Dutch) of Truus Hartsink and André Schaap: `Vitamins and minerals, mirrors of the soul, part 1 (it has been published in 4 parts), gave me an excellent start for exploring the core themes of this particular vitamin. In this book I almost instantly noticed the central words ‘right of existence’. In this book you will find two symbols for vitamin B12: The Ceres symbol and the Tarot card no 12. Through the Tarot card no. 12: the hanged man, I realized that vitamin B12 in humans might also be (partly) responsible for our spiritual qualities.

The man is hanging on his left ankle bounded to a branch between two trees whose branches are each 6 cut off. The twelve stubs stand for the twelve signs of the Zodiac. Because of the lessons that he has learned, he is able to watch the world differently. He is able to let go of his ego and his face shows a look of acceptance despite the situation that keeps him as a prisoner (see image 1).

He shows a face of a wise man that has learned not to worry about anything. The world is still the same, but he has changed. For that reason, the text on this card says: oblio di se (which means self-forgetting). In the text you also find the word: TRANSIZIONE, which means transition.
According to Hartsink and Schaap, the Ceres-symbol is also connected with vitamin B12. The top half of this symbol (Moon symbol) stands for the growing consciousness, the reflective ability, a mother symbol. The bottom half (the cross) stands for: the I in the matter, the cross on Earth (see image 2). Later I discovered the symbolism of the failing quarter of the circle. When the circle is complete the Ceres symbol appears to be the Venus symbol. The symbol for the woman. In this way the Ceres symbol also beautifully shows the third theme of ‘the violation of the integrity of the woman’.

Materia Medica image of potentised vitamin B12

Retrospectively this information, with which I started and I didn’t know if it was reliable, has been verified in my practice as I will demonstrate in the next.

Meanwhile, I have treated over 6000 patients for a vitamin B12 deficiency. The largest part of this group has, besides the need for supplementation of B12, also an indication for a treatment with potentised vitamin B12 as well. Vitamin B12 as homeopathic remedy is not a constitutional remedy as we normally encounter in classical homeopathy. It is not a remedy which you can use to treat someone for a long time for all the complaints that they have. Though it is a big, important and valuable remedy for those people who are trapped in a state of mind. Those patients are always
highly sensitive people who have never been able to fully say ‘yes’ to this life, in this physical body, here and now on this earth. They have an incarnation problem: they are not well incarnated. They have not found their purpose in this life. I often say to them: ‘It’s like you are only here with one leg, the other part of you is still above (in the soul world). As a result, they have many medical problems that are often not recognized, as being a B12 deficiency. They run from one doctor to another, but no treatment leaves a lasting impression. They first need the diagnosis, both in a regular medicinal way as in a homeopathic (energetic) way. Only then they experience that their life can start. In many of the cases in my practice, the treatment of B12 was a true turnaround in these people’s lives. Potentised B12 retrieves them from the deep existentialistic psychological problems.

B-twelvers

Very striking is that B-twelvers (as I started calling them) are always very driven people. Despite all the physical limitations, they compensate with a very strong mind: they always keep going, they never give up. They almost always remain positive, they don’t easily get suicidal thoughts, but the opposite: against oppression the sacred fire is burning inside them. And they often witness out of a deep knowing that there once will be a solution for their problems. If they can recover physically and later on can get ridden of their deep doubt to their existence than they often show to be able to carry out their spiritual mission.

Core themes of potentised vitamin B12

A) The right of existance: to be or not to be and threatened survival

There is often a deep doubt about their right to exist. The patient was not (really) wanted by its parents, there was doubt about the true identity (named after brother or sister that has passed, or you should have been from of the opposite sex) or you were the result of something terrible (e.g. your mother was raped). A second variant of the same theme is if something happened which you almost did not survive (threatened survival), this can happen in the life of the patient well after birth. It was a close call, you nearly died. This may have had a variety of different causes. It creates a deep sense of existential doubt. In many of the cases, there may have been life-threatening conditions while you were still in your mother’s womb. It can go from blood type antagonism (e.g. rhesus antagonism), but much more often the patient appears to have the suspicion that he/she was not alone in the mother’s womb. The pregnancy started as twins or triplets, but only the patient was born out of this pregnancy (vanishing twin/triplet syndrome). This phenomenon appears far more frequently than we often know (9 out of 100 cases, which is almost 1 out of 10). It usually leads to a psycho trauma (very often unknown by the patient) with feelings of loneliness, guilt, chronic restlessness and dissatisfaction. They have the feeling to miss something which they can’t point out. They often have a deep desire of reunion. It turned out that 60% of the B12 cases in my practice there was a presumption that there has been a vanished twin half.

B) Motherhood: whether or not getting (healthy) children

Getting children is quite apparent for many people, though it isn’t for B12 patients. They often have to deal with sub fertility, the occurrence of miscarriages en stillbirths and often there are more complications during pregnancy and childbirth. The often occurrence of neural tube defects or
congenital heart defects is certainly not only because of a deficiency of folic acid (B11) but also of a deficiency of vitamin B12. Usually there is a very strong desire for children, but often there appears to be a large uncertainty whether children will ever come. If there are children than there is a fear that something will happen to them or that they won’t have a long life. Young couples with fertility problems often come right in the extensive medical examinations and treatments in an attempt to still have children. The fact that people want children and are willing to undergo the whole medical procedure has as a result that the spontaneity and the aspect of love disappears to the background. The extremes of IVF means replacement of two or three embryos. It seems quite normal that we think that one embryo will remain. Sometimes, a second vital embryo remains and will be aborted. In that case there is a vanished twin by medical intervention. You could say in that case: ‘The doctor plays for God if he decides to let one or two lives disappear. This side of vitamin of B12 theme (getting or not getting children) I have recently seen in a beautiful pictures and sounds in the movie ‘Waterchildren’ of the Dutch director Aliona van der Horst. In this movie she followed the emerge and the exposition of a large multimedia artwork of a Dutch-Japanese pianist Tomoko Mukaiyama: an ode to fertility and a wonderful imagination of the problems that may occur. The film ends with the Buddhist ritual of Waterchildren: prematurely born children, stillbirths and never born children.

C) The violation of the “integrity of the woman” and the “integrity of Mother Earth”

The last 5200 years we lived in a patriarchy: we didn’t have equality between men and women and stronger, the woman was and is too often suppressed, maltreated and sexually abused. This maltreatment can start in a subtle way or is ending in the most violent forms of torture. At the same time we are living in the rich West in a culture with misuse on a large scale of all the richnesses of Mother Earth. We still are neglecting to realize that Mother Earth is at the end of her reserves and that she is strongly reacting against our misuse. We constantly live as if we can buy everything and that we can fix any problem relying on the solutions of Modern Science. There is a very strong need that we reconnect ourselves with God Mother (Mother Earth) and with our Feminine Divinity which we all have in ourselves, no matter from which sexe we are. B-twelvers have a strong connection with nature and Mother Earth and are also suffering under the ‘injustice’ against her.

D) Being or not being able to fulfill your big Divine Task
Every human being has a divine element and therefore has to fulfill a divine task. For the B-twelver this element is much bigger: they very often are lightworkers. They like to develop themselves in consciousness and like to support others in their individuation process. They like to support the evolution process of the earth and whole mankind. They often are (very) old and wise souls which have problems to find their way here on earth. They often have the feeling of living in an upside down world. I often explain: if everybody was like you we should live in a much better world (paradise on earth).

B-twelvers are very often highly sensitive, almost always highly conscious and very gifted. Most of them are visual-spatial learners so they often don’t function well in the Dutch educational system that still is too much equipped for sequential-analytical thinkers. You could describe this as: the drama of the gifted child, described in the book by Alice Miller wit the same title. They often go a long medical ordeal with various physical limitations while they always have a lot of enthusiasm/zeal. They often differ so much from the most of other people that they have the feeling not to be heard or not to be seen, they feel like a ‘stranger on earth’ or coming from another planet. While they potentially have many opportunities to develop consciousness and they nearly always have a spiritual mission.

They have very long antennas: they pick up everything around them from other people and are therefore not often able to stay in their own energy and strength. They are often clairvoyant, clairsentient, clairaudient and for that reason it is very hard to define the boundaries between the inside and the outside. Their telepathic abilities can trigger psychotic states. Because they are often not well incarnated, they cannot live their life to the full extent. These people are aware of their large potential, and they feel the desire to be able to fulfill it as well. Though again here is a bitter paradox: the diagnosis of a vitamin B12 deficiency must be made before the patient is able to start his/her recovery before he/she is ready to blossom for the first time or again. Only then they will be able to fulfill his or her Divine task.

The essence of potentised B12

When we take the four themes together you could come to the following description of the essence of potentised B12: preparing yourselves for your True Destination. This essence looks scarcely different from the essence of Kobaltum: preparing yourselves for your task (according to Jan Scholten). The big difference is that B12 can help to reconnect yourself with your divine spark within yourself. B12 deficiency for a lot of people works like a huge wake up call: it reminds you of your spirituality. It supports us in our transformation from the third chakra to the fourth chakra and it supports the earth and mankind in realizing the great quantum leap we are in during the transition from the Pisces era to Aquarius.

Mind picture of potentised B12

A ‘classic B-twelver’ is a highly gifted (high sensitive and high conscious) person whose physical body is severely suffering. Their body is like a millstone to them; they are often very limited or disabled. They feel unable to fully participate in life. They have incarnation problems (DD Hydrogenium and Lac maternum). I often explain as if they are standing on only one leg in this life, with the other leg they are standing in the world above. It’s like they know how rich a life can be, but as if it is not
meant to be for them. Whenever they expect a breakthrough, something happens which make them fall back again. This can make them feel like having a Tantalus torment.

**Tantalus torment**

They never let themselves get stuck, they never give up their courage. It’s sheer, pureness and higher insights make that they always continue life and surviving. They have the feeling that something physical is missing and that they once will find out what it is. These people will easily visit the twentieth doctor or therapist. Deep from the inside they know that it will be ok someday and that they will be able to fulfill their big, special task. They have an open line with above and know that in the upper world there are no limitations. They know that there is a lot of potency in them but by having so many problems they are not able to bring the potency into reality. Every time they seem to reach out to a new realization there is again something coming in between. This can feel like a real Tantalus torment. This picture exists in Greek mythology: they are standing in a big tub full of wine and every time they bend forward to drink from the wine, the level of the wine is lowering, and therefore they are unable to drink.

Maybe this is also the cause for being not able to fully saying yes to the physical body (in three dimensions) with all its restrictions. In addition, it was not very teasing for them looking from above downward to the earth, before they decided to incarnate. What a bloody mass is it down there and how is it possible to get this upright? If these people find their way in this life (after being diagnosed with a vitamin B12 deficiency and after being treated with the right potentised form(s) of B12) then they have a charismatic appearance and they dedicate their time on esotericism and spirituality. They often play a large role in the development of consciousness of other people. You could say: they often develop as real lightworkers or avatars.

**The proper treatment of a B12 patient will work as a rebirthing process**

If you treat a patient with a vitamin B12 deficiency long enough (3-12 months or lifelong) with the correct forms of vitamin B12 (methylcobalamin and adenosylcobalamin) and folic acid, than all vitamin B12 symptoms will gradually disappear. That itself is a very rewarding medical matter which already can make a major turn to patients life.

Though this doesn't mean that the work of the homeopath is done. He still has a very important role in examining whether there is an indication for treatment with potentised vitamin B12. In most of the cases it is possible to work with potentised methylcobalamin. As a close second followed by potentised hydroxocobalamin. Occasionally you may need potentised cyano-, nitro-, adenosyl- and/or aquacobalamin.

Potentised cobalamin is never a constitutional remedy as we often use. You always use it for a relatively short time to help the patients stagnated process to start running again, so the body can start its recovery. By giving the patient B12 in ascending potencies for 3-12 months you support the patient to incarnate better and deeper to be able to stand on the earth with both feet. Before I start this treatment I explicitly ask the patient whether he/she really wants to be here at all (on earth). This question is almost always positively answered. I usually see an indication for treatment with ascending potency series (of 30K, 200K, MK, 10MK, 50MK, 100MK) which I can dose all at once with Bioresonance. With the most sensitive patients I do it in six steps. Sometimes it turns out that only
30K (or LM VI) is sufficient to see the indication for other potencies disappear. Some people need only half a word to take up the message, that is the power of Bioresonance.

In 75% of the cases I work with potentised methylcobalamin. In 25% of the cases, one of the other types of B12 is needed, or a combination of different types of B12. Generally, methylcobalamin is the most used type for the themes described above.

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So far, there have been described 55 types of B12 analogues. Only 2 of them have B12 activity: methylcobalamin and adenosylocobalamin. I regularly used potentised hydroxocobalamin if the lost twin half was a girl or if two different sexes were lost (boy and a girl). Methylcobalamin is only effective if the lost twin half was a boy. The other types of B12 I used when the ‘head’ of the cobalamin (anatomic structure) refers to the way in which the patient had a nearly-dead experience. Then I use potentised aquacobalamin if someone nearly drowned. I use cyanocobalamin when someone was almost killed by fire. In fires, cyanide is released, which is life-threatening. It could also be an indication for the relatives of the victims of World War II, who were gassed. This was done by poisonous gas using hydrogen cyanide (cyanuric acid). I use nitrocobalamin if the patient nearly got killed by an explosion. I see an indication for a treatment with adenosylocobalamin if someone has (had) trouble living it’s own life because of his/her very dominant parents (parenting). The patient has insufficiently managed to find his/her own identity because their parents put too much pressure on them to see or to do what they wanted.

**Materia Medica of potentised vitamin B12 (Methylcobalamin)**

Methylcobalamin or, if indicated, also one of the other types.

In the differential diagnosis with other homeopathic remedies you can think of: Lac maternum or Hydrogenium (not well incarnated), Saccharum Officinale (lack of self love) and Natrium muriaticum (feeling abandoned), who all are effective in cases of the second theme (whether or not have (healthy) children).
Hydrogenium, Helium and Graphites who all know the topic of whether or not to choose this life here on earth. Of course you should also think of Cobalt, the part which is representing your Devine task. This is what a B-Twelver can do once (most of) the problems are solved.

1. Recurrent anemia that does not respond well to iron supplementation. There does not necessarily have to be macrocytosis.
2. Sensory impairment: numbness, tingling or prickling or paraesthesia in the arms or legs.
3. Pareses or paralyses: in both legs and both arms (Acute Combined Degeneration).
4. Loss of control when walking, staggering, walking like you are drunk and clumsiness (dropping things from the hand). Tendency to fall. Many patients use a walker, are already in a wheelchair or even bedridden.
5. Impaired senses: visual problems that can’t be further clarified, reduced taste, hearing and smell.
8. Problems getting children: reduced fertility both in women as in men, miscarriages, vanished twin halves, etc..
9. Each half of the twin that will be born has or will receive a B12 problem. The feeling to be on the earth with one leg, while the other leg is still above. In cases of subfertility, a hormone treatment will lead to a higher risk of multiples (twins, triplets, etc). In IVF usually two or three fertilized eggs are placed in the uterus. Often, only one spontaneously remains, but often they do a multiple reduction (the leave one fertilized egg in the uterus and abort the others).
10. Family history: more twins (or multiple births) in the family.
11. Dermoid cyst or teratoma: this is the incorporated rest of your lost twin.
12. THE RIGHT OF EXISTENCE: deep doubts about the desire of your existence, deep doubts about who your parents are, or thoughts that you should have been someone else (eg you feel like you are a substitute for your deceased brother or sister) or that your parents preferred a boy while you are a girl.
13. TO BE OR NOT TO BE: conditions after experiences you hardly survived. It occurs relatively often at events like: intrauterine, blood antagonism, vanished twin halves, cervical incompetence, abruptio placentae, strangulation by umbilical cord. But also events well after birth: drowning, fire, explosion.
14. Delusion: The feeling never to be seen, or to count. Never fully have been able to say ‘yes’ to this life. The feeling to feel uncomfortable on earth. The feeling not to hear, to feel like a stranger on earth.
15. Very enthusiastic, strong mind with a weak physical body.
16. Very tenacious, they never give up: long history of diseases, visited many doctors without long-lasting results.
17. Weak concentration.
18. Weak memory.
20. Dementia: a much higher percentage of all people (than is shown) with dementia has a deficiency of vitamin B12.
21. Depersonalization: Over the years, you have slowly lost your clarity, your accuracy and your personality. You are not quite yourself, you glide gently into indifference, confusion, apathy and depression. Eventually you become psychotic: with aggressive behavior, paranoia and hallucinations to schizophrenia.
22. Autism: Vitamin B12 works as a oil for brains. If they run dry, all cognitive brain functions can get bad. The symptoms that will occur show autistic features (the feeling not to be in your
emotional body, hypersensitivity, concentration weakness, distractibility, lack of empathy, etc).
23. Hair loss from the scalp and the lateral parts of the eyebrows.
25. Failing immune system: recurrent infections, poor wound healing, periodontitis, abscess, osteomyelitis, etc. The treatment with vitamin B12 in the matter (tablets) and in energetic way can in some cases work as an antibiotic.
26. Loss of appetite: body weight loss, anorexia. The intestinal problems and often many (food) allergies and occurring pancreas problems, make that patients can go into a catabolic state with sometimes life-threatening situations.
27. Increased tendency to allergies, topped with an increased tendency to the development of auto-immune diseases. Allergies and / or autoimmunity will return if the vitamin B12 deficiency is not recognized.
28. Rapid progression of cardiovascular artery disease by homocysteïnaemia: free sudden onset of TIA, stroke, coronary symptoms and / or claudication, thromboembolic processes.
29. High sensitivity and high consciousness: they like to keep themselves busy with esoteric and spiritual matters, often exhibit clairvoyance. Despite their suffering they look to the world with great insight, compassion and humility: characteristics of the purified soul. They can often mean something to others when it comes to consciousness and the development of consciousness. They easily have contact with entities.
30. Chronic Fatigue Syndrome (CFS), all symptoms that fit into this picture also often cause chronically tiredness.

DD: Any form of polyneuropathy, Multiple Sclerosis (MS), Amyotrophic Lateral Sclerosis (ALS), Chronic Idiopathic Polyneuropathic Degeneration (CIPD), Dementia, Autism, Depression, Psychosis, rapidly progressive cardiac vascular disease, infertility, habitual abortion, geriatric issues, Parkinson’s or Parkinson-like symptoms.

Right grounded homeopaths will probably have the opinion that it should be possible to heal a patient with only potentised vitamin B12. Because I got many patients in my practice with serious symptoms, I have never dared to treat them with only potentised B12. I believe that it would be unethical not to give them vitamin B12 in the matter (as a supplement or medicine).

It should be mentioned that vitamin B12 problems will persist in the case of liver stones or when there are liver passage problems for other reasons. Even if there is a sufficient supply of B12 guaranteed and the absorption mechanism is recovered, then liver stones still make it impossible to produce enough transcobalamines. The entherohepatic circulation is disturbed. In the absence of particular transcobalamin II, vitamin B12 cannot be effectively supported to the organs. A patient with liver stones will need B12 supplementation until the stones are ‘dissolved’.

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Literature:
