Why Vitamin B1 Matters

Let's talk about a deficiency you've probably never been tested for, but it could be at the center of your chronic symptoms. Vitamin B1, also called thiamine.

Now, I know vitamin deficiency doesn't sound urgent, But this one is different. B-1 is how your cells make energy. It's how you body gets oxygen from your blood into your tissues.

Think of it as the spark plug in your car. Without it, the engine just doesn' t turn over. It's how your mitochondria, as the energy factories in your cells, they need be one to burn fuel and produce ATP.

The energy that powers everything from your brain to your heartbeat.

Symptoms of Thiamine Deficiency

Without it, nothing runs right. So when B1 is low, it doesn't just make you tired, It can mimic dozens of other conditions. We're talking fatigue, weakness, brain fog, digestive issues like bloating, reflux, or IBS, anxiety, insomnia, and even numbness or tingling, shortness of breath, low blood pressure, Or feeling like you can't get a full breath.

blood sugar crashes and even insulin resistance, muscle pain, lightheadedness, heart palpitations, and in extreme cases, neurological symptoms, apathy, even cardiac dysfunction.

And here's what no one's telling you. Most of this isn't just stress or aging or a mystery illness. It's your cells starving for fuel. Because without B1, your body can't run the Krebs cycle.

You don't convert carbs into energy. Your nervous system becomes unstable.

What Depletes B1 and Limits Absorption

Even your breathing can become shallow or irregular. Not because your lungs are weak, but because you're mitochondria are. Here's the kicker. We are surrounded by B1 depleting factors.

High sugar or high carb diets, so diabetics are typically very, very deficient. Alcohol and caffeine. chronic infections, mold exposure, parasites, stress or emotional or physical, either one, past trauma, even dental work or digestive surgeries that all impact absorption.

And the standard American diet, 52% is processed food. That's what we call a high calorie malnutrition. Calories but no nutrients. And here's something most people don't realize.

Thiamine is absorbed in the duodenum. That is the very first part of your small intestine. So if you have Crohn's, celiac disease, or any gut inflammation, your body might be struggling to absorb B1 no matter how well you eat.

It's not always about what to eat, it's about your body can absorb and use. In these cases, you would benefit from a form called TTFD.

How to Restore Thiamine Levels

It has higher bioavailability and solubility. You've probably never thought about B1 when you're meal planning, but it might be time to start. Thiamine is stored primarily in the liver, storage only lasts at most 18 days, which is why you need to consume thiamin foods regularly.

Personally, I like to eat fermented seaweed. Just one cup gives you 216% of the daily recommended intake of B1. It's one of most concentrated natural sources out there.

You can also find B-1 in beef liver, asparagus, and Brussels sprouts, but it's going to be in a lot smaller amounts. We can test for B 1 levels. we can correct them.

And most importantly, we stop chasing symptoms and get to the metabolic route. If you're struggling with a long list of unexplained symptoms and you've tried everything, consider this.

It may not be a complex diagnosis, it may be simple deficiency, and once you start restoring your B1 levels, everything can shift. Feel empowered, strong, and confident that your body can recover.

You just need the right strategy. And if you want help figuring out if B1 is the missing link in your healing, we're here. Comment me for your thiamine questionnaire and that can help you to determine how deficient you might be.