



請注意：

缺少維他命B₁₂可導致健康問題

Attention: A Deficiency in Vitamin B₁₂ can Lead to Major Health Problems

沙彌尼近柔師 文 BY SHRAMENERIKA JIN ROU

姜曉明 中譯 CHINESE TRANSLATION BY CHARMAINE CHIANG

二〇〇四年十月八日在洛杉磯舉辦的「素食來源」講習會中，布蘭達·戴薇絲發表了一個非常引人注目的演講。她是一本有關營養的書《成為素食者》的作者之一。我想和大家分享她所談到的維他命 B₁₂。看起來似乎法總各道場所提供的東方食品中，例如大量的海帶、味噌、醬油、醃黃瓜和深綠色蔬菜，應該含有足夠的維他命 B₁₂。但根據布蘭達及其他演講者的看法，我們的飲食中還是缺少維他命 B₁₂。可從以下最常見的問答中來說明她的看法：

One of the most outstanding talks at the Vegetarian Conference in Los Angeles, October 8, 2004, was given by Brenda Davis, co-author of **Becoming Vegetarian**. It seems that the Asian diet served at the various DRBA monasteries should contain adequate amounts of Vitamin B₁₂, with the abundance of seaweed, miso, soy sauce, pickles, and dark green vegetables served. According to Brenda and other speakers at the conference, however, our diet may be deficient in B₁₂. In explanation, are answers to the most frequently asked questions and answers about Vitamin B₁₂.

問：什麼是素食者B₁₂的來源？

答：(1) 在空氣、水和土壤中都藏有細菌。雖然在肉類中發現B₁₂，但動物不會製造B₁₂，反而是細菌製造B₁₂。在所有腐壞生物中，都含藏著B₁₂。在以前，人們從藏在蔬菜中的土、水和腐敗品中獲取B₁₂。在現代高水準的衛生環境條件下，把蔬菜洗得一塵不染，甚至把皮削得乾乾淨淨；水也是氯化消毒過的，因此把活菌也都消滅了。

(2) 發酵過的黃豆菌(Tempeh)、味噌、醬油、醃黃瓜、酸白菜，這些也都不是可靠的B₁₂來源。這些食物，在傳統的製造過程中，不是很講究衛生的，也沒有添加重量清潔劑；所以細菌有機可

1. What are vegetarian sources of B₁₂?

- a. **Bacteria found in air, water and soil:** Although B₁₂ is found in meat, animals do not make B₁₂; bacteria do. Whatever is contaminated contains B₁₂. In the past, people obtained B₁₂ from dirt clinging to plants, from water, and from bacterial contamination. In our modern sanitary food environment, we wash every bit of dirt from vegetables and even peel them. Our water is chlorinated, thus killing any live bacteria.
- b. **Fermented foods such as tempeh, miso, soy sauce, pickles and sauerkraut are unreliable sources:** Traditionally, these foods were produced during a time when people were not so hygienic and did not use such strong cleansers; they contained high amounts of B₁₂. All sorts of bacteria got in the fermenting food. Nowadays, these foods are



趁，幫忙發酵，故含有大量的B₁₂。如今，這些食品都在無菌狀態中製造，所以B₁₂根本不存在。發酵食品由於含重要的消化酶，或許有助其他B₁₂來源的吸收或促進腸內B₁₂細菌的生長。

(3) 海菜和藍綠藻也不是可靠的來源。海帶、螺旋藻和其他的藻類可能含有類似B₁₂的成份，雖然海帶和微藻類提供寶貴的營養，但並不能解決人體對B₁₂的需求。

(4) 營養的酵母生長在富於B₁₂的環境中（並非所有酵素都含B₁₂，參看標籤。）注意：雖然酵素富有某些養分，因它含高磷物，若吃多了，會消耗體內的鈣質。



問：從有機肥中培養出的蔬菜可提供B₁₂？

答：可能。但含量不等，甚至微不足道。

問：人體會製造B₁₂嗎？

答：健康人的大腸可能會製造B₁₂。至於人體會吸收與否，視各人而定，各種理論說法不一；有些成年人的身體會儲存B₁₂在肝臟內好幾個月，甚至好幾年。不過，最好還是食用營養添加過的食物或健康產品來維持健康（五十歲以上，不能從奶酪中獲取B₁₂）。

問：健康產品製造的B₁₂是否和食物中的B₁₂一樣好？

答：B₁₂ 從微菌中產生，製成丸狀，是少數完整食物的補給品。它不在蛋白質內；實際上，反而比在食物中的B₁₂易吸收消化（特別是腸胃有問題的）。

問：B₁₂對人體有哪些益處？

答：製造紅血球，對腦、脊髓、神經功能很重要！製造免疫系統、增強體力、抵抗過敏原，使細胞結構免於癌症、老化、傷害或一般的生理退化的病變。

問：缺少B₁₂的症狀有哪些？

答：疲勞、體虛、無精打采、氣短、心跳快、緊張、精神和情緒有問題、記憶力減退、注意力不集中、頭昏、失去判斷力、情緒不穩、迷惑、

fermented in sterilized containers and are virtually devoid of B₁₂. Fermented foods, because of their vital digestive enzymes, may aid in the absorption of B₁₂ from other sources or stimulate B₁₂ bacterial growth in the intestines.

c. **Sea vegetables and blue-green algae are not a reliable source:** Seaweeds, spirulina and other algae may contain B₁₂ analogs. The analogs are similar but perform differently. Although seaweed and microalgae offer valuable nutritional advantages, they won't help your need for Vitamin B₁₂.

d. **Nutritional yeast**, grown in a B₁₂-enriched medium (Not all yeast contains B₁₂. Check the label.) **Warning:** Although yeast is rich in certain nutrients, it has a high phosphorus content and can deplete the body of calcium—if taken in excess.

2. **Can vegetables grown in rich compost supply us with B₁₂?** Maybe, but the amount is variable and mostly negligible.

3. **Can people manufacture their own B₁₂?** Among healthy people, B₁₂ can be manufactured by bacteria in the colon, but there is controversy as to whether it is absorbed or not. There are great differences from one person to the next in B₁₂ absorption. Some adults can reserve B₁₂ in the liver for months or even years, but it's best to use fortified foods or supplements to keep a healthy level. (People over fifty cannot absorb B₁₂ from dairy.)

4. **Are B₁₂ supplements as good as in food?** B₁₂ is derived from microorganisms and is one of the few whole-food supplements in pill form; it is not bound to protein and is actually easier to absorb, especially for those with gastric problems.

5. **How does B₁₂ help us?** Forms red blood cells; is essential to the function of the brain, spinal cord, and nerves; builds immune system, energizes the body and counteracts allergens; keeps the cellular structures free of distortions in cancer, aging, injuries or common degenerative disorders.

6. **What are the signs of B₁₂ deficiency?** Fatigue, weakness, listlessness; shortness of breath and palpitations of the heart; nervous, mental and emotional conditions; decrease of memory and concentration, dizziness, disorientation and mood changes; delusions and paranoia; loss of bladder and bowel control; blurred vision, tingling skin, diarrhea, depres-



妄想狂、大小便失禁、視力模糊、皮膚刺痛、腹瀉、憂鬱、消化不良、臉色蒼白、手指或腳指麻痺、神經性食慾減退、不孕症、情緒化、漠不關心、暴力行為以及個性改變。

B₁₂服用量：

每日10毫克，或每星期2000毫克。

製造B₁₂的方法：

回春水（發酵飲料）

小麥 2杯

水 一夸特

浸泡2杯小麥八小時，把水倒掉，再加一夸特的水，瓶口用布蓋兩天，將回春水倒出使用。再加入一夸特的水浸泡，一天後，再把第二次的回春水倒出，放在玻璃瓶內保存在冰箱。假如太酸，可減少發酵時間。可把回春水當水喝或製造酸奶、沙拉醬、作湯、調味料或天然麵包酵母等。

種子酸奶：

1杯 芝麻（浸泡八小時後，將水瀝乾）

1杯 回春水

或1茶匙味噌，在一杯水中攪拌

將上物放在果汁機中打碎，倒在玻璃瓶以布蓋住，置溫處發酵6-10小時後，放進冰箱冷藏。

其他口味：杏仁、核桃或南瓜子

燕麥酸奶 作法如上

1杯 圓形燕麥

1杯 回春水或普通水

1茶匙 沒有低溫殺菌過的醬油或味噌。

sion, indigestion; paleness, numbness in the fingers and toes, anorexia, infertility; apathy, violent behavior, and personality changes.

Daily intake: 10 mcg per day or 2,000 mcg per week.

RECIPES FOR HEALTHY INTESTINAL FLORA

Rejuvelac (a fermented drink)

2 cups wheat berries

1 quart water

Soak 2 cups of wheat berries for 8 hours. Discard soak water and add 1 quart of water. Cover with a cloth and let stand for 2 days.

Pour off the first batch of rejuvelac and use. Add another quart of water to the wheat berries, and after 1 day, pour off the second batch of rejuvelac. Store in a glass container in the refrigerator. If the taste is too sour, reduce the fermentation time. Use rejuvelac as a drink, to make seed yogurts and dressings, and in soups and sauces, also as a natural bread leavener.

Seed Yogurt

1 cup sesame seeds, soaked for 8 hours and drained

1 cup rejuvelac

or 1 tsp miso stirred into 1 cup water

Puree ingredients in a blender until smooth. Place in a glass jar and cover with a cloth. Set in a warm place for 6-10 hours. Refrigerate.

Variation: Use almonds, walnuts, or pumpkin seeds.

Note: Sprouting and fermenting eliminates rancidity in nuts and seeds.

Oat Yogurt

In the above recipe, replace the seeds with 1 cup of oatmeal or whole oats.

