3 Diseases Folic Acid Helps That You Might Not Know About

Hello [[firstname]],

You may already know that folic acid is good for someone who is expecting a baby or someone that is coming out of cancer care. There are some other diseases that you can use folic acid to counteract. In fact, you may be surprised to find out that folic acid can actually help these three well known diseases and help reduce the risk of the happening later in your life.

**Kidney Disease**

Kidney disease is not something that people think of when they think of their folic acid intake and levels. Folic acid helps the kidneys by creating more protein and help with creating red blood cells. This helps with overall kidney health, but there is another benefit to using folic acid for this disease. In lower dosages, folic acid can help reduce homocysteine levels. This helps reduce the risk of further kidney damage and helps to move toward the goal of your kidneys working on their own again without dialysis treatments.

**Alzheimer's Disease**

You may know that folic acid helps with memory loss and issues. What you may not know is that there have been studies regarding Alzheimer's and folic acid levels in the body. Studies have shown that people with Alzheimer's have much lower folic acid levels that normal. In some cases, advanced levels of the disease showed that there was very little folic acid in the body at all. Though increased levels of folic acid can't reverse the disease, they can help patients regain some of their memory and work to maintain that memory.

**Neural Tube Defects**

Neural tube defects are an issue that occurs during the neonatal period. While a baby is developing in the womb, their neural tubes are also developing. These tubes send signals throughout the body and growth process. If they do not develop properly, the baby will not develop properly and certain issues may occur. These issues can lead to birth defects. Increased folic acid during pregnancy can ensure that both mother and child are getting the benefits of the folic acid and developing properly and safely.

Though these are only three of the diseases folic acid can help, there are many others. If you are worried that you are at risk for certain diseases and illnesses in your life, and you want to know if folic acid could help, consider a consultation with your doctor.

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