



## Health & Nutrition Update November 2008

### Vitamin D: Benefiting Your Health

In our continuing efforts to encourage health and nutrition through the use of nutritional supplementation, we came upon some very enlightening articles about Vitamin D<sub>3</sub> that we feel will be useful in your pursuit of good health. Some of the information was particularly intriguing to Margaret because her first husband died at 41 of malignant melanoma. The fact that for years, medical science warned people about overexposure to the sun, appears to be bad advice after all.

First, we received a wellness report from Dr. Russell L. Blaylock, M.D., which contained a comprehensive article entitled, "Vitamin D's Hidden Role in Your Health." In his report, the importance of having sufficient Vitamin D<sub>3</sub> was emphasized. Oddly enough, the primary source for Vitamin D is from exposure to the sun "UVB" rays. One interesting quote put it this way:

"When sun strikes our skin, the penetrating UVB rays trigger biochemical reactions in the deeper cells that generate huge amount of vitamin D. As little as 30 minutes in the sun can generate up to 50,000 international units (IU) of vitamin D. We now know that vitamin D is a powerful inhibitor of cancer development and growth. So by making people vitamin D deficient with their medical wisdom to avoid sun exposure, they inadvertently increased people's risk of developing all forms of skin cancer, including the deadly malignant melanoma" (Blaylock Wellness Report, volume 5, no. 9).

Another article, published on the Internet by nutritionist Pamela Egan, summarized many of the problems associated with a lack of vitamin D<sub>3</sub>. The list follows:

"Did you know that vitamin D<sub>3</sub> deficiency can result in Obesity, Type 2 Diabetes, High Blood Pressure, Depression, Psoriasis, Fibromyalgia, Chronic Fatigue Syndrome, Kidney Stones, Osteoporosis, & Neurodegenerative disease including Alzheimer's Disease. Eventually, Vitamin D deficiency may even lead to Cancer (especially breast, prostate, and colon cancers). Vitamin D<sub>3</sub> is believed to play a role in controlling the immune system (possibly reducing one's risk of cancer and autoimmune diseases), increasing neuromuscular function and decreasing falls, improving mood, protecting the brain against toxic chemicals, and potentially reducing pain.

"Vitamin D<sub>3</sub> is both a vitamin and a hormone. It acts as a vitamin when it binds with calcium for proper absorption. Humans cannot digest calcium without adequate amounts of Vitamin D<sub>3</sub>.

The most common reasons for Vitamin D<sub>3</sub> deficiency in the United States relates to lack of exposure to sunlight and infrequent consumption of cold water fish such as wild salmon, mackerel & sardines" (<http://www.pamelaegan.com/articles/vitamin-d3.htm>)

For those of us who live in sunny Florida, the availability of good exposure to sunshine is not much of a problem unless you deliberately avoid sun at all costs. Reading articles like these and others further inform us that some of the medical wisdom currently available just might do more harm than good.

So just like our recommendations to find a health and nutritional supplemental product that overcomes your lack of vitamins and minerals that your body and mind are craving, take some time everyday to get at least some minimal exposure to the sunlight. It is available for free if you just take the time to have a walk or run in the sun.

For more information about the supplements we are recommending, please give us a call at your earliest convenience.

To your good health,  
Mark and Margaret  
[www.hueyhouse.com](http://www.hueyhouse.com)

