

# VITAMIN

# D



# BULLETIN

## WHICH D3 IS BEST ?

In May of 2010 my wife Cathy had her annual physical which showed that her Vitamin D level was low. Dr. Rich wrote a prescription for a Vitamin D 50,000 IU capsule for her to start taking once a week. She was faithful in taking this for 16 months. At her next physical her D levels had gone up from 18 to 30. The Optimal Range is 30-100.

Meanwhile, when I went for my annual physical and blood work my Vitamin D level also showed up low. Dr. Rich suggested the Vitamin D prescription for me also, but I told him that I would rather try a different approach. I called and ordered Shaklee's Vitamin D supplement. I began to add one 1000 IU Shaklee Vita-D to my normal daily Vita-Lea (2). Thus I was getting 12,600 IU of Vitamin D a week from my Shaklee supplements compared to my wife's 50,000 IU in a prescription capsule. I was faithful in taking my supplements daily. One year later, I was happy to find that my Vitamin D level had rose from 20 to 31. So my Shaklee supplements had basically the same results for me as the prescription had for my wife, but with a **substantially less intake of Vitamin D.**

Why the difference? ... I think we all know! Plus, it cost less for me to add the Shaklee Vita-D (less than \$8.00) to my daily routine than it did for my wife to pay for her prescription capsules. Tom Leenheer

## What are the experts saying?

Because Vitamin D is so cheap and so clearly reduces **all-cause mortality**, I can say with all certainty: Vitamin D represents the single most cost-effective medical intervention in the United States!"

*Dr. Greg Plotnikoff, Medical Director, Penny George Institute for Health and Healing, Abbott Northwestern Hospital in Minneapolis*

## The Athlete's Edge

FASTER, QUICKER, STRONGER with VITAMIN D

*By Dr. John Cannell, M.D.*

"Vitamin D gives athletes a definitive advantage over their competitors... improves muscle tone, muscle strength, balance, reaction time and physical endurance as well as immunity and general health."

## Powerful Medicine

*Dr. Lucinda Messer, M.D.*

"Vitamin D deficiency is a worldwide epidemic with over one billion people at risk for its associated diseases. A deficiency in Vitamin D is the main reason we have skyrocketing incidence of Cancer, MS, Diabetes, Osteoporosis, Depression, Seasonal Affects Disorder, Autism, Hypertension and more."

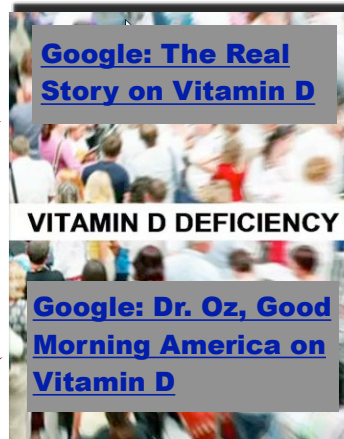
## Power of Vitamin D

*By Dr. Sarfraz Zaidi, M.D.*

"There is a direct link between Vitamin D deficiency and cancer, heart disease, diabetes, high blood pressure, kidney disease, fibromyalgia, chronic fatigue, osteoporosis, arthritis, lupus, MS, asthma, thyroid diseases, dental problems and depression."

**NOTE:** Dr. Sandy Bevacqua feels that everyone's Vitamin D level needs to be 70 at minimum for optimal health.

Many experts feel that the daily dosage needed by kids is 2,000 units of D3 and for adults it should be 4-5,000 units. Watch these "eye-opening videos for more details."



The **MOST COMMON** medical condition in the **WORLD!**

*With sometimes devastating, even fatal consequences!*

**Call us to TAKE A "D3 Quiz" ... find out how much you need.**

## DR. OZ SAYS:



"If I could pick one Vitamin to push to EVERYBODY, it's VITAMIN D!"

**"If Vitamin D were a drug, its benefits would make it the most popular ever!"**

- Bill Sardi - Medical Writer and Author

"Increasing the amount of Vitamin D in the body can prevent or help treat a remarkable number of ailments, from obesity to arthritis, from high blood pressure to back pain, from diabetes to muscle cramps, from upper respiratory tract infections to infectious diseases, and from fibromyalgia to cancers of the breast, colon, pancreas, prostate and ovaries. It can safeguard pregnancy, support ideal weight management, reduce abnormal cell growth and stave off infection and chronic diseases!"

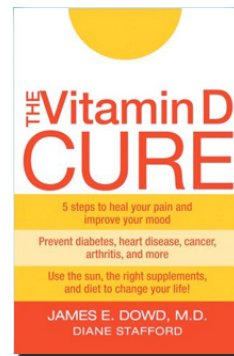
**Who would not want these benefits?!"**

- **Dr. Andrew Weil, M.D.**, in his forward to the book *The Vitamin D Solution*

## The Vitamin D Cure

a book written by Dr. James Dowd, M.D

"...I have made the following discoveries in my patients: Chronic pains simply disappeared, fatigue resolved, diabetes and blood pressure got better, arthritis improved, psoriasis resolved, M.S. improved, asthma went in remission, infrequent colds and flu, infrequent cancer, dramatic improvement in prognosis in patients with diagnosed cancer, heart disease a rare occurrence, depression changed into zest for life, osteoporosis improved, thyroid diseases got better and dental health improved. Most people are amazed how much energy they have."



## DR. AND PATIENT ELIMINATE HIGH BLOOD PRESSURE

I was taking medicine for high blood pressure. I went to a new doctor and he stressed that I take my BP 3 or 4 times a week at different times of the day. When I did, I found that it usually ran low so I asked my primary doctor if I could go off the drug. He agreed and it has been very good every since. I told the new doctor (endocrinologist) that the only thing that I had done differently was add I Shaklee Vitamin D3. **He said it had done the same thing for him!**

Karen Robertson, Alabama

## Skin Dermatitis

ScienceDaily (Oct. 7, 2008) — A study led by researchers at the University of California, San Diego School of Medicine suggests that use of oral Vitamin D supplements bolsters production of a protective chemical normally found in the skin, and may help prevent skin infections that are a common result of atopic dermatitis, the most common form of eczema.

The study, led by Richard Gallo, M.D., Ph.D., professor of medicine and chief of the Division of Dermatology section of the Veterans Affairs San Diego Healthcare System, and Tissa R. Hata, M.D., associated professor of medicine at UC San Diego - found that use of oral vitamin D appeared to correct a defect in the immune systems in patients with skin disease.

**Almost 44 Million Women and Men in the United States are at Risk for Osteoporosis**

**FACT**

Vitamin D is essential for calcium absorption for maintaining strong bones. *(And Teeth!)*

**FACT**

Adequate Calcium and Vitamin D throughout life may reduce the risk of osteoporosis

## Evidence Linking Vitamin D Deficiency to Brain Dysfunction

A study done by University of Manchester scientists in collaboration with colleagues from other European institutions compared cognitive performance of more than 3,000 men between the ages of forty and seventy-nine years at eight centers. This study published in the Journal of Neurology, Neurosurgery and Psychiatry, wound up being quite remarkable because it was the first to look specifically at the relationship between vitamin D and cognitive performance.

The scientists concluded that vitamin D appears to have extraordinarily positive effects on the brain. The study also raises the

possibility that vitamin D could minimize aging-related declines in cognition.

Source: The Vitamin D Solution, by Dr. Michael Holick, Ph.D., M.D.

### Sensory Integration Disorder

I noticed that my sons difficulties seemed worse in late winter early spring. Many **AUTISTIC CHILDREN** have sensory integration issues and I remembered reading an intriguing hypothesis that autism may be due at least partly by vitamin D deficiency. I supplemented my son with 3000 IU/day vitamin D and then got a vitamin D blood test until he was between 60-80 ng/ml. All of his sensory integration issues have disappeared.

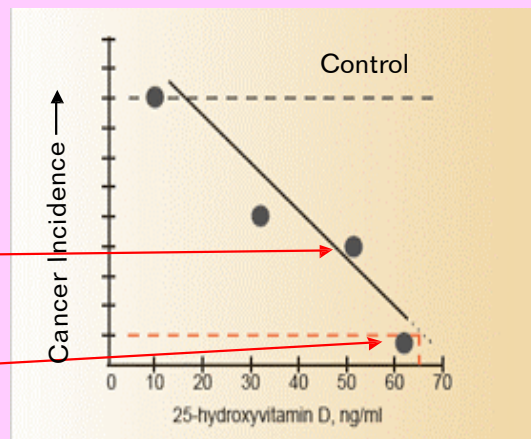
Peter, Vermont

## Vitamin D to Prevent Breast Cancer

The Journal of Steroid Biochemistry and Molecular Biology, Volume 103, Issue 3-5 March 2007, Pages 708-711

Intake of 2,000 IU/day of Vitamin D3, and, when possible, very moderate exposure to sunlight, could raise serum 25(OH)D to 52 ng/ml, a level associated with reduction by **50%** in incidence of breast cancer

Intake of 5,000 IU/day further reduces risk by 80%



Early **DETECTION** campaigns are important, but recent Vitamin D research is shifting the focus to early **PREVENTION** possibilities.

# Q&A



**Hypothyroidism** ... "This was like a miracle for me. I have no more aches and pains, I got my life back. I attributed the horrible feeling to thyroid but it wasn't! Great for autoimmune disorders!"  
Kerry

## Is Vitamin D3 safe?

Vitamin D3 Is 100  
TIMES SAFER  
THAN ASPRIN!

[http://www.drugs.com/  
drug-interactions/  
ergocalciferol,vitamin-d-  
index.html](http://www.drugs.com/drug-interactions/ergocalciferol,vitamin-d-index.html)

## Can I get all my vitamin D from the sun?

Sensible sun exposure will increase your Vitamin D level, but this is not possible in the Northern Latitudes most months. Plus the American Academy of Dermatology says "Vitamin D should not be obtained from unprotected exposure to ultraviolet radiation" and urges its members to increase their Vitamin D intake with diet and supplements - not sun exposure.

## When does the need for Vitamin D increase ?

- During Fall or Winter
- If you are olive-skinned or darker
- If you work indoors
- As you age
- If you are overweight (D is fat soluble)
- If you don't exercise regularly
- If you live north of the line between Los Angeles and South Carolina

## Is Vitamin D a "real" Vitamin?

It may surprise you to know that Vitamin D is not actually a Vitamin. **IT IS A HORMONE!** It's deficiency, therefore, is a true disease.

Vitamin D is in a class by itself. The active metabolic product in the body is a molecule called 1,25-dihydroxyvitamin D (often called 1,25-vitamin D for simplicity), which is a secosteroid hormone. After its synthesis in the skin, Vitamin D exerts its effects on every organ system in the body.

In order for Vitamin D to be made in the body, it requires help from an outside source known as Vitamin D3. (Naturally provided by rays of Ultraviolet B from sunlight). Vitamin D3 quickly arranges itself in the body to give birth to Vitamin D, which then quickly exits the skin cell for the bloodstream. Then after a two step activation occurs, through the liver and kidneys, Vitamin D (1,25-vitamin D) is formed and is then available for its beneficial use in the body.

## Its important to know that Vitamin D3 is essential to creating 1,25-vitamin D.

## The Blues Are Gone

Both Lowell and I feel so much more lively now that we are taking 6 extra D3 a day--we are working towards a blood level of 150-200 which is recommended by the Australian government and the German Government has asked that all of their citizens supplement with D3 as well. I jump out of bed each morning ready to go--feel like I did 20 years ago or more. And the short days no longer get me down like they used to! I have a hard time explaining how good it feels to be "back" wanting to do things with others versus isolating myself with the blues. All that is gone.  
Linda and Lowell Dietz

**CONTACT:**