

## The Wonder Vitamin You're Missing Out On.

*You walk outside for 30 minutes a day. And you take a multivitamin &/or Oily fish. So you've got vitamin D covered, right? ...Not if you're like up to 85 % of White Skinned Folk—Dark Skinned fare even worse.*

And if you're over 60, have dark skin or slather on sunscreen every time you step outside, put yourself in the 85% zone. That's bad news for your health. Not just because you need D to build strong bones, but because a steady stream of recent research suggests this familiar nutrient is responsible for more good deeds than a string of superheroes put together—including the biggie **that it can even help you live longer**. Several studies have found that if people take more vitamin D, they have 25% less cancer and heart disease.

If you don't? A just-released study found that people with the lowest levels of vitamin D in their blood are 26% more likely to die from any cause (heart disease, cancer, infection, you name it) than folks with respectable amounts.

That's just the beginning. Vitamin D is like the quiet kid in the back of the room who ends up developing the next Google. It's equally underestimated. New benefits of D are being discovered faster than you can say cholecalciferol (that's science-geek speak for the active form of vitamin D, also known as vitamin D3).



### Seniors are more deficient because:

- their thin skin provides only 25% of vitamin D for the same amount of sunshine
- they tend to have more clothes on while outdoors than those who are younger
- they are indoors more

### ARE YOU SECRETLY SAD?

Pessimistic, grouchy, bored, blue? Chronic low-grade depression can feel so familiar you don't even know you've got it. But it's rampant among women and under-diagnosed. The good news is that with treatment you can be better than ever.

**The Dangers of Severe Depression:** In addition to the risk of suicide, depression can also depress the immune system, increase inflammation and lead to illness. *Have you experienced any of these symptoms for an extended period of time—not for a day or two, but more like two weeks? If so, Dr. Oz says you may want to consider seeking professional help.*

- **Lack of Energy** Are you more sluggish than normal?
- **Weight Gain or Loss** "Have you been eating more or less than you're supposed to?" Dr. Oz asks.
- **Trouble Sleeping** Do you have trouble falling asleep? Or trouble getting out of bed?
- **Lack of Concentration** Do you have trouble keeping your mind focused?
- **We found low vitamin D3 levels are associated with depressive symptoms, especially those with a depression history.** The Vitamin D Council also found D3 improves mental illness.

**Vitamin D3 supplementation.** How much D3 to take? Owing to us all being different one size does not fit all. Take our Test4D3, get the results & follow guidelines. If not tested, start with 2000iu daily, that will help enormously.

**Use D'Life 1000, our bodies accept it best.**



**DocsD3 Health Labs.**

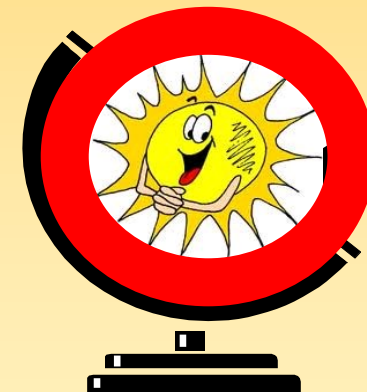
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**SENIORS HEALTH FROM**



A collection from Oprah.com about vitamin D. As an expert myself it's good to see our Media Stars get it right. This collection will be very helpful. Good Health to you all...

**SENIORS HEALTH**



**OPRAH says  
"Knowing Your  
Vitamin D3 Levels  
Might Save Your Life"**

*More and more studies are revealing the benefits of having plenty of D – and the dangers of having too little.*

"There is a vitamin D receptor on every one of our cells," says Michael F. Holick, PhD, MD, author of *The Vitamin D Solution*. "And those receptors are there for a reason." Actually, many reasons—all of our bodily functions seem to rely on the nutrient, and studies show that it's key to helping prevent everything from migraines to cancer.

**High levels of vitamin D are linked to...  
Greater resistance to viruses**

During a recent study, researchers at the Yale University School of Medicine discovered that people with high levels of vitamin D got sick about half as often as people with low levels. And when they did fall ill, they recovered in fewer days. The reason: Vitamin D instructs your white blood cells to manufacture a protein that kills infections.

**Less cancer** Specifically, a 30 to 50% lower chance of breast cancer, and a 50% lower chance of colon cancer. D regulates some of the genes responsible for cellular growth and survival, says Holick, and it does its job cleverly: "It helps shut down any out-of-control growth to prevent malignancy. If that doesn't work, it will help kill the cell. And if a tumour grows anyway, it will work to cut off blood supply."

**Higher cancer survival rate** Researchers found that colon cancer patients with high levels of D had a 39% lower chance of dying from the disease. And this might actually apply to all cancers, says the Harvard School of Public Health.

**SENIORS HEALTH**

**Low levels are linked to...**

**Heart disease**

People with insufficient D levels have an 80% greater risk of narrowing of the arteries, according to a long-term study at Johns Hopkins. This might have to do with D's role in regulating more than 200 genes and controlling inflammation, and its possible involvement in modulating blood pressure.

**Diabetes**

Since D stimulates insulin production, it's no surprise that too little is associated with diabetes. Research has also shown that kids who are deficient in D have a 200% greater chance of developing type 1.

**Chronic pain**

A 2008 study showed that more than 25 % of chronic pain patients have low D levels, which could be because D helps control neuromuscular function. And a 2010 study correlated low levels of the vitamin with migraines and headaches. A dearth of D may prevent blood vessels from constricting and dilating properly, which can lead to throbbing pain.

**Rheumatoid Arthritis**

Prevents fractures and bone pain. Enhances bone health, & improves physical strength. Prevents falls.

**Depression**

D may help stimulate serotonin production, which could explain why people who don't get enough are more susceptible to the blues.

**Higher risk of death**

After analyzing D levels of more than 13,000 people, researchers at Johns Hopkins found that those with the lowest levels had a 26% greater chance of dying—from any cause.

**Do get tested.**

Your doctor is unlikely to order the test unless osteoporosis suspected. But everyone should get tested, especially those with a family history of cancers or autoimmune disease.

**Bolster Your Bones**



**Osteoporosis**

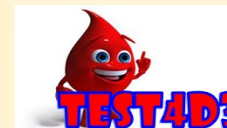
*You may not spend a lot of time thinking about your bones, but now is the perfect time to focus on keeping them strong and healthy. That's because osteoporosis—a silent, debilitating disease that affects 10 million people in the United States alone—can be prevented.*

One major problem with osteoporosis is that you can have it and not really suffer any symptoms until a bone breaks—typically in the hip, spine or wrist. Many people don't feel pain or have any other signs before this type of occurrence. But you can determine if you're at risk by evaluating your risk factors, such as age, gender, family history and race.

Although it can strike at any age, osteoporosis typically occurs in older people, and women are four times more likely than men to be affected. As for race—white, Asian and Hispanic women seem to be most at risk. Obviously, if you have a family history of the disease, you'll also be at increased risk.

**Eating to Beat Osteoporosis**

A diet rich in calcium and vitamin D has been shown to help reduce your risk for osteoporosis. Calcium is critical not only for creating bones in childhood, but for maintaining them throughout life. And vitamin D & vitamin K2 is needed to help your body absorb the calcium.



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