

The Natural Pharmacy Newsletter

Wellspring Custom Pharmacy

March 2012

Volume 6, Issue 3

In The News

by Cynthia Brucato, Pharm D, Candidate

Vitamin D and Your Health

Note from Brad: I know you hear me talk about vitamin D3 ALL the time and you probably get tired of hearing about it. However, if you started taking vitamin D3 in appropriate amounts when we started talking about it several years ago, there is no doubt in my mind that you have a much better immune system and may have helped prevent prevent a life threatening illness in the process. Did you know that if your vitamin D level is 32 (normal is 32-100) you have a 30% reduced risk of breast cancer and if it is 52 your risk is decreased by 83%? Or did you know that if your level is 34 you reduce your risk of colon cancer by 31% and if it increases to 44 the risk is reduced by 60%. If you don't believe me, stop by and pick up a copy of the study and you'll also see that appropriate vitamin D levels also reduce your risk in 11 other major diseases as well. So here's the plan, take 2500iu of vitamin D3 daily then make sure to test your levels. We have finger stick tests available for \$55. We will then help you adjust your vitamin D3 intake to the appropriate amount.



The sun provides the only natural source of Vitamin D; however, those who live north of latitude 40 (Ohio is included in this region), do not receive sufficient amounts of Vitamin D from the sun in the fall, winter, and spring months. This can lead to Vitamin D deficiency, which can manifest itself as osteoporosis, depression, heart disease, stroke, cancer, diabetes, parathyroid problems, obesity, and decreased immune function. Your body cannot create new Vitamin D to help reverse this deficiency, so your body is reliant on the sun and oral supplements.

The current recommended daily intake of Vitamin D is 200 international units (IU) for adults 19-50 years of age, 400 IU for those 51-70 years, and 600 IU for those over 70 years of age. Experts agree the daily recommended intake of Vitamin D is too low especially in individuals who are unable to obtain sufficient exposure to the sun.

The US Food and Nutrition Board currently recommends up to 2000 IU per day as a safe cut off for Vitamin D. Some studies have shown adults may need 3000-5000 IU daily; however, without proper monitoring and testing, the recommendation is to take 2000 IU daily. Vitamin D is a fat soluble vitamin and can accumulate in the body, so it is important to only take as much as recommended for your particular situation. In addition, it is important to be in the sunlight for a few minutes each day. Sunscreen can

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block some of the absorption of Vitamin D, so try being in the sun for about 15 minutes without sunscreen. Your body can naturally synthesize 10,000-15,000 IU of Vitamin D in just a few minutes of sun exposure.

When looking at Vitamin D supplements, you may see a variety of forms available. In our body, Vitamin D undergoes two transformations to become useable. Often in pharmacies, both D2 and D3 forms are available. Vitamin D3 is the active, useable form of the vitamin while D2 still must undergo one transformation to become the active form. As you age, it becomes most difficult for your body to complete the transformations to the Vitamin D3 form. For these individuals the D3 (active) form would be preferred.

As mentioned, Vitamin D is essential to the daily function of the body. The various mechanisms of how Vitamin D affects all the different parts of the body are not completely understood yet. For healthy bone growth Vitamin D is required for proper absorption of calcium to help build new bone. In children a deficiency in Vitamin D is known as rickets, and in adults it appears through osteomalacia (soft bones) and osteoporosis (porous bones).

Pick M. Is vitamin D deficiency casting a cloud over your health? 2011. <www.womentowomen.com/healthynutrition/vitaminD> Sharma S, Barr AB, Macdonald HM, Sheehy T, Novotny R, Corriveau A. Vitamin d deficiency and disease risk among aboriginal arctic populations. Nutrition Review. 2011; 69(8):468- 478.

What's Brad Reading

I picked up an interesting book by William Davis, MD entitled *Wheat Belly*. Although I haven't read all of this well referenced book yet, he substantiates many of the feelings I've had for a long time about wheat. He describes how our wheat today is not like the wheat of 50 years ago, let alone the wheat of 100 or 1000 years ago. My feeling has always been that whole wheat is better for you and the "chewier" the better. He, however, does not differentiate between the two with concern to potential health issues. In essence he traces many of our major health concerns back to wheat consumption. If we follow

the typical food pyramid, you'll find the base consists of 6-11 servings of grains per day. If Davis is right, and I think he is, we may be *promoting* diabetes, cardiovascular disease, obesity, inflammation, osteoporosis, autoimmune disease, and many other major illnesses. I know how difficult it is to eliminate wheat and gluten from our diet-I've tried. But at the very least, let's consider more fruits, vegetables, good fats, and clean meats as the basis on which we build our diet. I think you'll find the book very interesting and worthy of considering some changes in your diet.

Having Said All That.....

Could you use the help of a dietitian? We believe that all dietitians are not created equal. We have associated with what we believe to be an excellent choice if you need help with dietary concerns associated with diabetes, weight management, food allergies/sensitivities, fibromyalgia, ADHD, ADD, or just plain "what do I feed my family these days" types of issues. Donna Lucas is a registered dietitian that has had experience in these areas. She is practical, listens well, and is just a fun person to be around. She accepts private insurance, Medicare, and of course cash. You can contact her at 419-606-3283 or at donna@midohionutrition.com. If you are interested in a program that will help you control your weight, she is offering an 8 week program entitled "*Lighten Up!*". Her goal with this program is to teach effective weight loss through behavior and lifestyle modification. The last group she had learned a lot and had plenty of laughs.

You Decide....

I've had many questions regarding the use of *Guardasil* for teenage boys and girls. Here are some facts compiled from the CDC and the site sanevax.org. Of the cancers caused by HPV, 30% are not covered by *Guardasil*. There have been over 20,000 reports of adverse events with 8-12% deemed serious. There have been over 100 deaths, over 9,000 emergency room visits, over 2,000 hospitalizations, and over 800 disabled by the vaccine. **I AM NOT ANTI VACCINE!** However, I question the use of a vaccine that has so many adverse events and one that has no long term testing. What will the health of these young men and women be like in their 30's and 40's. Unfortunately, only time will tell.

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