

Low Vitamin D3 -the dangers of our indoor lives. How much should you take?

Spending a lot of time indoors during the summer months can contribute to deficient levels. Think about your lifestyle. Do you spend all day in an office? Do you travel by car? Do you use sun cream of factor 15 or above when out in the sun? Do you socialise indoors? All of these factors prevent us naturally producing vitamin D from the sun. **So how much should you take?**

Most national health authorities measure vitamin D3 in nanomoles per litre (nmol/L). You should aim for levels between 75nmol/L and 150nmol/L, this level is understood to be optimal for improved health. In the US, it is measured in ng/mL, a calculation \div by 2.5.

As a guideline maintenance dosage we recommend taking 1000IU of vitamin D for every 25kg of body weight. For an adult living in temperate climates this normally equates to spraying of **D'Life Boost** spray as per weight calculations daily. ie Weigh 100kg = 4 sprays.

If your levels are below optimal then you need a higher dose initially to boost your vitamin D3.



Vitamin B12 deficiency will cause your brain to shrink, you may lose memory or experience confusion. One indication that you might be deficient is the appearance of lines or ridges on your fingernails and/or the disappearance of the moons at the bottoms of your fingernails. Methylcobalamin is the bioactive form, so look on your label to make sure you have that form of B12. Also, watch your peripheral neuropathy start to ease with B12, it is nerve food!

"Sublingual delivery has been proven as an exceptionally effective and efficient method of supplementation as it relies upon the rich vascular system within the mouth to transport the vitamin directly into the bloodstream" Dr Charles Heard, Cardiff University.

Increasing energy without a sugar high... Desire for more energy?

54% of people claim that they are often tired for no reason. When you feel tired and run down you are easily irritated and your zest for life disappears. It is understandable then, that 100s of us look for a quick fix – which might be an energy drink. There are natural solutions to tiredness and fatigue; we don't have to live on a rollercoaster of artificial energy highs and lows.

So what do you need for that extra boost? Vitamin B12

Notoriously hard to absorb but crucial for those energy levels, B12 plays an important part in red blood cell formation and has been proven to help reduce tiredness and fatigue. Our main dietary source of this vitamin is meat, fish, milk and eggs, so vegetarians and vegans can be particularly vulnerable to insufficiency.

An easy way to ensure you get enough B12 is with **D'Life Boost** spray. The sublingual delivery mechanism ensures it is delivered directly into the bloodstream avoiding processing by the digestive system. Just four sprays daily guarantees your levels are topped up – a really easy and efficient way

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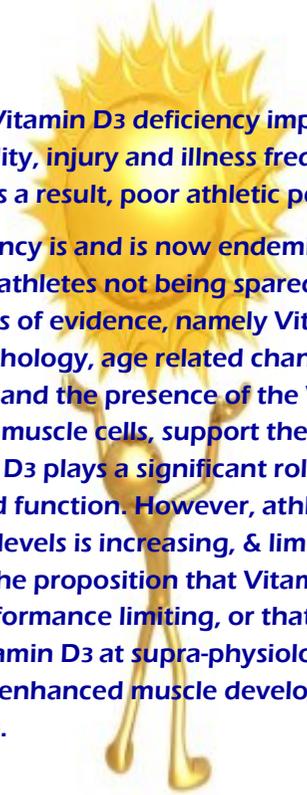
FITNESS IS NOT
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USED TO BE.

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D'LIFE BOOST Functional Food Supplement

Potentially, Vitamin D3 deficiency impacts upon training quality, injury and illness frequency and duration & as a result, poor athletic performance

VitD3 deficiency is and is now endemic everywhere, with athletes not being spared. Three independent lines of evidence, namely Vitamin D3 and muscle morphology, age related changes in muscle function, and the presence of the Vitamin D3 Receptors in muscle cells, support the proposition that Vitamin D3 plays a significant role in muscle structure and function. However, athletic performance at all levels is increasing, & limited evidence supporting the proposition that Vitamin D3 deficiency is performance limiting, or that maintenance of Vitamin D3 at supra-physiological levels will result in enhanced muscle development and performance.



Agent

B₁₂-Why do I need it ?

It is involved in the body's ability to maintain normal neurological and psychological functions, particularly those aspects of the brain and nerve functions which determine concentration, learning, memory and reasoning. Vitamin B₁₂ plays an important role in ensuring healthy red blood cell formation and has been proven to help reduce tiredness and fatigue. Its role in supporting healthy cell division and folic acid metabolism also raises the importance of adequate levels within women who are pregnant or breastfeeding.

You may be struggling to get enough through a healthy diet as it is notoriously hard to absorb through the gut. It is one of the water soluble B vitamins which is bound to protein within food. It is generally obtained through dietary means from animal products such as meat, fish, milk and eggs which means that those with restricted diets such as vegans and vegetarians are particularly vulnerable to insufficiency.

Diabetes Need

D'LIFE Boost: D₃-1000iu. B₁₂-25mcg (10xRDA)
Vitamin D₃- can reduce chronic disease risks including cancers, stress, CVD, & helps stop Colds, Flu, Asthma & Arthritis .

B₁₂ has been proven to help reduce tiredness and fatigue. With Diabetes, B₁₂ is essential when on Metformin to slow peripheral neuropathy as nerves may become damaged. Vitamin B₁₂ supplementation may be necessary for you if you have T2 diabetes. It's important to have enough vitamin B₁₂ in your body to keep you healthy. If left untreated, vitamin B₁₂ deficiency can lead to serious problems with the blood and nervous system. Vitamin B₁₂ deficiency has also been linked to psychiatric symptoms such as impaired memory, irritability, and depressed mood.

D₃: The vitamin you simply can't do without

Some things simply cannot be hammered home strongly enough. And what we tell you here is one of them. So make a giant sign and stick it on your refrigerator. Set a reminder on your phone. Do whatever it takes. Just always remember to take your vitamin D₃. It's one of the most important (and easiest) ways to benefit your health. According to yet another study extolling the virtues of vitamin D₃, increased blood levels of this amazing super vitamin are associated with significantly lower risks of cardiovascular disease, respiratory disease, fractures, and total mortality.

A British study looking at data collected over 13 years from about 15,000 people (men and women between the ages of 42 and 82). Researchers found that for every 20-nmol/L increase in 25(OH)D (the form of vitamin D stored in the body) the participants experienced

- 4 % decrease in cardiovascular disease risk
- 11 % decrease in risk of respiratory disease
- 11 % decrease in risk of fractures
- 8 % decrease in all-cause mortality

Not bad for a simple vitamin.

Staying Alive:

But what I really want to talk about today is something else this study pointed out.

In this study, the highest mortality rates were observed in people whose vitamin D levels were below 30. But what's frightening is that most labs consider a level of 30 "normal." In fact, for most labs, the normal range is enormous: 30 to 100. So if your doctor tests your level and it's 31, chances are he'll tell you don't need to take vitamin D...which is rubbish. Every study, including this one, points out that the higher the level, the better the health outcome.

And there was no evidence for increased risk (of mortality or any other negative side effect) in those participants with levels above 80. **So why aren't we all shooting for that level?** It takes more than the measly 400 IU of vitamin D you'll find in most multivitamins to boost your levels to a truly optimal (not just "normal") range. I know a lot of people are afraid of big doses of vitamins. But in this instance it's not only extremely safe, it's absolutely necessary. Just to drive this point home: you could search for hours (days, even) and not turn up a single report of severe vitamin D overdose. But give me 15 minutes and I could find you millions of examples of the consequences of not having enough of this essential nutrient.



Bottom line: Make sure you know your vitamin D₃ level. Don't let your doctor gloss over it when she or he is reviewing your blood-work. And don't let him convince you that you don't need a vitamin D supplement. If your level isn't between 80 and 100, take 10,000 IU of vitamin D₃ every day. And have your levels checked at least twice per year.

Peripheral Neuropathy and Vitamin B₁₂

Peripheral neuropathy can manifest as a loss of sensation or pain in the hands &/or feet. Peripheral neuropathy is a condition that involves a disruption of the neuro-electrical synapses from the brain and spinal cord to the muscles in the limbs and other parts of the body, according to MedlinePlus. The nerves lose their function and thus affect the patient's ability to feel pain, and they may lose their sense of taste. Among other effects, this results in a loss of muscular control, painful tingling, numbness and loss of sensation. Peripheral neuropathy has several possible causes, among them a lack of Vitamin B₁₂. many diabetic patients are treated with metformin, a medication that lowers serum vitamin B₁₂ levels. In addition, almost half of all diabetic patients are older than 60, an age group in which the prevalence of metabolically confirmed B₁₂ deficiency ranges from 12% to 23%. 60 to 70% of diabetic patients have mild to severe forms of nervous system damage, the most common being peripheral neuropathy. Finally, treatment with **D'LIFE Boost** should also be used as a method for reducing the incidence of B₁₂ deficiency in the Type 2 diabetic population.



Increase your Energy Level with B₁₂

- Relief of Depression
- Stress Reduction
- Complexion Improvement