

VitaminD3 the danger of our indoor lives. How much should you use supplementing?

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 2.5 different calculator.

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.

Are You Starving Your Brain of Vital Nutrients It Needs to Banish Brain Fog and Reverse Mental Decline?

Your body relies on vitamin B12 for energy production. It's a key part of the metabolic process that converts carbohydrates and fats into energy — this is why it's often called the "energy vitamin." But new research is showing that B12's most vital function of all may be protecting your brain and entire nervous system. It does this by keeping your nerves communicating in an optimal manner.

Let's take a quick look at its brain-boosting benefits...

How to Keep Your Brain Sharp as a Tack

Emerging research shows that age-related cognitive decline and memory loss are linked to a process in the body that involves a decrease in brain mass. **That's right, your brain actually shrinks as you age!**^[15]

Here's where this brain-boosting miracle comes in.

A recent landmark study showed that B12 supplementation slows the accelerated rate of brain shrinkage and declining cognitive function in older individuals. Yet another study showed that older people with higher levels of B12 in their blood have bigger, healthier brains and score higher on cognitive tests than those with lower levels.

B12
combats
tiredness
and
fatigue

"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.

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IT'S IMPORTANT
STUFF

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D'LIFE EDGE Dietary Supplement

D'Life Next is part of the *Wellness4us D'Life supplement range*. The *D'Life* range is based on the premise, most of us are deficient in these essential nutrients.

D'Life 1000 is to quickly lift vitamin D3 levels.

D'Life BOOST to lift vitamin B12 levels, essential when mental performance & an energy lift is needed. A must to help with neuropathy pain.

D'Life Next contains magnesium of which approximately 80% of us are deficient. MgT type is a completely revolutionary brain product that helps keep the brain structures healthy. Has been shown to increase memory and cognitive functions by elevating brain's magnesium levels. No other product can make that claim.

"Most people regard dementia as a normal sign of aging, which is not correct."

-- Dr. Shekhar Saxena, World Health Organization

Agent

Low Magnesium May Play Key Role in Insulin Resistance and Diabetes



Magnesium plays a key role in preventing insulin regulation and type 2 diabetes, according to several recent studies—yet 80 % of Americans are likely magnesium deficient – ARE WE ANY BETTER...

Another study concluded magnesium is highly protective for those at high risk for type 2 diabetes

Inadequate magnesium intake creates a vicious cycle of low magnesium levels in your body, elevated insulin and blood glucose levels, and excess loss of magnesium in your urine. In a large Japanese study (the Hisayama Study) published in *Diabetic Medicine* December 2013, researchers found magnesium intake was a significant protective factor against type 2 diabetes in the general Japanese population, especially among those "with insulin resistance, low-grade inflammation and a drinking habit."

Of the many forms of magnesium supplements available today, a newer form called magnesium l threonate shows particular promise due to its ability to penetrate cell membranes, even those in your brain.



Magnesium—The Missing Link to Better Health

Magnesium is very important for heart health. Excessive amounts of calcium without the counterbalance of magnesium can lead to a heart attacks, strokes, and sudden death.

Brain Power for Students, Seniors and Professionals?

Researchers suggest that MgT could revolutionize the field of mental nourishment and help everyone achieve and maintain optimum cognitive function at every stage of life. One scientist we spoke to says it helps her perform complex critical thinking and maintain focus while drafting papers during those difficult times of the day when she usually struggles with fatigue and wayward thoughts. Students cramming for exams may find the same support. She also suggests that people whose occupations require prolonged concentration and attention—like executives and professionals, for instance—may benefit from MgT. Preliminary studies in aging animal models have shown that MgT helps revive cognitive functioning. Follow-up research is focusing on this area, with a variety of planned and in-progress human studies designed to determine if MgT might impact specific age-related challenges.

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.

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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