

## How serious is Low Vitamin D in the Elderly? A Few Reasons?

**This head-to-toe health revamp all begins with...**The game-changing "SUN vitamin" — that some doctors ignore! It might sound simple but— Vitamin D deficiency is now recognized as a pandemic. The major cause of vitamin D deficiency is the lack of appreciation that sun exposure in moderation is the major source of vitamin D for most humans. In NZ & Australia there is little understanding by Health authorities of acceptable Vitamin D blood serum levels. It seems that about 25nmol/L (10ng/ml) is deficient, but this should read wickedly deficient, & there is uncertainty over levels between 25 and 50nmol/L. When converted to the US measurements, a 50nmol/L = 20ng/ml = is grossly deficient. We are very exposed to so many diseases & sicknesses at these very low levels. Supplementation to levels of at least 125nmol/L is now proven as safe by the Vitamin D Council, Mercola.com & Sunlight, Nutrition and Health Research Centre (SUNARC). These are the levels that allow amazing health benefits to manifest. Australians average is at 19ng/ml, that's very poor as well. The older NZ'ers & Australians get, the worse their levels are, and that's distressing considering this is when they really need it.



We bring you information of what "D3" can do...We look at "D3" like petrol in your car. You use it up & so you must replenish it. Only at Wellness4us do we have a vitamin D3 calculator to advise on daily needs. One dose does not fit all & certainly does not last long.

***So we urge you to contact us & we will help. Firstly use the Online self-test: recognize the symptoms of a vitamin D deficiency.***

<http://www.vitamindservice.com/node/96>

*So many assessments come back low, email me on [bob@bestd3.com](mailto:bob@bestd3.com) for your next step.*

*We can help. If you would like to protect yourself, arrange for a company programme or stock it your shop so you can help others we will assist. Just email me back. We have an amazing calculator & I can send to you what levels of vitamin D3 needs to be taken, according to body size, age & activity levels. Our D'life 1000 & D'life BOOST & D'Life EDGE supplements work very well, are unique & very cost effective. We wish for you to have the best of health.*

# WELLNESS 4 US

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# WELLNESS 4 US



## Magic D3 For SENIORS HEALTH...

We at Wellness4us have been using & promoting life extension health products for 5 years. The information on vitamin D3 that has been available from Medical authorities worldwide is so corrupted as to be almost criminal. This stream of misinformation has really prevented many of us becoming & staying healthy & staying alive as long as we should have. The Institute of Medicine's (IOM) recommended dietary allowance (RDA) for vitamin D3 underestimates human needs by a factor of 10, due to mathematical errors. The Real RDA for Vitamin D Is 10 Times Higher is Than Currently Recommended. See Mercola #1 web site in health. <http://articles.mercola.com/sites/articles/archive/2015/05/10/vitamin-d-recommended-dietary->

Agent



## Less sun exposure.

In general the elderly spend much of their time indoors due to medical causes & physical limitations, such as arthritis etc. Often they end up in nursing homes where vitamin D is the last thing on anyone's mind. A study from the University of Iceland in Reykjavik reported that 72% of elderly male & female patients were low in vitamin D.

Air conditioning - to avoid the hot sun  
Increased use of multi-media indoors - TV, DVD, and internet access

Want whiter skin, especially women  
Fear skin cancer  
Eating less fatty meat in an attempt to reduce cholesterol.



## 10 Reasons why Seniors need more vitamin D3

1. Seniors skin produces 3X less Vitamin D for the same sun intensity. Aging causes thinning of the skin which does not synthesize vitamin D very well.
2. Seniors guts do not absorb fat soluble vitamins (like D) as well
3. Seniors have fewer vitamin D receptors as they age (Low VDR do not show up on vitamin D test results)
4. Seniors are indoors more than when they were younger not as agile, weaker muscles; frail, no longer enjoy high temperatures (if outside, stay in the shade)
5. Seniors wear more clothing outdoors than when younger fear skin cancer/wrinkles, sometimes avoid bright light after cataract surgery
6. Seniors often take various drugs which reduce vitamin D (some would not show up on vitamin D test) statins, chemotherapy, anti-depressants, blood pressure, etc
7. Seniors often have one or more diseases which consume vitamin D ( osteoporosis, diabetes, MS, ...)
8. Seniors often (40%) have fatty livers\_ which do not process vitamin D as well
9. Seniors not have as much Magnesium needed to use vitamin D (would not show up on vitamin D test)
10. Seniors with poorly functioning kidneys do not process vitamin D as well (would not show up on vitamin D test)

## EFFECTS OF LOW D3

i. Mortality People die sooner if they have low vitamin D – Nov 2014

Serum 25-hydroxyvitamin D, mortality, and incident cardiovascular disease, respiratory disease, cancers, and fractures: a 13-year population study. Vitamin D levels for this study were measured 17 years ago. – other studies show vitamin D levels have dropped a lot since that time. University of Cambridge, United Kingdom. November 2014 ajcn.086413. There are many results along these lines, low vitamin D & mortality rates increase fast. **For those with < 12 ng/mL compared to > 36 ng/mL**

**35% increased chance of death**

**41% lower risk of respiratory disease**

ii Fatigue. Low vitamin D is a major cause of fatigue that elderly people experience.

iii. Body aches & pains. Low "D3" levels is a major cause of aches & pain. Low "D" can lead to hyperparathyroidism which then results in body aches & CFS.

iv. Osteoporosis. Vitamin D plays a pivotal role in the health of bones. Low levels leads to weakening of bones.

v. Falls. "D" is important for muscle health, joints & bones & causes weakening if at low levels. Consequently some deficient in "D" often fall causing fractures, some like hips that never heal, destroying their quality of life completely.

vi. Heart Disease. Vitamin D deficiency increases odds of having Coronary heart disease. Sudden cardiac arrest 6X worse outcome if low vitamin D – Nov 2014

www.vitaminwiki.com Sudan+cardiac+arrest+6X+worse+outcome+if+low+ vitamin+D+--+Nov+2014

vii. High Blood Pressure (Hypertension) Low "D" is known to increase blood pressure by activating the Renin Angiotensin Aldosterone System. Most elderly have poor "D" levels & consequently have higher blood pressures.

viii. Cancer. Most elderly perhaps fear cancer the most as it is prevalent in old age. "D3" deficiency is now recognised as a major risk factor in cancer causation, especially the 3 majors of old age inc colon, breast & prostate cancers.

xi. Depression. An extremely common problem in old age & low "D" levels major cause.

x. Memory loss & Dementia. "D3" is incredibly important for our brain. Cognitive decline is associated with low vitamin D levels. 19X more likely if < 10 ng/mL of vitamin D.

Sharing the gift  
of health

## Taking Vitamins :Tablets, Capsules or Sublingual?

Leading researchers inc Dr Zaidi recommends SUBLINGUAL route for the absorption of vitamin D supplement as compared to the oral ingestion. Why? Because sublingual absorption takes vitamin D directly into the systemic circulation just like when vitamin D is naturally synthesized in the skin from exposure to sun. Humans and other mammals have two-circuit circulatory systems : one circuit is for pulmonary circulation, and the other circuit is for systemic circulation (the rest of the body).

In contrast, vitamin D3 from the oral ingestion is absorbed into the portal circulation from the intestines, which takes it to liver first before entering into the systemic circulation. In this way oral ingestion is not very physiological and sublingual absorption is more physiological.

The other factors is: it's not how much you take but how much your body tissues absorb that is important. The well respected Physician's Desk Reference (NPPDR#18) verifies the efficacy of intraoral spray administration. It lists:

tablets as having only a 10% absorption rate, capsules at most having a 20% absorption rate, and intraoral spray as having a 95% absorption rate. Typically, vitamins taken sublingually are more potent. Sublingual vitamins only come into contact with saliva and enter the bloodstream directly, avoiding the first pass effect minimizing metabolic degradation before they reach the rest of your body.

problems with digestion, such as people with pancreatitis, Crohn's disease, irritable bowel syndrome, gluten sensitivity, celiac disease Zaidi MD, Sarfraz (2012-04-26). Power of Vitamin D New Scientific Research Links Vitamin D Deficiency to Cancer, Heart Disease, Diabetes, High Blood Pressure, Kidney Disease, Fibromyalgia,. Dental Problems and Depression. (p. 143). Sarfraz Zaidi, MD. Kindle Edition.

