

Hair Benefits Of Vitamin D3: One of the best way to gain strong and thick hair growth is to improve vitamin D3 levels. Benefits of vitamin D3 for hair include the following: Lack of Vitamin D3 can also cause hair loss. Vitamin D3 is found in healthy hair follicles and is generally lacking in unhealthy follicles. Vitamin D3 reduces stress, and depression has often been linked to hair loss and various other problems. It is always good to reduce stress and live a happy life.

Vitamin D3 is also a precursor to the hair growth cycle. Vitamin D3 acts on the keratinocytes to initiate hair follicle cycling and stimulate hair growth. Vitamin D gets converted to calcidiol when present in liver. This further gets converted by the kidneys calcitriol which is a form of active Vitamin D. This regulates cellular apoptosis which helps to regulate the cycle of the hair follicle. Technically, the cycle of hair follicle goes from:

1. Anagen (growing) to
2. Catagen (receding) to
3. Telogen (resting) phase.

There are also Vitamin D Receptors in hair follicles. Many different processes are involved in new hair formation from the follicle and Vitamin D3 plays a major role. VDR in the hair follicle have to be fed in the growing phase. This is why Vitamin D3 & hair deficiency go together. Studies have also shown that inhibiting VDR can cause hair loss. Depriving the body totally of Vitamin D3 will not provide necessary building blocks essential to hair growth. While Vitamin D3 deficiency leads to hair loss, the opposite might not be true. Overconsumption of Vitamin D3 will not lead to hair growth in itself. Once the hair follicle dies, it no longer goes through the cycle mentioned above. The hair follicle has to be active for Vitamin D3 to show any help. Thus it is important to prevent hair fall in the early stages. Looking at the benefits of vitamin D3 we must ensure that we get adequate doses of it from sunlight and enjoy the sunshine. Stay fit, stay healthy!

Vitamin D3 optimizes our body's ability to absorb other important weight loss nutrients, especially calcium. If our body lacks calcium, it can lead to up to 5 fold increase in fatty acids synthesis, an enzyme that converts calories into fats. By fuelling our bodies with Vitamin D rich nutrients, you can potentially lose weight up to 60 %.



A staggering body of evidence and studies points to vitamin D3 as a better flu deterrent than a flu shot. A study done in 2011

looked at vitamin D3 levels and respiratory infections, like influenza, in a large group of British adults. The researchers found that:

- For each 4 ng/ml increase in vitamin D3 levels in the body, there is a 7% lower chance of developing influenza. There was a seasonal pattern of influenza which was the same as the seasonal pattern of vitamin D levels. Influenza infections decreased when vitamin D levels increased.

Key points from the research

- People who get influenza are more likely to have low levels of vitamin D3 in their body.
- Vitamin D3 can help reduce inflammation caused by the influenza virus and increase the number of proteins that fight against viruses.
- Influenza infections increase during the winter, which is when vitamin D3 levels are known to decrease in the population.

The Cochrane Collaboration, is an international test facility to making up-to-date, accurate information about the effects of health care readily available worldwide.

"We are world leaders in evidence-based health care," has had this to say about Flu Vaccination programmes.

- **You would have to vaccinate 100 people to reduce the number of people showing influenza symptoms by just one.** For ninety-nine% of the people vaccinated, the vaccine makes no difference at all. **The flu shot contains some incredibly nasty stuff. There are horrible toxic ingredients in the vaccines & risks of mild to horrific side effects.**



Orewa 0931 Auckland,
New Zealand
Phone: (0649) 554 1352
Mobile: 0211 392850
Email: info@bestd3.com
www.bestd3.com



D'LIFE EDGE
Dietary Supplement

Secrets of Successful Salons ...

The cost of sickness to your company. Vitamin D3 stops the Flu :

Keeping staff healthy with vitamin D3 has big rewards. "D3" helps staff avoid catching the flu whilst working. The latest survey that researched Australian absenteeism levels was Direct Health Solutions. Their research found the cost of absenteeism has risen to over \$3,230 / employee/annum. The true cost of absenteeism to Australian business is over \$33 billion per annum, or around eight per cent of payroll. The average cost of absence per day is \$340, Updated: Apr 30, 2015.

Agent

Magnesium - The Fountain Of

Youth & Health

Magnesium is the fourth most abundant mineral in the body and is needed for more than 300 biochemical reactions—hair growth included, according to the National Institute of Health. But research shows that 68 % of adults don't get enough of the essential nutrient, contributing to increased inflammation in the body. One of the results result? Hair loss. When calcium intake is high, vitamin D levels are lowered. New studies show that vitamin D levels protect against prostate cancer, diabetes, and even heart disease...all three of which correlates with M.P.B. Every cell in the body requires Mg to make over 300 enzymes. the cells lining hair follicles are often starved because they are not served by major blood vessels, & miss out on their share. There is no simple rule that says if you get enough Mg your hair grows & doesn't fall out & if you don't get enough your hair stops growing & falls out. Hair is a little more complex than this. In the hair follicles the ratio of Mg to calcium is the key & vitamin D3 is a great balancer. If hair follicles receive enough Mg but too little calcium or a normal amount of Ca & too little Mg, the hair follicle does not generate on schedule. Hair on the scalp has a life cycle of 3 to 4 years so visible results of Mg supplementation will be very gradual.

Eyebrows grow much faster have a 3 to 4 month life cycle. When you see improvement here you have good reason to believe your scalp hair will improve. We think of Mg as fertilizer for healthy hair, hair needs Mg while its growing.

Magnesium and Hair

Mg is important because it creates chemical reactions in the body. If you have a lack of this nutrient, you'll begin to feel weak and tired. You may experience confusion, insomnia, memory loss, irritability and other symptoms. Lack of this mineral won't strictly cause your hair to go grey. However, magnesium does create an enzyme that protects your hair from harmful agents that do cause grey hair colour. **David Wolfe says in his book *Eating for Beauty*, "The beauty of our hair, skin, and nails depends on how mineralized we are** turn on the "lamp of life" so your beauty will shine as your body reflects the powerful benefits of magnesium! By including magnesium in your diet every day, your beauty will be radiantly magnified!



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 Sudden 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.

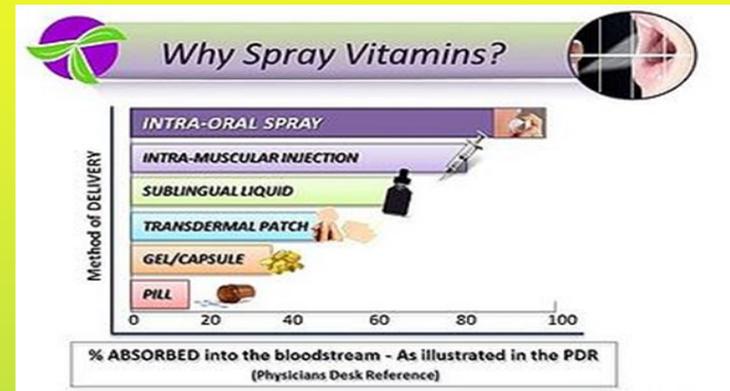
xi. Depression. An extremely common problem in old age & low "D" levels major cause.

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?

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.



Vitamin B 12 Benefits for Hair:

Vitamin B12 has a lot of hair related benefits: Vitamin B12 provides nourishment to all the cells of the body including our hair follicles. While Vitamin B12 is essential for hair growth, taking it in huge quantities will not help the hair to grow.

Premature Hair Loss: People who lack Vitamin B 12 in their bodies often suffer from premature hair loss. If you consume a diet that is inadequate in Vitamin B 12, you experience hair loss, or slow hair growth rate. This is because the body cannot process Vitamin B12 on its own and cannot utilize the food you eat without vitamin B12. This results to undernourished hair follicle cells which slows the hair growth rate.

Healthy Hair: Vitamin B 12 is important for healthy nervous system and the formation of red blood cells and a compromise in either of these can affect our hair. It helps to encourage the re-pigmentation of the hair and also maintains the original colour of the hair.

Hair Growth: Vitamin B 12 also stimulates hair growth. Once the level of Vitamin B 12 is correct, hair follicles start receiving proper nutrients and will be able to replicate correctly which leads to the re-growth of previously lost hair.