

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. Staying Alive:
<http://www.medicalnewstoday.com/articles/302314.php>

Studies have increasingly suggested vitamin D3 may play an important role in heart health, linking vitamin D deficiency to increased risk for **high blood pressure, heart attack and heart disease**. But what specific level of vitamin D deficiency poses a risk to heart health? **The research of more than 230,000 patients found that patients whose D3 levels were less than 15 ng/mL (37.5nmols) were 35% more likely to experience a cardiovascular event in the subsequent 3 years than if their levels were higher. The study confirmed vitamin D3 supplementation lowers the risk for heart disease.**

Who Knows what their Vitamin D3 Levels are? Until now very few knew, but **Wellness4us** is the agent of a German test system that for a \$25 test you can find out in 15minutes. If you're low, start a supplementation course with one of our products. **Juventus or D'Life Boost.**

. The older NZ'ers & Australians get, the worse their D levels are, and that's distressing considering this is when they really need it.



How serious is Low Vitamin D in the Elderly? Very Serious for the heart or brain...

Juventus to improve Vitamin D levels as you save your skin.

1. Researchers found that a vitamin D deficiency as defined by levels less than 20 ng/ml (50 nmol/L) were at an increased risk of developing AD by 21% in comparison to those with vitamin D levels above 20 ng/ml (50 nmol/L). Additionally, those who were considered vitamin D deficient had a 63% increased risk of developing dementia in comparison to those who were vitamin D sufficient.

2. Alzheimer's disease (AD) affects one in nine people older than 65 years old and is characterized by a loss of memory and changes in behaviour. AD is a progressive condition meaning that it develops slowly and gets worse over time. They found that vitamin D affected time of AD progression independently of the other factors analyzed. Patients treated with vitamin D had slower AD progression and took one year longer to develop to a more severe stage compared to those not treated with vitamin D. "Treatment with vitamin D may be an independent protecting factor in the progression of Alzheimer's disease," the researchers concluded.

3. Memory loss & Dementia. "D3" is incredibly important for brains. Cognitive decline is associated with low "D3" levels. 19X more likely if < 10 ng/ml of "D".

Our D'life BOOST supplement & Juventus Skin Cream 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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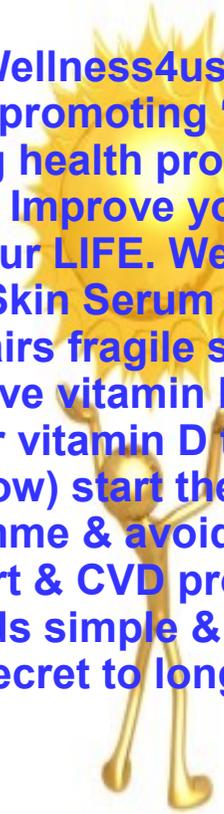


WELLNESS 4 US



JUVENTUS For SENIORS HEALTH...

We at Wellness4us have been using & promoting "D3" life extending health products for 5 years. Improve your skin & save your LIFE. We import Juventus Skin Serum that while it repairs fragile skin you improve vitamin D3 levels. Use our vitamin D tester, (you will be low) start the Juventus programme & avoid skin tears, Heart & CVD problems. It sounds simple & is a simple secret to long life.



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.



5 Reasons why Seniors need more 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 have fewer vitamin D receptors as they age (Low VDR do not show up on vitamin D test results)
3. 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)
4. Seniors wear more clothing outdoors than when younger & fear skin cancer/wrinkles.
5. Seniors not have as much Magnesium needed to use vitamin D (would not show up on vitamin D test)

Seniors Skin: Known as Thin Skin, Weak Skin &/or Fragile Skin

People first experience thin skin over the age of 60 & it gets worse the older we get. Thinning skin can be very easily lacerated or torn by just a minor accidental bump against something hard. We have found that on average people in this age group experience nearly 2 skin tears per year. Collagen & elastin production slows down, making skin drier & less pliable. In addition to the discomfort of extremely dry thin skin like itching, many seniors become upset at the appearance of their skin. -

Juventas Skin Serum encourages the dermal layer of skin to replace its lost collagen, literally toughening or protecting skin like a shock absorber. As wrinkles disappear the

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.comSuden+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, Sublingual or Transdermal?

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.

Transdermal vitamin D absorption

There has been less research on transdermal vitamin D absorption, simply because it is quite a new way to get vitamin D in you. However, there is one study on 50 medical students that showed after the 3 month of using a vitamin D spray, vitamin D levels increased by 25.9 nmol/L². This shows that transdermal vitamin D absorption is just over 5 times more absorbable than oral vitamin D.

