



Monthly Newsletter May 2009

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Healthy Sunshine

There has been a flood of recent research that has attributed a wide variety of health benefits to vitamin D, the "sunshine vitamin". However, nearly 80-90% of Americans are deficient in Vitamin D, especially those of us that live in the northern part of the country and those who work indoors. Safe sun exposure and Vitamin D have been found to result in the following:

- Sun exposure may stop certain cancers from growing (including skin cancer). Vitamin D has been found to reduce the risk of getting breast, pancreatic, ovarian, colon, prostate, etc. cancers and may also stop the growth if you already have one of these.
- Vitamin D has been shown to reduce congestive heart failure, improve the heart's pumping ability and reduce cardiac (heart) strain. In fact, men with low levels of the vitamin are more likely to have heart attacks. Additionally, sunlight can have a lowering effect on blood pressure.
- Sun exposure and vitamin D are extremely protective against autoimmune diseases, such as Multiple Sclerosis, Type 1 diabetes, Lupus, rheumatoid arthritis, and others.
- Vitamin D promotes skin repair.
- Vitamin D boosts the immune system and is a natural antibiotic.
- Vitamin D decreases the risk of osteoporosis.
- Vitamin D supports healthy nerve function.
- New research suggests that in children, vitamin D can help protect against cancer and diabetes.
- **Another study, the first to assess vitamin D levels and mortality in the United States, showed that death rates were 26 percent higher for people with low levels compared to those with high levels of vitamin D.**

Safe sun exposure

Your best source of vitamin D is sunlight. Vitamin D is made in the skin when it is exposed to sunlight. The amount of Vitamin D produced is dependent on the color of the skin (darker skinned people need longer sun exposure). The body then has to convert it to its "active form", which is actually a hormone, in the kidneys, prostate, breast, colon and immune system. On a sunny day in the summer, **just 10 minutes of exposure to the sun rays will generate enough vitamin D** to reach higher levels found protective in these studies. Like most things, the key to safe sun exposure is moderation. Sunlight has the potential to cause skin cancer if you are not careful. Follow these general guidelines to keep your sun exposure safe:

- At the beginning of the season, progressively increase the time you are in the sun.
- Avoid getting sunburn.
- Avoid sun exposure during peak hours of 11am to 3pm.
- When you are outside, wear a hat and long, loose clothing to cover your skin or stay in the shade.
- Consume plenty of vegetables and other antioxidants.

Why not just wear sunscreen?

Sunscreen may stop you from getting burned, but it also nearly completely blocks your absorption of Vitamin D. So while you may not have the outward symptoms of too much sun exposure, your body on the inside is extremely deficient in this vitamin that is so protective to your body. If you are in a situation where you must be in the sun during peak hours and are unable to cover up, look for a sunscreen with non-toxic ingredients.

Food sources of vitamin D

The only food sources of vitamin D are oily fish, such as tuna, sardines and mackerel and a little bit in eggs. Therefore, supplementation is important because most people will not get enough vitamin D through diet alone. Your best supplemental source of vitamin D is cod liver oil, because the vitamin naturally occurs in the oil. Cod liver oil can be taken by adults and children.

Pregnancy Class

Join Dr. Jennie for a pregnancy class that is unlike any other in the area! Dr. Jennie will be having her next class on May 19 & 21 from 7-9pm. She will teach you an approach to birthing that will help make a natural and healthy birth experience a reality for you and your baby. There is no fee to attend but there is a limit of 5 couples for the class. For more information or to register, please contact our office. You do not have to be a patient of Cornerstone Chiropractic to attend so please feel free to share this information with any pregnant women you know.

Supplement of the Month:

CaMag

What is it? CaMag is specifically designed using the most absorbable forms of calcium and magnesium in the proper ratio for your body. They are combined with whole foods that contain vitamin D which further enhances the uptake and utilization of calcium. This is best calcium and magnesium product that we have found.

Who should take it? Women are especially vulnerable to the effects of bone loss and are encouraged to supplement calcium, magnesium and vitamin D for that reason. Recent research has also shown that blood pressure medications increase the likelihood of osteoporosis in men so we now recommend that those who take these prescriptions also supplement with this product. Others who may benefit include people who experience cramps and those who don't regularly consume food sources of these minerals such as leafy green vegetables and dairy.

Where can I get it? We carry CaMag at the clinic and are offering a **10% discount for the month of May**.

Saturday Appointments:

Dr. Jennie will be taking appointments from 9am-12pm on May 16, June 13 & 27. Please call or email to reserve an appointment time for you or your family: info@cornerstonechiropractichealth.com.