

Cornerstone CHIROPRACTIC

Health Partners



“Health Care For
the Whole Family”



Health Hope
Healing

January 2010



www.cornerstonechiropractichealth.com

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VITAMIN D

Vitamin D is a fat soluble vitamin with properties of both a vitamin and a hormone. It comes in several forms, but D₃ is considered the natural and most active form of Vitamin D. The main source of vitamin D is sunlight, and the only food sources of vitamin D are oily fish such as tuna, sardines and mackerel, and a small amount in eggs. On a sunny day in the summer, just 10 minutes of exposure to the sun's rays will generate enough vitamin D to be protective for certain diseases. However, nearly **80-90%** of Americans are deficient in Vitamin D, especially those of us that experience winter, those who work indoors, and those who use sunscreen. For this reason, experts are advising that most adults supplement with at least 2000 IU of D₃ per day. There are a few ways to supplement with quality sources of Vitamin D: 1) Cod liver oil contains naturally occurring vitamin D, 2) Capsules of vitamin D₃, or 3) Cod liver oil with naturally occurring vitamin D plus an additional 2000 IU of D₃ added in. Here are just a few of the many reasons that vitamin D is imperative to good health:



- **Vitamin D boosts the immune system and is a natural antibiotic.** *Researchers in one study found that when people were given a low dose*

of vitamin D₃ (800 IU/day) they were 3 times less likely to suffer a cold or the flu! When they took a moderate dose (2000 IU/day) they could nearly eliminate colds and flu all together (Virology journal 2008).

- **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 and other cancers and may also stop the growth of these. Women with breast cancer and colon cancer victims of both sexes are less likely to survive with low levels of vitamin D. *It is projected that raising the minimum year-around serum levels of vitamin D would prevent approximately 58,000 new cases of breast cancer and 49,000 new cases of colorectal cancer each year, and three-fourths of deaths from these diseases in the United States and Canada (Annals of Epidemiology July 2009).*
- **Sun exposure and vitamin D are extremely protective against autoimmune diseases**, such as Multiple Sclerosis (MS), Type-1 diabetes, Lupus, rheumatoid arthritis, and others. Risk of Type-1 Diabetes can be reduced by 29% in children who take extra Vitamin D, and adequate sun exposure in childhood reduces MS risk by almost 60%.

- **Sunlight can lower blood pressure.** It has been noted that the farther one moves from the equator, the more their risk is of hypertension.
- **Vitamin D has been shown to reduce congestive heart failure**, improve the heart's pumping ability and reduce cardiac (heart) strain. It has been observed that men with low levels of the vitamin are more likely to have heart attacks.
- **Vitamin D decreases the risk of osteoporosis** because it is critical to the formation and maintenance of normal bones. Vitamin D is also important for normal development of bones & teeth in children. In fact, adequate vitamin D during pregnancy reduces the baby's risk of osteoporosis!
- **Vitamin D promotes skin repair.**
- **Vitamin D supports healthy nerve function.**
- **Vitamin D is necessary for normal thyroid function.**
- **People who suffer from Parkinson's disease appear to have a vitamin D deficiency**, as shown by recent studies conducted by the Emory University School of Medicine.
- The first study to assess vitamin D levels and mortality in the United States, showed that **death rates among a large population were 26 percent higher for people with low levels compared to those with high levels the vitamin.**



Stay Informed!

Website: www.cornerstonechiropractichealth.com

Health Tip of the Week: To take advantage of this free email service, email your request to:
drsam@cornerstonechiropractichealth.com

Back to Health Radio Show: Tune in to AM 1460 KDMA on Thursday mornings from 9:15-9:30am.

Become a fan on Facebook!

Search Cornerstone Chiropractic and find our page:



Some Notes about Payments:

If you use insurance, please bring your card to your first visit of 2010 so we can re-verify your chiropractic benefits.

Payment is expected at the same time services are rendered. For your convenience we accept cash, check and credit/debit card. Statements are sent out once per month for those with an insurance deductible plan.

PLEASE NOTE: IF 6 MONTHS OR MORE HAVE ELAPSED SINCE YOUR LAST VISIT TO OUR OFFICE, WE WILL NEED TO PERFORM A RE-EXAM AT YOUR APPOINTMENT.

Holiday Friends & Family

You should have recently received a postcard for the *Holiday Friends & Family* event. During the week of **January 4-8, 2010**, anyone who has not been a patient at our office in the last three years can have their first visit services for \$34. We also have gift certificates available for purchase.

Please contact our office if you have any questions or if you need more postcards!

Supplement of the Month:

Vitamin D

For the month of January, the Vitamin D containing supplements that we carry will be 15% off. They include Cod Liver Oil, Vitamin D₃ capsules and Cod Liver Oil with added D₃, all made by Carlson Laboratories.

Saturday appointments:

Dr. Jennie has appointments available two Saturdays each month from **9am-12pm**. She will be in the office **January 9 & 23**. Call or email to make an appointment:
info@cornerstonechiropractichealth.com