



NEWSLETTER NO. 7, October 2009

<p>Flu Season – Vitamin D</p> <p>Vitamin D or the ‘sunshine vitamin’ becomes more and more research focus.</p> <p>US Researchers from Winthrop University Hospital in Mineola, found that giving supplements of vitamin D to a group of volunteers reduced the occurrence of colds and flu by 70 %.</p> <p>Part of the explanation is that vitamin D creates over 200 antimicrobial peptides in your body that serve as natural broad-spectrum antibiotics, so <u>when your vitamin D levels fall, you also reduce your natural capacity to ward off colds, influenza and other respiratory infections.</u></p> <p>The Center for Disease Control in the US has analysed data that indicates that Vitamin D deficient children are at higher risk of death from Swine Flu, H1N1. Now there is no reason to panic as the link was established with certain chronic neurodevelopmental conditions that are typically associated with vitamin D deficiency.</p> <p>However, it is estimated that 70% of American children are Vitamin D deficient.</p> <p>Typically, colds and flues hits hardest in the winter, when we tend to have lower stores of vitamin D. If you think that you have not had enough sun exposure this summer, it might be worthwhile to supplement with cod liver oil during the ‘dark’ and cold months.</p> <p>Source: www.mercola.com</p>	<p>Supplement or not supplement?</p> <p>Do we get all the nutrients we need from a healthy balanced diet? Nutritional experts discuss this on an ongoing basis.</p> <ul style="list-style-type: none"> - Intensive farming - Depletion of the soil - Storage and transport <p>are among the factors discussed. Our nutrient needs also changes according to life circumstances, i.e. pregnancy, age, stress, season etc.</p> <p>Did you however know that certain medication depletes or raises your need for nutrients? Here are some examples.</p> <ul style="list-style-type: none"> • <u>Aspirin</u> can deplete vitamin C, calcium, folic acid, iron, and potassium. • <u>NSAIDs (Non-Steroidal Anti-Inflammatory Drugs)</u>, including ibuprofen and naproxen can deplete folic acid. • <u>Cardiovascular drugs</u>, ACE inhibitors, such as diuretics, beta-blockers and cholesterol lowering drugs deplete one or more of the following nutrients: B vitamins, vitamin C, folic acid, CoQ10, magnesium, zinc and/or potassium. • <u>Antacids</u> may deplete calcium, phosphorus, folic acid, and potassium. • <u>Oral contraceptives</u> can deplete nearly all of the B vitamins, but in particular B6 along with selenium, magnesium and zinc. <p>Source: http://www.cellular-nutrition-guaranteed.com/medications.html</p>
<p>Nutrient - Vitamin D</p> <p>Herring, mackerel, salmon, oysters, cottage cheese, eggs (meats, fish, dairy) , cod liver oil</p>	<p>Super Food – Oily Fish</p> <p>Oily fish does not only contain higher amounts of vitamin D, but is also a very important source for omega 3, a fat that supports brain function, hormonal balance and the immune system. It has been found to reduce inflammation and improve cardiovascular health.</p>
<p style="text-align: center;">For a personal Optimum Nutrition consultation contact: Tove Cecilie Schränkler on 0211 1584 293 or info@scandinavian-health.de</p>	

Don't change your medication or start a supplement regime without consulting a health professional.