

## **VITAMIN D NEWS**

Now that vitamin D is hot in the medical circles there is always new studies coming out showing yet another benefit to supplementing with it, or another ailment linked to vitamin D deficiency.

### **Vitamin D linked to reduced risk of lung cancer.**

“Increasing vitamin D status is associated with a significantly reduced risk of developing lung cancer, according to a new meta-analysis of existing data, with the greatest reductions in risk observed at 25(OH)D of nearly 53 nmol/L, and remained protective until approximately 90 nmol/L. Further increases showed no significant association with cancer risk reduction.”

As noted in my blog, and the vitamin D – E book, an ideal blood level of vitamin D is 50ng/ml. When we convert the 53nmol/L indicated above, (by dividing by 2.5) we end up with 21.2ng/ml, something considered way too low to be ideal. Yet, in this study, even that low level reduced lung cancer risk.

(Cancer Causes & Control (pp 1-10) First online: 10 September 2015. “Circulating 25-hydroxyvitamin D and risk of lung cancer: a dose–response meta-analysis.” Guo-Chong Chen, et al.) <http://link.springer.com/article/10.1007%2Fs10552-015-0665-6>

### **Study links low vitamin D levels to rapid cognitive decline.**

Vitamin D deficiency is already associated with brain structural abnormalities, cognitive decline, and incident dementia. This new study from UC Davis and Rutgers University further confirms that link, establishing that vitamin D deficiency can have a “substantial” accelerating effect on cognitive decline in the elderly. In this case, vitamin D status was defined as insufficient, if blood levels were less than 20ng/mL.

“Low Vit D status was associated with accelerated decline in cognitive function domains in ethnically diverse older adults, including African American and Hispanic individuals who exhibited a high prevalence of Vit D insufficiency or deficiency.” (JAMA Neurol; September 14, 2015; “Vitamin D Status and Rates of Cognitive Decline in a Multiethnic Cohort of Older Adults.” Joshua W. Miller, PhD, et al.) <http://archneur.jamanetwork.com/article.aspx?articleid=2436596>

## **A DIET TO AVOID COLDS AND THE FLU**

Because fall and winter are damp seasons, Oriental medicine advises that we avoid “damp” foods so as not to create imbalance in the body. Foods that create dampness in the body include sugars, dairy products (less so for goat milk products), fruit juices, tropical fruits, white flour and raw foods. Those who are part of the raw food movement might take offense at this, but you will find that if you depend mostly on a raw food diet you will more often be cold in the winter months. (for the rest of this previous blog go to: <http://nutristart.com/diet-prevent-colds-flus/>)

## VIEWING

"The conscious and intelligent manipulation of the organized habits and opinions of the masses is an important element in democratic society. Those who manipulate this unseen mechanism of society constitute an invisible government which is the true ruling power of our country. ...We are governed, our minds are molded, our tastes formed, our ideas suggested, largely by men we have never heard of." (Bernays, E. Propaganda. 1928)

A BBC documentary (2002; 240 min) examines the impact of Sigmund Freud on the ways public relations agencies and politicians have used his theories during the last century for engineering consent among the masses (us). This documentary discusses how Freud's nephew, Edward Bernays, was the first to use psychological techniques in advertising, now often considered to be the father of the public relations industry. Although the quote above from Bernays was written in 1928, it is almost as if the internet were a direct offshoot of his concepts.

<http://topdocumentaryfilms.com/the-century-of-the-self/>

## READING

"The Thrill of Krill" is the first book to provide a clear understanding of why krill oil is surpassing fish oil as a superior supplemental source of omega-3s. After presenting an informative discussion of these nutritional fats, Dr. Goodman focuses on krill oil. He explains how krill oil's unique structure allows the omega-3s it contains to be more readily utilized by the body than those found in fish oil. Adding to krill's beneficial profile is that it contains astaxanthin-a powerful antioxidant that protects cells and organs from oxidative damage. The chapters that follow center on krill oil's proven power to treat and prevent a number of common, often debilitating health conditions. <http://www.amazon.com/exec/obidos/ASIN/0757004180/squareonepubl-20>

## NOVEMBER IS OSTEOPOROSIS AWARENESS MONTH IN CANADA

A number of nutrients, other than just calcium, are essential to maintaining bone health. These include vitamin D, vitamin K2 and Silica, all of which are products that Nutristart produces. We also have combined these elements, along with other bone-building minerals, including Boron, into one product designed to maintain and rebuild bones and teeth. This product is called

**Mineral Mix.** <http://nutristart.com/mineral-mix/>

It is well known that all the calcium in the world won't rebuild bone mass. In fact excessive calcium is now linked to heart disease in menopausal women, and the best we can hope to do with calcium supplementation is to forbid further withdrawal from the bone mass. But, certain compounds will channel calcium, and other necessary minerals, back into the skeletal structure, actually allowing for a rebuilding of bones and teeth. These include Boron, Silica and Vitamin K2, all of which are present in **Mineral Mix**.

For more information on the dangers of too much calcium and how much is safe to take on a regular basis, have a look at this older Nutristart blog: "Killing With Calcium."

<http://nutristart.com/killing-with-calcium/>

