

# Strength & Vitality Bulletin

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Nobody could have predicted the events that currently prevail at the time of this newsletter. All of us have simply been gobsmacked at what we see daily coming across the news. When we wrote our last letter in February we were considering the possibilities that lay ahead for us all, however the speed at which things have developed leads us to conclude that we are all living in a unique time frame. Our main article does its best to encapsulate the important aspects of this alarming state of world affairs - however we were not able to do justice to it. You may find though that the information about why covid 19 has been so devastating to be interesting, and without doubt Gordon has been rejoicing over the new understanding that relates to Vitamin D. If you would like to exactly know your personal level of this critical mineral, then go along to your local Medical lab and request a vitamin D blood specimen. Because the Government considers it to be too expensive they will not pay for it, so you will have to fork over the \$40.00 to the nurse at the counter. It takes several days for it to be available, but usually they will ring to tell you to come down and pick the results up. And do you know what to look for in those results? It will be described as either nmol/L or ng/ml and translates into nanomoles per litre or the latter means nanograms per millilitre. A good result for the former would be 100 - 150 and the latter should be 40 - 50.

Kind regards Gordonna

## THE MARCH OF COVID VIRUS

### State of World affairs currently in crisis mode

We wrote about the latest outbreak of the present virus becoming a pandemic in our last letter in February. At that time it was only then being perceived as such, and has since become the reality that daily appears in our news media. What are we to make of all of this? Does anything we do assist

**“Previous studies have delved into this very matter, with results showing that vitamin D plays a significant role in boosting respiratory health.”**

in improving our chances of coming out of this unscathed, or are we like the proverbial opossum caught in the headlights?

The purpose of this article is



**The unprecedented impact upon mankind is an indication that we face new and serious threats to our personal freedoms. Already New Zealanders' have stoically put up with 4 weeks of being isolated from each other, and await the benefits that will flow from doing this. Everybody is learning to cope, and the medical fraternity are certainly doing their very best to minimise the danger that is posed by this virus.**

to discuss some characteristics of this particular health issue that was unknown to us at the time of our last publication, and to suggest ways and means of combating what appears to be the most significant threat to ourselves in our lifetime. As there has been so much publicity and discussion about the present state of affairs caused by this covid

virus, we will not cover the same ground that our readers have already gone through, by hearing from the huge variety of media outlets that regularly comment on what is the latest development to do with this ever expanding health scenario. Instead we will stick closely as to what we as individuals can do to overcome any emergency that develops to us or

#### Read in this issue:

Personal Comments	1
The March of Covid Virus	1 - 5
Health News in brief from around the Globe	2
Case studies with beneficial outcomes	6
Confidently Consume	7
Product of the Month	8
Article in next issue: Where to from here?	6

closely related friends and relatives that we care about. In all of this discussion we will stick strictly to what can be accomplished by following natural therapy methods. Particularly we would like to emphasise that with all of the unknown factors involved with what is called "a tricky virus" - that any recommendations has to be evaluated from what is currently and correctly identified as being factual, rather than speculate about possible theories involving unclear, imprecise and undocumented opinions.



Proven method to keep the bugs at bay

## What exactly is covid virus and why has it spread so quickly?

It is a highly infectious virus that involves the respiratory system, and is renowned for how quickly it can challenge an individual's hold on life. It was originally called corona virus and was done because the word corona means crown. The scientists who in 1968 came up with the term coronavirus thought that, under a microscope, the virus they were looking at resembled a solar corona: the bright crown-like ring of gases surrounding the sun that is visible during a solar eclipse. You can understand therefore that this descriptive name hides the insidious nature of this particular virus, namely this: it has never been

seen before. It only emerged in December 2019 in Wuhan, China and has speedily moved from there to being the most deadly of diseases to strike mankind. On March 11th 2020, the World Health Organization officially declared that a pandemic was underway, noting "alarming levels of spread and severity." The reason for it being such a danger to citizens of each country is its fatality rate. Whereas the seasonal flu kills an average of about 0.1% of the population of each country, at the time this is being written the COVID19 virus fatality ratio is estimated at being between 2 - 4%. On March 5, Tedros Adhanom Ghebreyesus, director-general of the World Health Organization, said during a

news conference that about 3.4% of reported COVID-19 patients around the world have died. Either statistic is extremely high compared to the previously mentioned average concerning the seasonal flu. The reason for it being so rapidly spread is because the authorities in each country did not perceive the exact nature of this virus to be as dangerous as it has turned out to be. This can be demonstrated by how our Government handled the situation (and by world standards we have done better than most, as evidenced by the fact that New Zealand has the lowest fatality rate in the world) for although the problem first began in December in China, it was not until 24th January 2020 that the Ministry of

Taken from Various Sources  
Including Natural News & Time Magazine



## ACTIVE HEALTH SERVICES PRESENTS

### Health News in brief from around the Globe

It's unusual for a respiratory disease to spare young patients, but the early days of the COVID-19 pandemic suggested that this time was different. Children did not seem to be as severely affected by the novel corona-virus as adults. That trend, reported first by doctors in China, appears to be holding true in the U.S. In the latest report from the Centres for Disease Control and Prevention, scientists say that compared with adults, patients under age 18 are less likely to experience fever, cough and shortness of breath and are also less likely, to need hospitalization or to die from the disease. Doctors are still trying to understand why. Many of the worst symptoms among adults are caused by an aggressive immune

reaction to the virus that can damage the lungs; young children's systems may not be developed enough to mount such a revved-up counterattack. Studies are under way to understand if that's the case, but in the meantime, doctors say to assume kids are as vulnerable to infection as adults. Says Dr. Yvonne Maldonado, a professor paediatrics at Stanford University: "We really don't know what we are dealing with here yet." As reported by Alice Park *Time Magazine* 20/4/20

Coffee lovers, rejoice. New research suggests that people who drink 2–3 cups of coffee a day—caffeinated or not—may have a lower chance of dying from certain illnesses than those who abstain. The study, thought to be the largest

of its kind, followed more than 500,000 people in 10 European countries over the course of 16 years. It found that compared with those who don't drink coffee, those who do show signs of having healthier livers and circulatory systems, as well as lower levels of inflammation, says epidemiologist and study leader Marc Gunter. The findings also indicated that "higher coffee consumption was associated with a reduced risk of death from any cause," including circulatory diseases and digestive diseases, says Gunter, who heads the nutrition and metabolism section of the International Agency for Research on Cancer in Lyon, France. Previous, smaller scale studies have found a link between coffee drinking and

increased resistance to certain ailments, but Gunter's findings provide the most substantial evidence to date. "This digestive disease relationship, which was strongest for liver disease deaths, is particularly striking," he says. Gunter says the next step is to analyse coffee's chemical composition in hopes of understanding what makes the beverage beneficial. So he's going back to his research—and the rest of us, it appears should be going back for refills. As reported by Catherine Zuckerman *National Geographic*.

Having a high level of fat around the waist increase the risk of dementia in old age. US research published in the journal *Neurology* found the bigger the belly the higher the risk of dementia.

There is no such thing as bad publicity

Health set up a team to monitor the situation, but stated at the time the risk was low. The following day, three cases of the virus were confirmed in Australia and on January 27th public health staff begin meeting flights from China to look for signs of the virus. The global number of cases had by then risen to nearly 2800 and the death toll reached 80. So from this it can be seen the virus in New Zealand was already here even though the medical authorities were **beginning** to swing into action. New Zealand reports its first case of covid-19 on 28th February, in a person in their 60s who has travelled to Auckland from Iran. The government places restrictions on people travelling to New Zealand from Iran. However by then the cat was out of the bag as the saying goes, and from then onto to now in the space of less than 2 months the infection rate has climbed to over a thousand, which when we look back at the beginning of this year and with the benefit of hindsight, had not even seriously considered this to be a problem for our country - it's simply amazing how quickly things can change! As to why this is the case it appears that because it is transmitted with droplets being distributed from infected people by coughing and sneezing, and one factor that makes this so easy is the fact that the droplets are unusually large and heavy. This makes it easier for an uninfected person to pick up the water droplet and as virologist Prof Jonathan Ball of Nottingham University states "A Covid-19 infection is generally mild, and that really is the secret of the virus's success, Many people don't even notice they have got an infection and so go around their work, homes and supermarkets infecting



**"For most people, COVID-19 infection will cause mild illness, however, it can make some people very ill and, in some people, it can be fatal. Older people, and those with pre-existing medical conditions (such as cardiovascular disease, chronic respiratory disease or diabetes) are at risk for severe disease."**

Source: World Health Organization  
[https://www.who.int/docs/default-source/coronavirus/situation-reports/20200301-sitrep-41-covid-19.pdf?sfvrsn=6768306d\\_2](https://www.who.int/docs/default-source/coronavirus/situation-reports/20200301-sitrep-41-covid-19.pdf?sfvrsn=6768306d_2)

others." So there it is - the spread of this disease is because of 2 factors - water droplets being so large and heavy and the initial symptoms are none too mild in the first place.

### **Besides what is currently in place to protect ourselves, can anything else be done?**

Yes there is! And one of the best things that can be done is to increase our daily consumption of Vitamin D3 supplements. And the reason why we are so enthusiastic about this particular method, is because we came by some information that explains why this method of protection is so essential. Consider the following from Jennifer Lilley writing in the *Natural News* 19/1/15 "Previous studies have delved into this very matter, with results showing that vitamin D plays a significant role in boosting respiratory health. One finding, for example, homed in on "the known effects of vitamin D on immune function... in relation to respiratory health." Its population-based study concluded that "Vitamin D appears capable

of inhibiting pulmonary inflammatory responses while enhancing innate defence mechanisms against respiratory pathogens." In addition to boosting the immune system overall, vitamin D was found to improve lung function in those suffering from respiratory-inflammation conditions such as asthma and chronic obstructive pulmonary disease (COPD) [www.ncbi.nlm.nih.gov/pmc/](http://www.ncbi.nlm.nih.gov/pmc/) So how does this relate to covid 19? This: People die primarily because the immune system goes into overdrive (goes crazy) and does tremendous damage in trying to rectify the virus attempting to take over the functions of an ailing individual. Dr. Yoko Furuya, an infectious disease specialist at Columbia University Irving Medical Center has this to say "But the new coronavirus attacks the lungs, and in about 20% of patients, infections can get more serious. As the virus enters lung cells, it starts to replicate, destroying the cells, and because our body senses all of those viruses as basically foreign invaders, that triggers our immune system to sweep in and try to contain and control the virus

and stop it from making more and more copies of itself. But this immune system response to this invader can also destroy lung tissue and cause inflammation. The end result can be pneumonia. That means the air sacs in the lungs become inflamed and filled with fluid, making it harder to breathe." Dr. Carlos del Rio, a professor of medicine and global health at Emory University says that these symptoms can also make it harder for the lungs to get oxygen to your blood, potentially triggering a cascade of problems. "The lack of oxygen leads to more inflammation, more problems in the body. Organs need oxygen to function, right? So when you don't have oxygen there, then your liver dies and your kidney dies," he says. Lack of oxygen can also lead to septic shock.

All of the above is describing one thing: **cytokine storm**. Cytokine storms are a common complication not only of covid-19 and flu but of other respiratory diseases caused by coronaviruses such as SARS and MERS. They are also associated with non-infectious diseases such as multiple sclerosis and pancreatitis.

*Knowledgeable Magazine*  
[www.knowablemagazine.org](http://www.knowablemagazine.org)  
 describes it this way: When the cytokines that raise immune activity become too abundant, the immune system may not be able to stop itself. Immune cells spread beyond infected body parts and start attacking healthy tissues, gobbling up red and white blood cells and damaging the liver. Blood vessel walls open up to let immune cells into surrounding tissues, but the vessels get so leaky that the lungs may fill with fluid, and blood pressure drops. Blood clots throughout the body, further choking blood flow. When organs don't get enough blood, a person can go into shock, risking permanent organ damage or death.

How can we illustrate the above material? Imagine that an army general receives a phone call from the City Mayor requesting that he deal with enemy forces found in sector 5. He immediately swings into action and commands the Colonel who has oversight of that region to "destroy the enemy in sector 5." That Colonel then picks up his phone and speaks to his Captain who is in charge of sector 5 and says "destroy the enemy in sector 5." However unfortunately for this army officer the phone crackles as he receives this command and he hears "destroy .....???" which he thinks is "destroy everything in sector 5. He asks for verification and hears this "the General has commanded to destroy t.....en...y in sector 5 - so get on with it!" Once again he thinks he has heard "the General has commanded to destroy everything in sector 5." and being told to get onto it in no uncertain terms, he gets up and goes downstairs and finds the Company Sergeant and forcefully tells him to take his troops out and "destroy

everything in sector 5." The Company Sergeant is very used to quickly complying with every order issued from above and therefore proceeds to do as he is told. Accordingly he advances to destroy the enemy soldiers found in sector 5, and after completing that task then moves on to blowing up the Railway Station, Town Hall, Waterworks Depot, Sewage Works, all Business Shops and the roads surrounding the Bus depot. After ensuring all residential buildings are ruined by putting them on fire he returns to his barracks and reports to his commanding officer that all has been carried out as was demanded.

The court of inquiry into this unhappy incident found that the Captain thought he was told to destroy everything and used the crackling of the phone as his explanation as to how he came to interpret the order given him. Of course his Sergeant was in the clear for he had followed out what he was told to do and that was "destroy everything in sector 5." The court of inquiry concluded that if every order issued had been made face to face the serious mistake would not have occurred in the first place.

How does the above relate to covid virus and our immune system? This: The immune system is alerted to something being wrong in the body and orders destruction of "the enemy" and in this case it is the original intrusion of the covid 19 virus first entering the body. It begins the action of working to defeat "the enemy", however along the way as the chain of command to destroy this damaging interference to good health begins its attack - something goes wrong and the immune system starts to believe it has



been told to "destroy everything" instead of just the enemy. It then goes into overdrive and develops what is known as 'a cytokine storm' and everything begins to get destroyed as it believes it is commanded to do. And that is where Vitamin D3 comes to the rescue - for it does two things: it prevents the immune system commands to go awry and keeps instructions clear and precise, or if it happens that something goes askew then it works to lessen the impact by seeking to correct such miscommands. Either way it is as if a commanding officer is keeping tabs on what is transpiring and works in with the army (the immune system) to keep the firepower up to overcome the enemy

(covid virus 19) from trying to kill the stricken person. Unfortunately for 2 - 4% of these individuals the battle is lost and much unhappiness ensures for the surviving parties of such an event.

**Is there more than taking Vitamin D that can be done to protect ourselves whilst this pandemic rages throughout the world?**

Well we certainly wish to make clear that although Vitamin D does a wonderful job, there are other aspects that need to be in place in order to have a solid defence against this world shaking virus. The most important and critical element in keeping our immune system

in good shape is to ensure we have stress levels under control in our daily life. We have in the past written much about this subject, so we won't bore you with any more information other than to say this: Cortisol comes about due to the adrenal glands responding to stress in our body at any given time. However if there is prolonged and sustained stress placed upon ourselves (for one reason or another) then this continued burden causes the kidneys to react to cortisol and this serves to hamper the immune system to function correctly. The overall effect of this cortisol spinning around inside our body's mechanism can be likened to having what the Resistance Movement did during the 2nd World War in France. They created all sorts of mischief and mayhem for the Nazi's by blowing up bridges, interfering with railway movements and sabotaging all manner of useful war equipment, including the sending off of important information to the overseas allies about what the Germans were doing in various districts. The overall result was to interfere as much as they could to enable the allies to defeat a considerable occupying force. Well our body despite having a well armed immune system to thump any invading virus, can be weakened in its response by having cortisol damage the army that is placed to defend the body against an enemy attack. And therefore we draw the analogy of having a resistance force operating against our immune system and serving to drag us down at a time when we need as much help as possible if we were to contract the current covid virus. So there it is folks: Too much cortisol = lower immune function. Logical result in a pandemic

## Perhaps solve the other pandemic: Vitamin D deficiency — to help beat Coronavirus?

Written by: JoNova

A science presenter, writer, speaker & former TV host; author of *The Sceptics' Handbook* (over 200,000 copies distributed & available in 15 languages).

### “Low vitamin D status in winter permits viral epidemics.”

Vitamin D levels also correlate with lower rates of cancer, diabetes, high blood pressure, asthma, heart disease, dental caries, preeclampsia, autoimmune disease, depression, anxiety, and sleep disorders. Vitamin D influences over 200 genes. It's so crucial, it was likely the reason northern Europeans evolved whiter skin. The lack of sunlight and the introduction of grains in diets (as opposed to eating liver and whales) meant that Europeans weren't getting enough D from either food or sun. The selective pressure was so strong that lighter skin rapidly took over all the northern communities. Eskimos didn't need to go white — they were still getting D from offal and plenty of fish. Unlike most vitamins, D is also correlated with “that holy grail” – a reduction in all cause mortality. So even if a D supplement doesn't help against coronavirus, side effects include less cancer and fewer heart attacks. Not too shabby for a five cent supplement. The cost of one night in intensive care would provide vitamin D supplements for a month for 3,000 people. ... Vitamin D or Cholecalciferol, is probably one of the main reasons that coughs and colds and death itself, almost always peak in winter when people have lower vitamin D levels. Of course, winter is also a happy-hour for most viruses because temperatures are cooler and people crowd indoors more.

Researchers Grant et al, put out a call for people to supplement with D during this pandemic, pointing out that this will reduce the incidence of the co-morbidities that are hit hardest by Coronavirus. They also point out that D reduces respiratory tract infections, and is actively involved in our own anti-viral defences in at least three different ways. Vitamin D induces cathelicidin and defensins (polypeptides that our immune system uses like surface-to-air missiles against bacteria or enveloped viruses). D also reduces production of proinflammatory cytokines (the messengers that elicit the deadly cascade of inflammation). Vitamin D inhibits cytokines and reduces lung injury and a deficiency contributes to ARDS: ...more and more evidence indicates that vitamin D is involved in regulating various cells of the innate and adaptive immune system. Vitamin D has a broad role in regulating inflammatory responses in models of inflammations. Vitamin D receptor knockout mice which were treated with LPS, displayed a more distinct inflammatory response than wildtype mice. In addition, we previously demonstrated that vitamin D deficiency (VDD) contributed directly to the ARDS... People with low levels of vitamin D are more than 2.5 times as much at risk of developing pneumonia than people with high vitamin D levels.

like we have with us at present? Higher chances of getting it. Perhaps this present lockdown will have some positive spinoffs if it assists in reducing stress levels in the community as a whole. In Kawerau we have seen many an inhabitant spending time in their gardens, and improving the appearance of the houses by engaging in maintenance activities. This in itself can be very gratifying and therefore help relieve the stress that might have been present before we began the 4 week enforced confinement. Allied with this matter of stress is the possibility that our personal

income level may be changed significantly by this worldwide crises. It might be that in the foreseeable future putting sufficient food on our table might be a considerable strain upon our resources. Hence prudence will be called for as to how we go about spending our money, for it is not unthinkable for us to arrive at a situation where we may not be able to purchase our products which we presently partake of on a regular basis. Of course we are talking about a situation where the prices of important commodities have risen to absurd levels, forcing us to cut back on things in order to survive. However in view of

the strange new environment that exists, we consider it might be a good idea to look back on what we have done as regards the purchasing of products designed to keep us healthy. Generally a good rule to implement is to keep our spending on everything we purchase to 10%. And so if we partake of 4 items on a daily basis and that comes to less than 10% of our weekly income (formula to follow is total capsules/mls divided by daily consumption. Take that result and divide it into the price of the product = daily price) then we are well within investing a reasonable amount towards keeping a regular supply on hand.



## Case studies with beneficial outcomes

### Forever Grateful for Herbal Products

Hessie had known for a long time that she had very small cataracts. Her vision was getting increasingly worse. She wanted to see better, so she made an appointment to have her glasses changed so she could see better. When new glasses didn't help, she asked her doctor what was the matter with her eyes. He told her that surgery couldn't help and that her vision would get worse, not better. He told her it had to do with her optic nerves which was cutting off light. Hessie looked it up in the medical dictionary and found that it was a heavy yellow or brown waxy substance. To her that was similar to cholesterol. She started on a program to help improve her eyes. She took capsules from Nature's Sunshine EW product. (now out of production but contained Bayberry; Golden Seal; Eyebright and Red Raspberry) and as well as this product she took Nature's Sunshine Mega - Chel. She took these two products faithfully for 20 months. When she went back to her eye doctor, he told her that her eyes were clear enough to get good results from cataract surgery which was done and produced wonderful results. She is forever grateful for the herbal products that helped her get her sight back.

### The Remarkable Liver

Steven Horne noticed that he had a spasm in his hip. It wasn't the first time he had it happened to him, in fact it had occurred several times in the preceding years. He thought that maybe he had strained a muscle working in the garden, but upon further reflection it seemed to

him to be more than muscle stain. He mentioned this problem to his naturopathic partner Kimberly Balas, who called him back the next day and told him she had a feeling that it might be some kind of toxicity - heavy metal, perhaps. Because he had found her impressions to be accurate most of the time, he started taking Nature's Sunshine Heavy Metal Detox product as well as N - Acetyl - Cysteine. The next day, upon keeping his regular 2 week appointment with his chiropractor, it was decided to do muscle testing, and Dr Lyman who carried out this procedure came to another conclusion that the cause wasn't structural. Further muscle testing determined that Steven had heavy metal (thallium) in his prostate which was being released and causing muscle spasms in his pelvis. He then realised that since his prostate had been bothering him since the beginning of the muscle spasm in his pelvis that the two were interconnected. He was given a dose of homeopathic thallium and then was lasered to program the body to release the thallium. The assistant told him she hated doing thallium detox because she always got "cotton mouth" when she was doing it. That was interesting to Steven because he had been waking up with cotton mouth for over a week on past occasions. After being lasered, he did a foot bath detox where he passed a lot of black specks (which was confirmation of heavy metals) and after he got home he continued taking the homeopathic thallium, Heavy Metal Detox, Milk Thistle Combination and N - Acetyl - Cysteine. His pelvis was better in record time.

## 10 FOODS THAT NATURALLY DETOX HEAVY METALS IN YOUR BODY

We are exposed to heavy metals every single day. Here are the top 10 foods that can help our bodies naturally detoxify from metal exposure.



### Cilantro

Cilantro is a powerful all-natural detoxifier. Chop some up and add to your salad dressings.



### Wild Blueberries

Get the wild kind-- they are super high in antioxidants. Add them to your pancake batter!



### Lemon

Lemon helps hydrate your body to flush out toxins. Squeeze a lemon into a warm mug of water first thing in the am.



### Spirulina

This anti-inflammatory blue green algae targets oxidative damage in the body. Add a teaspoon of spirulina powder to your next batch of guac.



### Chlorella

The nutrients in this algae helps the body detox from neurotoxins like mercury. You can find it in either powder or tablet form.



### Garlic

Garlic is a powerful antioxidant for detoxification. Add it to any meat, veggie or soup dish.



### Beets

Beets are great for liver health and helps increase body's defense system. Roast them in big batches with a drizzle of olive oil.



### Artichokes

Artichokes also support the liver in its detoxification process. Steam them for 30 minutes, then dip the leaves into Paleo mayo.



### Turmeric

The curcumin in turmeric helps protect the body from mercury exposure. Mix up a golden turmeric latte with coconut milk and raw honey to sip on at night.



### Ginger

This anti-inflammatory spice fights free radical damage from heavy metal exposure. Grate ginger into right into your favorite soups and stews.

**Volume 4 Issue 2**  
**15/04/20**

**NUTRITIONAL ADVICE FOR ALL THOSE  
INTERESTED IN A BETTER DIET**

Regular insert with our main newsletter.

Discussing food that can be consumed with  
confidence



# Confidently Consume

**Avocados** The avocado, a tree likely originating from south-central Mexico, is classified as a member of the flowering plant family Lauraceae. The fruit of the plant, also called an avocado, is botanically a large berry containing a single large seed. Avocados are a great source of vitamins C, E, K, and B-6, as well as riboflavin, niacin, folate, pantothenic acid, magnesium, and potassium. They also provide lutein, beta-carotene, and omega-3 fatty acids. Although most of the calories in an avocado come from fat, don't shy away! Nutrient-rich avocados are often shunned because of their high fat content. However, much of this fat is the monounsaturated variety and is easily digested, with none of the artery-clogging effects of saturated fat. Avocados are rich in the antioxidant vitamins (A, C and E) that protect cells from the damage inflicted by free radicals and are useful for preventing conditions like heart disease. The vitamin E content also means that avocado helps maintain healthy skin and circulation. Not only does eating avocado provide its own antioxidants, it also improves the absorption of antioxidants from other fruit and vegetables eaten at the same time.

Avocados are good sources of the blood pressure-regulator potassium and the energizing B vitamins, in particular the 'anti-stress' vitamin B5, essential for adrenal function, making them great for helping your body cope naturally with the effects of ongoing stress.

For those who are diabetics - good news! Avocados are low in carbohydrates, which means they have little effect on blood sugar levels. Part of what makes



avocados a good choice for people with diabetes is that, although they are low in carbs, they are high in fibre. A 2012 review published in the Journal of the American Board of Family Medicine looked at the results of 15 studies involving fibre supplements (around 40 grams of fibre) for people with type 2 diabetes. They found that fibre supplements for type 2 diabetes can reduce fasting blood sugar levels and A1c levels. A 2007 study Trusted Source evaluated different weight loss plans in people with decreased insulin sensitivity. The researchers found that a weight loss diet high in monounsaturated fats improves insulin sensitivity in a way not seen in a comparable high-carb diet. A weight loss diet is a diet with restricted calories. Storing and serving: Most avocados reach the supermarket in an unripened form. As they ripen, they start to lose important antioxidant nutrients, especially vitamin C, so eat as soon as they are ripe.

Nutritional Content per 100 grams

Energy 190 kcals; Protein 2 grams;  
Carbohydrates 2 grams; Fat 20 grams; Fibre  
3 grams; Vitamin C 6 mcg; Potassium  
450mcg; Magnesium 25 mcg.

“Thy food shall be thy remedy” Hippocrates

# Product of the Month

8

# QCN 7130  
with Vitamin K2

Clinicians Sunshine Vitamin D3  
60 Tablets **Retail Price \$19.50**

Contains 1000 IU vitamin D3, the best utilised form along with vitamin K2. Tasty, dissolve in the mouth tablets for fast sublingual absorption.

High dose essential Vitamin for general wellbeing to support :  
Optimal Bone health ; Muscle Strength and Joint Mobility ;  
Immunity Strength.

Special Ingredients: Contains cholecalciferol (Vitamin D3) which is the best assimilated form of Vitamin D when compared with ergocalciferol (Vitamin D2). Research has shown that Vitamin D3 is at least three times more potent than Vitamin D2 and is able to elevate blood levels of 25-hydroxyvitamin D for longer periods of time. Vitamin D3 is also the form that is predominately produced in the skin from sun exposure and naturally present in certain foods such as salmon, sardines, herring, egg yolks and organ meats.

Contains Vitamin K2 in the form of menaquinone (MK-7). Research has shown that this form of Vitamin K is more beneficial than vitamin K1 within the human body and has both a synergistic and complimentary role with Vitamin D3. Vitamin K2 is naturally found in the pancreas, testes and arterial vessels of the human body and is naturally present in eggs, meat, cheese, yoghurt and natto (a Japanese fermented soybean food).

**What is Vitamin D?** Vitamin D is a steroid hormone and fat soluble vitamin that is naturally obtained from exposure to sunlight or from dietary sources. Ultraviolet B (UVB) radiation from the sun is able to penetrate the skin and thereafter convert to active Vitamin D3. Ordinarily 50-90% of Vitamin D3 is derived from skin absorption and the remainder is from dietary sources.

**What is Vitamin D Insufficiency and Deficiency?** Worldwide, it is estimated that a billion people have insufficient intakes or are deficient in Vitamin D. Research has shown that even in the sunny countries such as New Zealand and Australia up to 50% of children and adults have insufficient or deficient levels of Vitamin D. A National Nutrition Survey in New Zealand found a 3% prevalence of Vitamin D deficiency in adults. Vitamin D insufficiency in New Zealand adults ranged from 48% to 84% based on cut off values of serum 25-hydroxyvitamin D (<50 and <80 nmol/l respectively). In New Zealand, few foods are fortified with vitamin D and given the high prevalence of insufficiency in this country, Vitamin D supplementation has been proposed as a strategy to improve Vitamin D status. Chronic severe vitamin D deficiency in infants and children is associated with rickets which results in poor bone mineralization and bone deformation. Vitamin D insufficiency in childhood and adolescence can prevent these people from obtaining their genetically programmed peak bone mass which is associated with an increased risk of osteoporosis and osteomalacia or softening of the bones later on in life. In adults, severe vitamin D deficiency can lead to muscle weakness, bone pain and osteomalacia. Long term insufficiency of Vitamin D in adults affects bone turnover and can increase bone loss and fragility fractures. Nonspecific weakness as well as muscle aches and pains can occur when Vitamin D levels are inadequate which is sometimes mistaken for fibromyalgia or chronic fatigue syndrome. Vitamin D inadequacy may also be associated with an increased risk for high blood pressure, type 1 diabetes and many common types of cancer.

**What Makes Clinicians Sunshine Vitamin D3 Unique?** Clinicians Sunshine Vitamin D3 includes Vitamin K2 which has been shown to have both a synergistic and complimentary role when taken with Vitamin D3. This combination makes Clinicians Sunshine Vitamin D3 a very special Vitamin D3 supplement. Research has shown that Vitamin D3 and Vitamin K2 when combined enhance bone mineral density (BMD) and bone mineral content statistically better than when either vitamin is taken alone. These vitamins have also demonstrated a complimentary role in anti-inflammatory activity particularly when associated with cardiovascular disease and osteoporosis.



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