



Wellness Update April 2014

by Susan Hanly - Naturopath

Vitamin D, Vitamin Sunshine

Why Is Something So Simple, So Hard to Get?

When we think of Australia and New Zealand, we think of surf, sun and sand, beautiful climates and the great outdoors. With vitamin D readily available from the sun, why are so many people deficient in this important vitamin? An estimated 73% of adults suffer from inadequate vitamin D levels, with almost 60% of women living in southern areas being completely deficient during the winter/spring months. Are we spending too much more time indoors? Are we obsessed with



the need to cover up and use sunscreen every time we step outside? With so many factors influencing vitamin D, what can you do to ensure you and your family have adequate vitamin D levels?

Delving Into Vitamin D

Vitamin D is a fat soluble vitamin naturally derived from UVB waves from the sun. Dietary sources are limited and include oily fish and egg yolks. Vitamin D is well known for its role in maintaining the health of bones and improving calcium absorption; but D is so much more than this! It helps improve immunity; reducing the frequency of colds and flus, and managing more serious autoimmune conditions. Vitamin D also improves muscle strength and can reduce fractures in the elderly. Did you realise that low levels of vitamin D have also been associated with an increased risk of certain cancers and other chronic diseases, including cardiovascular disease and diabetes? Interestingly, vitamin D may even help support healthy moods and is a beneficial part of the treatment for depression.

D Deficiency Is Widespread

It may be quite alarming to find out that so many of your family, friends and others in your community may be suffering from a vitamin D deficiency. With our main source of vitamin D coming from sunlight, keep a special eye out for those you know who may be at greater risk of deficiency. They include people who are older, housebound, darker skinned individuals, and those who wear covered clothes, work indoors or regularly avoid sun exposure. You also need to keep in mind where you live, your climates and the seasons. It may be harder to get adequate vitamin D from the sun at certain latitudes and in southern areas where UV levels are lower. During the colder months, you may need to spend more time outdoors to obtain vitamin D; compared to summertime, when several minutes of sun exposure daily may be sufficient. With our position under the hole in the ozone layer, getting the sun exposure required for optimal vitamin D synthesis may present risks to skin health. Supplementation with vitamin D may be a safer option for many.

Not All Ds are the Same

With many different types of vitamin D available, you may be mistaken in thinking that they are all the alike. However, not all products are equal! Being a fat soluble vitamin, vitamin D is prone to oxidation and deterioration, so it is important to use a high quality vitamin D with proven stability. I will help you select the most appropriate vitamin D for your needs, in a form that is readily available for your body to absorb to gain the many benefits. Asking the following questions can help you be confident you

KU-RING-GAI NATUROPATHIC CLINIC

ABN 65 003 012 771

Email: suehanly@iinet.net.au

www.suehanly.com.au



Suite 2, 793-795 Pacific Highway Gordon. 2072 (enter from Park Ave) Ph. 9499 4244. Fax 9498 5603
Herbal Medicine, Clinical Nutrition, Hemaview (Live Blood Analysis), Cellular Health Analysis, Weight Management



are acquiring a good quality vitamin D:

- What conditions has it been stored in? Being exposed to high temperatures, humidity, air or light are factors that may affect the quality of vitamin D.
- Is the vitamin D in a specialised antioxidant oil base to enhance stability and absorption?
- Has it been tested using real time stability testing, to ensure it stays fresh up until the expiry date?
- Has it been tested for the presence of contaminants?

Speak to me today about a vitamin D that ticks all of your boxes.

Recommendations for Achieving Optimal D Levels

In order to achieve and maintain optimal vitamin D levels, here are a few simple steps:

- If getting sun exposure, aim for 6 to 7 minutes mid-morning or mid-afternoon during warmer months, and 7 to 40 minutes at noon during winter; arms and shoulders should be visible, and without sunscreen. Be aware that UV levels are



highest between 11am and 3pm so be cautious going out uncovered for longer than this.

- If you know you are low in vitamin D and you wish to avoid the sun, it may be more appropriate to correct a deficiency with a supplement to quickly and safely build up your vitamin D stores.
- If you're unsure about your current vitamin D levels, ask me about how to get your levels assessed.

Put D Back in Your Day

Vitamin D is critical for the health of your entire body. With so many people deficient in this essential vitamin, it is important to get your levels assessed to ensure they are not low. Vitamin D deficiencies can have negative effects on your health and may increase your risk of chronic

disease. If your vitamin D levels are low, talk to me today. Make it a priority to build up your vitamin D stores with a high quality supplement and healthy sun exposure, and take another step closer to optimal health.

Cold and Flu Season is Coming

With the weather just starting to cool off the cold and flu season is on its way! Remember to take your immune boosting supplements – vitamin C, zinc and immune herbs. If you need good quality supplements come in to the clinic and get them. Don't waste your money on low quality supermarket products – they may be cheaper but you get what you pay for!

If you do succumb don't automatically head for antibiotics come in and get quality supplements that will get you back on track quickly.

The Phone App for your Convenience!!

Remember to download the clinic phone app to your Apple or Android smart phone. All the clinic information is there along with past newsletters, program info and there is also a **loyalty card**. If you **download the app and show me your phone when you come in for your consult then you will receive a 30% discount of your 3rd consultation.**



You can easily share the app with friends. If you refer a friend, tell them to download the app and use it from their first consultation as it will save them money in the long term.

To download the app simply go to the App store in your phone and type in Ku-ring-gai Naturopathic Clinic or you scan this QR code and it will take you to the app. It is quick and easy and very useful.



Download it today!!

KU-RING-GAI NATUROPATHIC CLINIC

ABN 65 003 012 771

Email: suehanly@iinet.net.au

www.suehanly.com.au



Suite 2, 793-795 Pacific Highway Gordon. 2072 (enter from Park Ave) Ph. 9499 4244. Fax 9498 5603
Herbal Medicine, Clinical Nutrition, Hemaview (Live Blood Analysis), Cellular Health Analysis, Weight Management



KU-RING-GAI NATUROPATHIC CLINIC

ABN 65 003 012 771

Email: suehanly@inet.net.au

www.suehanly.com.au



Suite 2, 793-795 Pacific Highway Gordon. 2072 (enter from Park Ave) Ph. 9499 4244. Fax 9498 5603
Herbal Medicine, Clinical Nutrition, Hemaview (Live Blood Analysis), Cellular Health Analysis, Weight Management