



# Wellness Update March 2015

## by Susan Hanly - Naturopath

*It's D-lightful, It's D-licious, It's D-lovely*

### It's Vitamin D - for Diverse

Vitamin D is a vital nutrient required by your body for a wide range of jobs, such as helping to boost your immunity so you are less likely to end up in bed feeling sick; playing a role in mood modulation – helping you feel good; and supporting your physical structure – making your bones and muscles strong.

### D is for Dense Bones

How tough are your bones? Vitamin D improves the absorption of the minerals calcium and phosphorus, both of which are crucial for keeping your bones strong and dense. A vitamin D deficiency is strongly linked with osteoporosis and osteoporotic fractures. Therefore, having adequate vitamin D levels may reduce the risk of fractures as you get older.



### D is for Muscle Definition

Are you feeling strong? Vitamin D is required by human muscle tissue to modulate muscle strength. A vitamin D deficiency can lead to muscle wastage, leaving muscles looking weak and weedy. Several studies have shown that vitamin D supplementation can improve muscle strength, function and balance.

### Not as Simple as Popping a Pill, or Sunbaking

Common ways to build up your vitamin D include catching some sun or taking a supplement, however vitamin D on its own may not be enough. Calcium,

phosphorus and particularly magnesium are all needed to activate vitamin D and ensure it can do its many jobs properly; therefore if one of its cofactors is lacking then your vitamin D levels may be adversely affected. For example, recent studies have discovered a link between low vitamin D levels and magnesium deficiency. Magnesium is widely available in a variety of foods, such as green leafy vegetables, legumes, nuts, seeds and whole grains, however it is not uncommon for people to consume less than recommended amounts for optimal wellbeing. Signs that you might need some additional magnesium are twitching eyelids or cramps, fatigue, feeling stressed or perhaps a drop in mood, so if you are experiencing any of these symptoms speak to me.

### D is for Difference

As your Practitioner, I am the best person to assess your nutritional needs and educate you on the most effective vitamin D supplement for you, particularly as not all supplements are the same. I will prescribe an appropriate supplement by assessing the following criteria, so you can be confident you 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 its stability and absorption?

## KU-RING-GAI NATUROPATHIC CLINIC

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- Has it been tested using real time stability testing, to ensure it stays fresh right up until the expiry date?
- Has it been tested to ensure it's free from the presence of contaminants to guarantee you are getting the purest quality supplement?



## Delving Into D

Vitamin D deficiency may have negative effects on your health and prevent you from looking and feeling your best. If you have poor bone health, are lacking muscle strength or are catching every cold or flu around, this may mean your vitamin D levels are low. Speak to me today and make it a priority to build up your vitamin D stores with a high quality supplement and healthy sun exposure<sup>1</sup>, and take another step closer to optimal health.

Talk to me about vitamin D today.

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<sup>1</sup> The ideal level of sun exposure to aim for in order to support vitamin D synthesis is six to seven minutes mid-morning or mid-afternoon during warmer months, and seven to forty minutes at noon during winter. Arms and shoulders should be visible and without sunscreen. (Nowson, McGrath, Ebeling, Haikerwal, Daly, Sanders, Seibel, Mason. Vitamin D and health in adults in Australia and New Zealand: a position statement. Med J Aust 2012; 196 (11): 686-687.)

## Immunity and You

The cooler weather is coming and so are the winter ills. Are you ready to fight them off? Apart from adequate Vitamin D to enhance your immune system you need adequate Vitamin C and zinc. Drinking plenty of filtered water will also help your immune system function more efficiently. The immune system functions better in a well hydrated environment and the nasty bugs function better in a dryer environment – so keep drinking.



**Exercise should remain an important part of your daily routine throughout autumn and winter.** Don't give up because it is a bit cooler or not quite as light as usual, just put another layer on and get out there. The exercise is good for your sense of wellbeing, your immune system and your weight.

## Dr Google and Online Supplements

Please be very cautious diagnosing yourself and/or family via Dr Google. While you may hit on the correct diagnosis you may well end up with the wrong information relative to you and your problem. I have had a couple of patients recently that have been off on the wrong tangent thanks to online diagnosis and using poor quality supplement purchased online because they were cheaper.

Buying supplements online may be cheaper but you have no idea of the quality of the product or whether what they say is in the product really is. Australia has very high regulatory standards of quality control. That is why you get what you pay for.

Come in and get quality Practitioner Only products that really work, prescribed by someone who knows you and can see you – me!

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