



Take A Breath

A Breath Away Healing Center ~ 636 North French Road Suite 6 ~ Amherst, NY

Vitamin D

Now that we finally got a little taste of winter (no, we're not complaining), it seems a good time to mention this vitamin that has been getting quite a bit of attention lately.

Sometimes called the "Sunshine Vitamin", Vitamin D is synthesized in the skin of humans when the skin is exposed to sunlight (UV-B specifically). However, it is sometimes difficult for those of us in WNY to get adequate sun exposure, especially in winter. In northern latitudes, like where we live, the atmosphere blocks most UV-B rays, making it almost impossible for us to naturally produce enough Vitamin D in the winter months. Add to that all the sun protection we use to avoid skin cancer, and it is little wonder that many people feel Vitamin D deficiency may be reaching epidemic proportions. Furthermore, many people feel that the recommended dietary allowance for Vitamin D may be too low, having been set years ago at a level just high enough to prevent Rickets. Most supplements available offer the vitamin in levels ranging from about 200 to 2,000 International Units (I.U.), while just several minutes of full-body summer sun exposure can

cause the body to naturally produce a whopping 10,000 I.U.s.

While the evidence is often inconclusive or contradictory, Vitamin D deficiency has been associated with SAD (Seasonal Affective Disorder), bone problems, some cancers, and perhaps negative effects on overall immune system health.

So what is one to do? Step one: Talk to your doctor. Everyone has different needs and risks of possible negative interactions with other supplements, medications, or pregnancy. We cannot advise anyone to take supplements without first speaking to a doctor. A doctor can also give a blood test to check your Vitamin D levels before you decide what to do. Step two: If you do decide that supplementing with Vitamin D is right for you, make sure you find it in the form of Vitamin D3, the only dietary form that seems to offer health benefits. Other forms of the vitamin will apparently just waste your money. Step three: Be patient! A vitamin is not a drug and you should not expect to feel results after only a few minutes, hours, or days. This is about improving your health the proper way, which is almost always - *Slow and Steady*.



Heroes:

A breath away offers, and always has offered, what we call our "Hero" program. We mentioned this last month, when we increased the discount to 20% as our way to thank veterans who may be returning from Iraq. But, in case you didn't know, this discount applies to more than just military personnel. Police officers, firefighters, paramedics, and EMTs all qualify as heroes in our book! That's right, you all get the discount! Don't wait to call for an appointment. Be sure to tell any hero friends you have! You give your time and effort to save lives. Helping to save you from some chronic pain and trying to provide some stress relief after all you do for us is the least we can do to say thank you.

Did you ever know that you're my hero?

To celebrate the end of the Iraq war, we increased our *Heroes* discount from 15% to 20% for January. We decided to continue the discount for all of February as well. No need to clip this coupon. Just make sure we know you are a *Hero* when you pay and we will give you the discount. Thank you all so much for serving our country!

We estimate that Vitamin D deficiency is the most common medical condition in the world.

~Dr. Michael F. Holick