

range (65 ng/mL) -- and should be so supplemented year around."

According to the report, less than 1% of American children currently have such levels of vitamin D. The panel recommends healthy children take 1,000 IU/day of vitamin D for every 25 pounds of body weight.

Now, two MORE doctors are promoting the positive health benefits of vitamin D -- and warning of the dangers of having a deficiency of this essential nutrient.

John H. Lee, M.D., of Saint Luke's Mid America Heart Institute and the University of Missouri in Kansas City, said that people with a vitamin D deficiency face an increased risk of heart and blood vessel disease. And a whopping 57% of adults suffer from a deficiency in the United States alone!²

In the *Journal of the American College of Cardiology*, Lee and his colleagues said low levels of vitamin D can be linked to:

- Heart attack
- Heart failure
- Stroke
- Diabetes
- Diabetes-related cardiovascular disease
- Blood vessel disease
- High blood pressure
- And more!

To further support these claims, John P. Forman, M.D., of Brigham and Women's Hospital in Boston, studied 1,484 healthy women. Forman and the researchers found that in those patients with the lowest levels of the protein that measures vitamin D in the blood, 66% of them had high blood pressure!³

In order to avoid high blood pressure and other dangerous health risks associated with vitamin D deficiency, I recommend increasing your intake of healthy food sources such as milk, salmon, mackerel, tuna and oatmeal. Plus, try to increase your time spent in the sunshine --about 10 to 15

uninterrupted minutes, two to three times a week.

If you are older, you may no longer be able to efficiently produce adequate levels of vitamin D from sun exposure and food sources alone. But be cautious when taking supplements. Cod liver oil which many people take for its vitamin D content may cause serious side effects like joint aches, skin rashes, mouth ulcers, digestive problems, and headaches when taken in large doses.¹ Vitamin D3 supplements (cholecalciferol) may be preferable because they are the most effective at maintaining serum vitamin D levels.

I suggest you also supplement with omega-3 fish oils, vitamin A, vitamin E and alpha linolenic acid (ALA) -- all super nutrients scientifically proven for their help in promoting bone, heart and brain health."

Best,

Michael Cutler, M.D.

References

1. John J. Cannell, et al. *Ann Otol Rhinol Laryngol.* 2008;117:864-870.
2. John H. Lee, et al. *J Am Coll Cardiol* 2008 52: 1949-1956.
3. John P. Forman et al. *Hypertension.* 2008;52:828-832.

[Ed. Note: Michael Cutler, M.D. is a Board-Certified family physician with more than 17 years of clinical experience. He is a graduate of Brigham Young University and Tulane Medical School. Dr. Cutler's practice focuses on integrative solutions to health problems, and behavioral and nutritional medicine. For more information, visit www.truehealth.com.]

Vitamin D... America's Single, Deadliest Deficiency...

Nine out of 10 Americans are deficient in vitamin D... the sunshine vitamin. And surprisingly, even people that spend plenty of time in the sun can still lack this vital

inflammation fighter.

This is dangerous because inflammation is a major cause of heart and brain attacks... high blood pressure... joint pain... bone loss... digestive problems... blood sugar imbalances and a host of other serious health problems.

EPHEDRA + CAFFEINE: STILL the holy grail of weight loss!

So many of us in the natural health field were disappointed when the FDA took the position to ban this highly and EFFECTIVE diet aid. We were not surprised to learn that the FDA's rationale was so flawed that most people couldn't comprehend their decision until we realized the pharmaceutical giants were AGAIN pulling their strings.

There are volumes of scientific literature that demonstrate both the safety and efficacy of Ephedra (The Chinese whole herbal form of ephedrine). The weight loss benefits have been known for centuries. In fact, studies show that Ephedra + Caffeine (E+C) can more than double the rate of weight loss compared to placebo.

Because low metabolic rate is a characteristic of being overweight, the role of for *sympathetic activity* is a well established physiological rationale. Several studies have demonstrated that the predominant effect of E+C, when given in SAFE low doses stimulates the post synaptic nerves to release greater amounts of *norephinephrine* onto richly innervated adipose (fatty) tissue. This central effects boosts thermogenic response. Studies show that E+C affects *fat catabolism* and that there is NO protein catabolism, increased heart rate or tremors.

Approximately 3 billion servings of Ephedra were sold in 1999. Adverse

reports were less than 10 per billion sold! These reports came from ephedra extract products that contained ephedrine alkaloids which varied in standardization and potency. The FDA jumped on those reports saying, "The risks outweighed the rewards." Then – 'Alli' – a weight-loss aid developed by GaiaxoSmithKline (Glaxo) was released into the market. What is 'Alli' you may ask?? It is an OTC drug being launched without prescription – indicating clearly that the FDA and pharmaceutical industry were again in each other's pockets. GLAXO is known for its stable of OTC products, such as *Nicorette*, *Nicoder CQ*, *Abreva*, *Aquafresh*, *Sensodyne* and *Tums*. Their sales force is one of the strongest in the industry. They are NOT concerned with the side effects of their products and there are a host of terrible ones!

Ephedra and Caffeine (stack) have been studied extensively and here are some of the amazing results:

- *300% decrease in stored fat vs. placebo*
- *29% greater weight loss versus Redux (a leading diet prescription drug)*
- *600% increase in total weight loss*
- *42% reduction I body fat in a specified period*
- *19% loss of total body weight*
- *77% increase of the metabolic rate without exercise.*

If you will check out the supplement section in our book, we have listed a host of natural remedies known to aid in fat burning and weight loss that are natural and safe. Along with whole-form, herbal Ephedra, we suggest **Green Tea Extract and L-Carnitine** among other remedies that can boost the fat

dates will be February 18, 19 and 20th. she is booking appointments right now for that week. Please do contact her if you are interested. In addition, she will be presenting another program for your education. Stay tuned for announcements, dates and times.

Giant Hugs from Candace, Max and DHP