



Optimum Health

A Newsletter from JANZEN & JANZEN CHAMPION CHIROPRACTIC (408) 379-0133 August 2008

“Whenever it is in any way possible, every boy and girl should choose as his life work some occupation which he should like to do anyhow, even if he did not need the money.” - William Lyon Phelps

“Where Do You Get Your Vitamin D?”

I think all of us have heard of Vitamin D, right? “Milk, it does a body good.” That was the slogan I remember hearing all the time as a kid.

Recently, nutritionist and researchers have found some pretty amazing correlations with Vitamin D and a wide spectrum of health issues. More than we ever really imagined 20 years ago.

We knew Vitamin D “does a body good”, but we didn’t know it was this good. Vitamin D had been known to be good for your bones, skin, hair, nails. But, some of the most recent research is going to amaze you.

One of the reasons we hadn’t figured out all the great benefits was because we didn’t think we needed that much. Most doctors and researchers thought that since our skin can manufacture it from sunlight, we didn’t need anything more than our skin would normally produce. They were wrong!

We used to think 15 minutes in the sun each day was enough to produce all the Vitamin D we need. In fact, I remember a professor in college saying, “just walk across the street to your neighbors house with your neck exposed to the midday sun and you’ll get enough Vitamin D...to prevent Rickets.” That’s the problem with a lot of our RDA’s. They just show the minimum amount you need to prevent a full-blown disease that we rarely ever see anyway.

Guess what, 15 minutes a day isn’t enough! In fact, anyone who lives from the latitude of San Francisco northward or Buenos Aires southward has some major problems. For 3-6 months out of the year, NO amount of sunlight exposure will generate substantial Vitamin D in even the palest skin (the darker your skin, the less Vitamin D is made...and vice versa). These people are at risk for Vit. D deficiency. Also, think about all the indoor jobs we have nowadays...another risk. People just don’t get much sunlight anymore.

The *Journal of Clinical Endocrinology and Metabolism*, June 2007 did a study on a group that spent an average of 11 hours a week in the sun with no sunscreen and half of them were still deficient in Vitamin D.

On top of that, Vitamin D is fairly rare in our foods. Typically, only milk, some fortified cereals and wild caught fatty fish like salmon (farm raised have 75% less) even have Vitamin D. And,

apart from salmon, the amount of Vitamin D in the foods is typically very low.

What the researchers are finding is that in order to have sufficient levels of Vitamin D you will most likely have to use Vitamin D supplements.



Look at these deficiency rates in the US:

- 40% of the US Population is Vitamin D deficient
- 48% of 9-11 year old girls are Vit. D deficient
- 60% of all hospital patients are Vit. D deficient
- 76% of pregnant mothers are SEVERELY Vit. D deficient
- 80% of nursing home patients are Vit. D deficient

You know what that means, right? Look at the person next to you and most likely one of you is deficient in this very important Vitamin.

Listed below are just some of the benefits of having high Vitamin D levels.

Cancer: The *Americal Journal of Clinical Nutrition*, June 2007 did a study on women supplementing with 1,100 iu’s of Vitamin D / day. These women had a 60-77% less chance of developing cancer! The most common protective effects have been with breast and prostate cancers. In laboratory studies, Vitamin D STOPS cancer cells from growing and spreading.

Longevity: In the *Archives of Internal Medicine*...of 18 studies found, people taking D supplements (usually 400 to 800 iu’s a day) had a 7% reduction in mortality. These longevity effects go all the way down to the *chromosomes* in our cells. Put simply, Vit. D has a positive effect on how our cells replicate; our cells don’t wear out as fast, adding another 5 years or so to an average life span. For example, a 70 year old with high Vitamin D levels would have a ‘cellular’ or ‘biological’ age of 65!

Osteoporosis: Vitamin D increases Calcium absorption into our bones. Hence, it increases bone formation and decreases bone loss. We’ve heard so many people say they’ve been taking their calcium supplements, but they still have osteoporotic problems. Typically, Vit D deficiency is the reason. Without sufficient D levels, the calcium stays in our blood. Vitamin D ‘pushes’ the calcium into the bones, thereby making them stronger. Because of the high fracture rates in the elderly, one researcher and

nutritionist, Dr. Michael Murray, said that Vitamin D supplementation could save almost ¾ of a million people from getting hip fractures...costing almost \$14 billion over 5 years.

Osteoarthritis: Another very common problem that we see in many of our patients is osteoarthritis. Signs for OA are disc degeneration, bone spurs, joint degeneration, etc. These are all conditions that will eventually get worse. We try and teach all our patients how to slow this process down. One more thing to add to your list...Vitamin D. Researchers have found that Vitamin D levels and OA are inversely proportional. Low D levels mean more pain in your joints, faster progression of the OA, and increased disabilities of the joints. The higher the D levels the less pain, slower progression and decreased disabilities.

Infections: Researchers have found that Vitamin D stimulates immunity by activating peptides in the body that attack bacteria, fungi, and viruses.

Diabetes / Heart Disease / Multiple Sclerosis: Again, the higher your D levels, the lower your chances are of developing adult onset Type II and children developing type I, heart disease and multiple sclerosis.

You might be asking yourself the same thing we did, "How could a vitamin have so many drastic effects?"

First, Vitamin D receptors are found on almost every cell in our bodies. Also, since we can technically make this vitamin ourselves, some experts are calling this a hormone instead of a vitamin. That's why researchers are finding so many protective effects and powerful actions of Vitamin D in all shapes and forms throughout our entire bodies.

Many experts believe Vit. D blood levels should be at least 30-40 ng/ml, however, 50-60 ng/ml is a better goal. The typical American is between 15-20 ng/ml in the winter. However, so many people work indoors that even in the summer months in lower latitude areas like San Diego, Phoenix, and Miami they are still deficient.

Blood tests can be easily done to determine if you are deficient. If so, supplementation of Vitamin D is recommended at 2,000-5,000 iu's / day. For those of us who live in the Bay Area, supplementation is about the only way to get our levels up to those numbers.

Just one more thing to think about...

It's possible that Vitamin D is the closest to a miracle drug the pharmaceutical companies could ever get. Imagine the constant bombardment of advertising on TV, radio, the web...5 years younger...reduce cancer rates 60-70%...boost immune system...you couldn't get away from it. Unfortunately (for them and fortunately for us), they can't patent vitamins. That's probably why you haven't *heard enough* about Vitamin D...yet.

These are great results and are very encouraging, but always, always, always eat a balanced diet with moderate supplementation. Getting too 'gung-ho' about one thing doesn't always work. If you ever have any questions, please feel free to ask us.

Welcome New Patients!

By the way, since so many of our patients achieve full recovery, we always have room for more referrals. Thank You!!!!

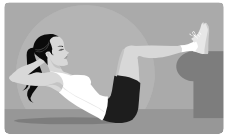
Did You Know?

If we could shrink the Earth's population to a **village of precisely** 100 people, with all the existing human ratios remaining the same, it would look something like the following. **There would be:** 57 Asians; 21 Europeans; 14 from the Western Hemisphere; 8 Africans; 52 would be female; 48 would be male; 70 would be non-white; 30 would be white; 70 would be non-Christian; 30 would be Christian; 6 would possess 59% of the entire world's wealth and all 6 would be from the USA; 80 would live in substandard housing; 70 would be unable to read; 50 would suffer from malnutrition; 1 would be near death; 1 would be near birth; 1 (yes, only 1) would have a college education; and only 1 would own a computer.

The following is also something to ponder...If you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week. If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation...you are ahead of 500 million people in the world. If you can attend a church meeting without fear of harassment, arrest, torture or death...you are more blessed than three billion people in the world. If you have food in the refrigerator, clothes on your back, a roof overhead and a place to sleep...you are richer than 75% of this world. If you have money in the bank, in your wallet, and spare change in a dish someplace, you are among the top 8% of the world's wealthy. If your parents are still alive and still married, you are very rare, even in the US and Canada.

Someone once said: *What goes around comes around. Work like you don't need the money. Love like you've never been hurt. Dance like nobody's watching. Sing like nobody's listening. Live like it's Heaven on Earth.*

Core Training Tip Of The Month: Who Needs a Stronger Core?



Everyone! Not only do athletes need core strength and balance, your average Joe and Jane need it as well. Remember, not only does a strong, well developed core help you perform better during activity but it also protects your spine. It is a fact that 90% of all people will suffer from lower back pain at some point in their life. 85% of lower lumbar problems are a result of poor posture and lack of neuromuscular control in the “inner unit”. The human body adapts to its environment very well. Poor core development is almost always a result of either lack of use or poor training methods. Once a person learns first how to activate their core (to draw in belly button and contract the abdominals: and then strengthen their core through an individualized strength progression training program, lower back pain can be almost completely eliminated. Life is dynamic. Life is also unstable and you have to be prepared for anything. How often have you tripped, fallen and had to regain your balance? Or maybe you just fell. Whether it's on the field, in the gym or stepping of a curb, the stronger and more functional you become at any age the easier you will avoid injury and accomplish anything life may throw your way!

July Quiz question

The winner from July's quiz is **xxxxxxx**. Here is the question and answer.

Q: What is the “Raw Food” diet?

A: According to Wikipedia.org's definition, Raw foodism (or 'rawism') is a lifestyle promoting the consumption of uncooked, unprocessed, and often organic foods as a large percentage of the diet. Depending on the type of lifestyle and results desired, raw food diets may include a selection of raw fruits, vegetables, nuts, seeds (including sprouted whole grains), eggs, fish, meat, and unpasteurized dairy products (such as raw milk, cheese and yogurt). A *raw foodist* (or 'rawist') is a person who consumes primarily raw food, or all raw food, depending on how strict the diet is. Raw foodists typically believe that the greater the percentage of raw food in the diet, the greater the health benefits. (Before going on any diet of any kind, do your own research or see your doctor; especially if you are sick or on medication.)

August Quiz question

Q: Does wearing a hat cause hair loss?

Remember, the winner of the patient quiz will receive an AMC gift card.

Please e-mail quiz responses to: jjaccouns@sbcglobal.net

BOMI'S MASSAGE CORNER

INSIDE THIS ISSUE!

- The benefits of Vitamin D
- What part of your brain do you use more?
- Coffee, cola and high blood pressure! The result that will surprise you!

This is the first message going out from me in our newsletter. Instead of selecting a 'Massage related article' I have decided to tell you why I went for Massage Therapy as my second career! As most of you know, my first career was in Engineering for 18 years – Mechanical Engineering/ Reliability Engineering. I realize that I chose Massage Therapy mainly to pursue a totally different approach to LIFE. I wanted to start working with people in the health /Wellness field in such a way that I could still use my engineering skills. It was not an easy task! But once I realized how much I love Anatomy in all my foundational massage classes, I realized I should plunge head-on into Massage Therapy! After taking a slew of classes that gave me my Massage knowledge “baseline”, I now still wanted more ...something different in the field of Massage Therapy, something a little more scientific, a little more “root cause analysis” & a “quantitative” way of



doing Massage Therapy! After some intense research I found Orthopedic Massage & really liked the treatment protocols, I was ready to specialize in this modality. So there I was going to Berkeley for a nine-month intense course! I started using specific treatment protocols for this “specific “modality of Orthopedic massage and was thrilled to realize that people liked the protocols, because they were totally RESULTS ORIENTED and my clients were beginning to feel better with each session, with decreased pain , less tightness and more mobility. Yes, NOW I knew that I was on the right track... this was time for me to forge ahead!! Working with the Janzen brothers now is icing on the cake for me, as there is always more to learn. The rest as they say is history!! THANK YOU for the tremendous support that I have received from all of my clients here at the “Janzen & Janzen’ office. Be on the look out for “special” discounts! And a special thank you to Matt & Mike for believing in me!

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