

## Week 41 (2016)

# Sunshine Protects Against Heart Disease

Actually...it is the Vitamin D3 that protects against heart disease and just about every condition you can think about. Check out some of my Vitamin D3 articles from [NaturallyHealthyNews.com](http://NaturallyHealthyNews.com) [here](#), to become an expert on all of the conditions that will get protection from Vitamin D3.

The problem is you hardly ever get enough sunshine on your body to make the vitamin D3 your body needs to protect against these conditions. To get the 20,000IU-30,000IU of protective Vitamin D3 that results from a few hours of maximum skin exposure, you would need to sunbathe **every day** without sun block and with very few clothes on.



In the northern hemisphere there is very little sun in the summer and in the winter there is much less.

One of my pet disagreements with experts is they seem to make out the sun is our enemy and to be avoided as much as possible. My advice on the sun is to get out in it at every opportunity with as few clothes as possible and to slowly build up to a point where you can be in it for a few hours. Very few sunscreens are healthy and are to be avoided if possible, as they are full of chemicals.

A few hours in the sun can deliver 10,000IU of Vitamin D3 and up to 30,000IU depending on how long and how few clothes you're wearing. Even with taking in the sunshine as much as possible, I still take around 10,000IU of Vitamin D3 in my supplements every day and more in the winter.

Whether you are in the South and covering up from the sun or in the sunless North with winter approaching, I believe Vitamin D3 supplementation is essential.

As well as protection from heart disease, higher Vitamin D3 levels have shown to help provide protection from: Bone diseases such as Osteoporosis, Cardiovascular Disease, Eye Diseases, Alzheimer's, Deep Vein Thrombosis, Fertility problems, Bone Disease in children, Diabetes, Lung Diseases, Multiple Sclerosis, Immune Diseases and not forgetting cancer protection...

I have included Vitamin D3 in many of my formulations both in small doses and in larger doses in supplements that are used in more critical conditions.

## Serranol

**1,000iu D3 per serving (x90)**

Plus CurcuminX4000, Ecklonia Cava & Serrapeptase

[Click Here](#)

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## Daily Immune Protection

**500iu D3 per serving (x30)**

Plus x9 more super ingredients, for extra Immune Support

[Click Here](#)

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## D3/K2 Spray

**1,000iu D3 per serving (x30)**

Plus Vitamin K-2 MK7, for extra Bones and Cardio support

[Click Here](#)

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## Active Life Multivitamin

**400iu D3 per serving (x30)**

Plus x129 other nutrients in one cap

[Click Here](#)

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To help celebrate Vitamin D Awareness Week, Good Health Naturally have kindly provided a **10% off promotional code**, to use on any of these Vitamin D formulations.

**Simply use code D3 at checkout**, either online or over the phone. This promotion runs till the end of Vitamin D Awareness Week, 30th October and is for retail orders only.