

Week 24 (2018)

Good News – Really

After last week's cancer newsletter, I had my fingers crossed that I had not upset anyone with such a heart-breaking subject. My hard-hitting newsletter hit the spot and I only got emails of support for my criticism of the cancer business.

I did not mention that my father died of cancer at aged 64 as it is easy to link personal tragedy but that was nearly 30 years ago and it is now we have cancer cases reaching an epidemic proportion. The really good news is it is easy to prevent with a lifestyle change and with extra effort it can be reversed very quickly.

I am about to travel for a family get together in the Mallorca sunshine and looking forward to some down-time. I will still be at my computer in the cool of the morning, answering questions and offering my comments. I will also be topping up my Vitamin D3 levels from the sun. See below why the sun is our friend and not our enemy.

Good News From Our Health Coaches

97% are sticking to the plan under the guidance of the Health Coaches. One of those that dropped out early had completely recovered.

Over 70% are reporting good recovery results when only half way through their plan.

Although we have always had individual good results, these numbers validate completely the investment to prove that Good Health Coaching is the better way to achieve good health when combined with supplements and lifestyle change.

To get the best health recovery, I can confidently recommend using Good Health Coaching. For a tiny fee, you can enrol for Good Health Coaching at any of the contact points below:

Admin@MyGoodHealthClub.com

www.MyGoodHealthClub.com

SkypeID: GoodHealthCoaching
Tel: +44 (0)800 8021127 (UK + Europe)
Text: + 44 (0)7482 568066 (UK Mobile)
Tel: +1 (844) 3342262 (US)

Good News – The Sun is Our Friend

Some sun on our bodies is critical, including mid-day sun...especially for our children. Yet, I see children covered from head to toe. By intelligent exposure to the sun, the health benefits are enormous...but a total cover up is seriously unhealthy.

The information on Vitamin D3 below is just as important...whether it is Autumn or Spring and wherever you are in the world.

Regular readers of my newsletters will know that I talk about Vitamin D3 and kids' health often. But I don't know if I've ever discussed them in conjunction with one another...until now.

A new study has confirmed what I suspected to be true all along...that Vitamin D3 is critical to take during childhood (as well as adulthood). In fact, ensuring that your kids get enough of this simple nutrient may be the single most important thing you can do to protect your children from a future of chronic health problems.

As I'm sure you already know, atherosclerosis is a primary culprit behind heart attacks and strokes. Research is suggesting that low Vitamin D3 intake in childhood is associated with atherosclerosis or hardening and narrowing of the arteries in adulthood.

Study Shows The Importance of Vitamin D3 To Overall Health

The researchers looked at 2,148 young Finnish people and measured their Vitamin D3 levels at age 3 to 18, using stored serum. These subjects were then re-examined 27 years later at age 30 to 45 with ultrasound screenings. The ultrasound measured the thickness of the carotid arteries, an indicator of atherosclerosis.

The scientists also looked at conventional cardiovascular risk factors such as diet, physical activity and smoking. These risk factors were measured using detailed questionnaires and confidential medical histories during childhood and adulthood. Other conventional cardiovascular risk factors such as serum lipids, blood pressure, diet, physical activity, smoking and obesity were also taken into consideration. In all subjects, it was found that **the ones with the lowest Vitamin D3 levels were at significantly higher risk of atherosclerosis as adults.**

What's also worth noting is that the study took place in Finland which has some of the fittest folks in the world. Its obesity rate is less than half that of the US (around 17 per cent as opposed to 35 per cent for the latter). This is powerful given that the negative results were seen in such a healthy country. Imagine if it was performed in the U.S.A!

It's also worth bearing in mind that the Finnish researchers defined a "low" level of Vitamin D3 as 40nmol/L, whereas in a country like the U.S.A a level of 30 is viewed as normal.

Is it therefore a surprise that heart disease and atherosclerosis are on the increase in countries like the USA? In my opinion – no! Vitamin D is crucial for keeping the heart healthy, especially for children. However, it's virtually impossible to get enough Vitamin D3 through food, particularly with all the processed junk foods that many children seem to be given on a day-to-day basis.

Be Careful What You Slather On Your Skin...

What I find even more worrying is how many parents are now terrified to allow their children to play out in the sun, which is one of the best sources of Vitamin D3. Many children are covered head to toe in sunscreen...which is full of chemicals...before they've even stepped outside.

Now don't get me wrong, a natural organic sunscreen is a good way to boost Vitamin D3 levels, but many shop-bought sunscreens are simply a cocktail of carcinogenic chemicals that do nothing to benefit health. It is better to get at least 20 minutes of direct sun exposure every day and then put on a natural, organic sunscreen.

Getting enough sunlight may be a problem however if you don't live near the Equator and you may find it difficult to get your optimal amount of Vitamin D3 for this reason. Therefore, I always recommend taking a high-quality Vitamin D3 supplement to ensure you do get enough. At least 10,000IU of Vitamin D3 per day if you're an adult and 6,000IU per day for children.

The study I mentioned above is compelling but it's just one of the many amongst a huge amount of research that highlights the importance of taking Vitamin D3 on a daily basis. This is because it's one of, if not the most important supplement you can take.

Other recent Vitamin D studies in the news lately have indicated its importance for rheumatoid arthritis and osteoarthritis patients. This is because a lack of Vitamin D is more prevalent in people in this group and was associated with a worse mental/physical quality of life, along with greater disease activity. While another study has shown a link between low Vitamin D levels, mood and healthy mental functioning.

It's not just my opinion...the studies support the theory and show that Vitamin D is absolutely critical to take at any age. Not just for overall health, but in helping to ward off Alzheimer's, cancers and heart disease amongst other conditions. You can read more about the benefits of vitamin D3 by visiting my website: <http://NaturallyHealthyNews.com>

The Best Vitamin D3 Options:

Vitamin D3 5000iu: 5000iu Vitamin D3 per serving (1 capsule) plus 100mg calcium from coral – x100 capsules per container. [Click here](#) for Vitamin D3 5000iu

Serranol: 1000iu Vitamin D3 per serving (1 capsule) mixed with Serrapeptase, Ecklonia Cava Extract and Curcumin. X 90 capsules per container. [Click here](#) for Serranol

Vitamin D3/K2 Spray: 1000iu Vitamin D3 and 100mcg Vitamin K2 MK7 per serving (5 sprays). Approximately x150 sprays per container. [Click here](#) for D3 K2 Spray

Daily Immune Protection: 500iu Vitamin D3 per serving (3 capsules) mixed with EpiCor, eXselen Selenium, Vitamin C, OptiZinc, Dimethylglycine HCL, Immune Assist Powder, Larch Arabinogalactan Powder, Beta Glucan 1,3 1,6 and Elderberry Fruit Extract. x90 capsules per container. [Click here](#) for Daily Immune Protection



REMEMBER

Vitamin D3 is just one of the many essential nutrients that will prevent disease – including cancer. A really healthy food plan plus intelligent use of supplements can give us a fully functioning future at any age...and at age 72 I can testify to this.