

WEEK 21 (2022)

ARE YOU GETTING ENOUGH D3 FOR BEST HEALTH?

Many of you have heard me write about the importance of getting enough Vitamin D3 to ensure you stay healthy. Over the years, a lot has been written about the many benefits of this essential nutrient – which is in fact, not a vitamin – but a hormone.

Plenty has also been written about how Vitamin D3 prevents and wards off many diseases, supporting various health conditions.

Yet did you know that you also need to get enough Vitamin K2 along with the Vitamin D3, to maximise its benefits?

A recent study published in the *International Journal of Endocrinology* shows how important it is to take Vitamin D3 alongside Vitamin K2 as this is crucial for maximising its benefits and minimising any risks of Vitamin D. [1]

WHY VITAMIN D3 SHOULD BE BALANCED WITH K2

The reason why Vitamin D3 aids the body is that it helps to absorb calcium. This is the same mechanism by which rickets and osteoporosis can be prevented. Bones need calcium to stay strong and healthy. However, new research reveals that for calcium to be absorbed properly and directed into the skeleton, Vitamin K2 is required in sufficient levels. If you are lacking in K2, your body may find it difficult to get calcium where it needs to be.

Atherosclerosis is one condition where calcium becomes misplaced and creates hardening of the arteries. This occurs through arterial calcium deposits. When atherosclerosis occurs, this is a major sign of stroke and heart attack risk.

This shouldn't be taken lightly as Vitamin D3 when taken with K2 has been found to protect against cardiovascular calcification, while Vitamin D when taken on its own – did not. [2]

WHY VITAMIN D3 IS IMPORTANT

Taking Vitamin D3 is important for the normal growth and development of bones and teeth. Not only does Vitamin D3 have an impact on as many as 2000 different genes in the body, but it also has a direct role on cells. By binding to a cell receptor, Vitamin D can turn genes on or off.

This can create changes on a cellular level and studies completed over two decades have proven that this process can also turn off cancer-causing genes, turn on immunoprotective genes and even tell vitamins and minerals to absorb.

HOW VITAMIN D3 WORKS

Vitamin D3 works on a number of important body processes. Some of its many benefits include improved bone health, insulin control, lowering blood pressure, possible cancer prevention, support for heart health, and even balanced moods.

Therefore, a Vitamin D3 deficiency can result in:

- Severe pain in bones leading to stress fractures
- Muscle aches and overall weakness
- Fatigue and a general sense of malaise
- Depression
- Difficulty walking

WHAT VITAMIN K2 IS GOOD FOR?

By activating proteins in the body, Vitamin K2 plays an active role in regulating calcium deposition. It can also promote bone calcification and prevent blood vessels and kidneys calcification.

Vitamin K2 also has the function of lowering the risk of cardiovascular damage, promoting bone health, and relieving the risk of depression, anxiety, and cognitive impairment. New research also suggests it can support the immune system.

WHICH VITAMIN K2 IS BEST?

The recommended Vitamin K2 is MK-7 rather than MK-4 as this form stays in the body for longer, making it easier to achieve an optimal blood level. While both MK-4 and MK-7 are natural forms of Vitamin K2, MK7 is recommended because it is considered as a “super nutrient” to help improve bone health and this also includes many benefits for heart and arterial health too.

MK-7 may reduce arterial hardening and cardiovascular disease, while a recent 2017 study found that in kidney transplant patients who suffered with Vitamin K2 deficiency, supplementing with MK-7 for 8 weeks reduced arterial stiffness. [5]

To receive the above health benefits, Vitamin D3 needs to be readily absorbed by the body. The [Vitamin D3 and K2 Spray](#) I recommend is from Good Health Naturally and contains 1000IU of Vitamin D3 and 100mcg of Vitamin K2 from MK7. By combining Vitamin D3 and K2, it's possible to enhance their absorption into the body for the overall support of your general health.



References:

- [1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5613455>
- [2] https://academic.oup.com/ndt/article/28/suppl_1/i352/1838602
- [3] <https://content.sciendo.com/view/journals/folmed/58/4/article-p264.xml>
- [4] <https://www.ncbi.nlm.nih.gov/pubmed/22914505>
- [5] <https://www.ncbi.nlm.nih.gov/pubmed/29658944>

GETTING IMMUNE HEALTHY

If you want to keep your immune system strong, Vitamin D3 and K2 is just one part of the puzzle. It's also essential that you follow a detailed nutritional supplement plan, whether preventing or reversing, consider solutions such as:

- 1. Water Fasting** – Fasting has been known since records began to be a powerful preventative and treatment for any disease. Up to one week is a good length to do a fast for achieving good health. The most effective fasting involves simply drinking the water as directed in step 2. Also, take the appropriate missing supplements at the same time.
- 2. Drinking 6 x 500ml glasses of water** – over a day with a ¼ teaspoon of sodium bicarbonate (baking soda) in each glass. Also, use Pure Concentrated Organic Minerals™ Liquid Drops for powerful nutritional support.

3. **Stopping all** factory processed or unnatural foods, and factory-made meals.
4. **Stopping high sugar foods and drinks** as well as breads, pastry, biscuits, breakfast cereals, white rice, potatoes, parsnips, and pasta foods.
5. **Consuming mainly vegetables**, leafy greens and other salad foods, avocados, mushrooms, dark-skinned fruits, tree nuts, seeds, and legumes. I also have a website dedicated to this with numerous Keto recipes at www.ReallyHealthyFoods.com
6. **Taking 3-4 teaspoons** of Himalayan or rock salts daily in food.
7. **When able to**; walking and exercising can further improve critical oxygenation of the blood and you can strengthen the immune response by going out in the sun with as much skin exposed, up until 1 pm. You can exercise lying down as appropriate, e.g. cycling the legs or using weights for the arms.
8. **Breathing properly**; take every opportunity when lying down to practice diaphragmatic breathing.
9. **Sitting less**; sitting down for more than 3 hours in a day is unhealthy so choose to walk, stand, or lay down rather than sitting as much as possible.
10. **Getting 7-9 hours of restful sleep**. Sitting down for more than 3 hours in a day is unhealthy so walk, stand, or lay down rather than sitting as much as possible.

IMMUNE HEALTH PRODUCT RECOMMENDATIONS



Vitamin C

The range includes: 1000mg of High-Quality Liposomal Vitamin C with 175mg of Quercetin, 1000mg Liposomal Vitamin C and Camu Camu Capsules. Suitable for all ages from infants to seniors. Protects healthy cells and has various health benefits that may support immune

function, brain health, blood sugar, and heart health. Suitable for vegetarians and vegans.

Daily Immune Protection (D.I.P.)

A unique formulation of proven ingredients to support immune health. Contains EpiCor® and eXselen Selenium with Vitamin D3 to protect against infection. Provides Immudyne Beta-Glucans 1,3 and 1,6 to boost immune response and provide extra support for healthy cell growth. Suitable for vegetarians.

Olive Leaf + Zinc

A super antioxidant, olive leaf is considered to potentially offer immune protection against colds, flu, and other viral infections. Oleuropein, one of the primary compounds in olive leaf, is believed to exhibit potent anti-viral, anti-bacterial and anti-fungal properties, offering wide-reaching immune support. The addition of zinc, also critical for a strong immune system and often deficient in the diet, enhances the power of this product. Can be used all year round or for more occasional targeted support. Suitable for vegetarians and vegans.

PrescriptBiotics

An award-winning probiotic supplement that contains 8 Bio-Identical S.B.O. (soil-based organisms) of Probiotics Consortia. Essential for supporting the growth of all-natural, friendly microorganisms that help to renew and create a healthy rebalance between the good and bad gut bacteria. May support stronger digestion, immunity, and overall health. Suitable for vegetarians and vegans.

Nascent Iodine

Consumable iodine in its atomic form provides a safe energy release when consumed. May help to provide increased energy and immunity levels. Supports thyroid health and hormone production. Suitable for vegetarians and vegans.

Hydrosol Silver

Hydrosol Silver Spray The active ingredient in the Hydrosol Silver Spray is a unique patented Silver Technology, using nano-particles for superior absorption, containing 10ppm hydrosol silver. Using a silver spray can act as the first line of defence against unwanted pathogens. Being anti-microbial, it is able to support immunity, by targeting invading bacteria, viruses, fungus, and so on. By boosting the immune system, you allow your body's own natural defences to work much more efficiently. Suitable for all the family.

Vitamin D3-K2 Spray

Combines 1000IU of Vitamin D3 and 100mcg of Vitamin K2 MK7 in an easy-to-use sublingual spray for maximum absorption. Helps to support a normal immune system response, support better calcium absorption and phosphorus absorption in the bones. It is also the world's original Vegan and Vegetarian Vitamin D3.

NAC 600mg Capsules

N-Acetyl Cysteine (NAC) is a supplement form of cysteine. NAC bonds with glutamine and glycine to form glutathione, a powerful antioxidant. Glutathione performs many functions throughout the body, including helping to maintain your immune system. Take as a food supplement. For adults, 1 capsule daily, preferably at mealtimes is recommended. Available

in a refill bag. 600mg.

Ancient Magnesium® Oil Ultra

Topical Magnesium with 100% Genuine Zechstein Magnesium Oil. All the benefits of the original oil plus OptiMSM, the world's purest M.S.M. for enhanced absorption.

Recommended for general relaxation, relief from sore muscles, various body aches, and meeting your daily requirements of this essential mineral for achieving optimal health.

Suitable for vegetarians and vegans.