

Your Health, Your Well Being

Vitamin D - Why Is it Important?
MindWorks Again!

February 2015

Do You Have a Vitamin D- lemma?



While some of the hype of the media has declined over the last couple years as their attention has turned elsewhere, the scientific research on Vitamin D continues, and it continues to build to the same conclusions: we need a lot of vitamin D; when we have enough, our health is much better; and the majority of us don't have enough in our bodies.

Vitamin D is unique among the vitamins in a couple ways. First, it is the only vitamin that can be manufactured by the body. All we need is some good sunshine on some bare skin (more about this in a moment). And second, it is the only vitamin that also functions as a hormone (and while it would be fun to explore how hormones and vitamins function, there isn't space for that here... bummer). It is also a tremendously varied vitamin, in terms of its functions in the body, though several other vitamins share that trait. For example, most of us know that it is very important for building strong bones, but it also boosts our immune systems, reduces the risk of heart disease and stroke and diabetes, reduces the risk of getting numerous cancers, helps prevent pre-term labor and premature births, helps maintain good cognition as we age, lowers the likelihood of depression, and helps prevent periodontal disease, as well as having many other benefits. In fact, enough research has been done on vitamin D that it is understood to lower the risk of all causes of mortality when one has adequate levels in the blood. There aren't a lot of compounds that can make that claim.

But most of us (research suggests that the figure may be as high as 80% of Americans) don't have optimal levels in our bloodstreams. If sunshine on our shoulders turns into vitamin D, how can that be? Well, it's complex...

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"I am 78 and have been taking the MindWorks for 3 months now and noticed many benefits. I sleep soundly and 4 to 6 hours at a time. Not depressed. Sharper focus. The best is, I went to my ophthalmologist specialist yesterday compared to my visit a year ago the sight in my right eye and minimal cataract has improved. He hasn't seen that before and was amazed. After 34 years on all the Shaklee nutrition this is the first eye improvement. The rest of my body has gotten better but not the eyes until now. I haven't needed to increase my prescription in 5 years. There is a history of glaucoma in my family but I have none. My eyes are healthy but I do have trifocals for many years. I am anxious to see the improvement in 15 months when I go back. *Hurray for MindWorks.*"

--Thanks! to Phyllis Hughes, Pompton Plains, NJ

Closing Thoughts

"Sow the seeds of happiness in others, and you will reap a joyful harvest."

~Dr. Forrest C. Shaklee Sr., Thoughtsmanship

Contact Info

Anke Johnson

[608-467-0008](tel:608-467-0008)

coachanke@gmail.com

www.anke.myshaklee.com Shaklee Main Page

www.naturalsolutionsbyanke.com Health and Life Coaching

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