

# ASHBY ADVISOR

Seventy-fourth edition  
August/September 2014

Okay guys, This newsletter is going to be a lot of repetition for some of you. But too many of you are not taking care of this. So we'll start with vitamin D. Every week there is another study showing the benefit of adequate vitamin D levels. I have lost count of the numbers of them.

So here's the bottom line: if you don't know your vitamin D level - get it checked with bloodwork. Everyone needs to get a baseline and at least an annual check until you know how your body responds to sun exposure and/or supplementation

What level of vitamin D is adequate? Using LabCorp numbers the best range appears to be 50 to 75. The bare minimum is 25. If your level is below 50 you need to supplement.

How much vitamin D do you need to take? This varies a lot. If you are low, start with 3000 to 5000 international units per day for about three months. Then recheck to see where you are. If your level is barely moving you probably need a special water soluble D (let me know). If your level gets to 50 to 75 then some people do well with just taking 1000 or 2000 units daily. Most people will need to do 2000 to 3000 units or more daily to maintain this level.

It usually takes 2 to 4 retests to get your level balanced. But the benefits are worth it. Study after study shows the importance of this very inexpensive nutrient. It is used in the body as a precursor to make certain hormones and it is used to activate killer T cells in the body to fight a host of diseases. So it's a big part of your immune system.

We've also made a change in the office in regards to billing and collections. I have hired an outside firm that I have used in the past for consultations, to handle all insurance billing and collections. This will free up Andrea to spend more time on keeping the office running more efficiently and stress-free. This company has been around as long as I have so they should take care of things properly. Insurance has always been tough to deal with and it seems to get a little worse each year. Hopefully this will be a positive change for everyone

Remember to make a positive choice in your health care each day. Don't grab a soft drink - drink water. When you are on a comfort food binge eat your six chips so slowly and not the entire bag. Do small portions of your guilty foods when you need a reward. You will feel better for it later.

Quote: "The bitterest tears shed over graves are for words left unsaid and deeds left undone"  
- Harriet Beecher Stowe