

ASHBY ADVISOR

Seventy-second edition
Happy New Year 2014

Hope the holidays have been good for you and your family.

With winter, being indoors, and lack of sunshine don't forget that extra Vitamin D. For the average person with a normal D blood test, you should be looking at 1000-2000 iu's per day from all sources. Some multi vitamins will have 400 iu's up to 2000iu's/day/

If you have never had a baseline D test I feel that you should just to see where you are. Vitamin D is a pro-hormone used by the immune system for battling all kinds of diseases. The body takes Vitamin D and attaches it to killer T-cells so they can do their work, ie...fighting cancer cells in your body. There are literally hundreds of studies all linking lower D levels to a higher risk of whole groups of diseases.

My clinical experience with working with people on their D levels has shown that 85% of people can take any D product on the market and it will work. 15% of the population is resistant to D supplementation. Since D is a fat soluble vitamin taking it with a heavier fat meal can help absorption. But even then some people have trouble with it. In that case you may need a specialized D that is not fat soluble.

So if you have been taking even huge doses of prescription D from your doctor and your numbers barely budge, then let me know. I do carry the only D that I have found to work in those stubborn cases.

Well, let's add more fuel to fire this debate. In the American Journal of Public Health, September 2013, Yale researchers say that as many as 90,000 unnecessary death occurred over a ten year span in women aged 50-69 from a hysterectomy without estrogen replacement therapy fearing adverse risks.

The WHI study in 2002 looked at estrogen and progestin as hormone replacement therapy. They indicated greater risk of breast cancer and heart disease.

However, women who had a hysterectomy and had estrogen replacement alone (without progestin) lowered their risk of breast cancer and heart disease.

I said this over 15 years ago – estrogen therapy appeared to be appropriate for some but not all post-menopausal women (based on the available literature at the time) still true.

Quote: “About the only thing that comes to us without effort, is old age.”