

ASHBY ADVISOR

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Well let's start off with our monthly "another reason to take Vitamin D." A recent study by Danish researchers found Vitamin D is needed to activate Killer T-Cells in the body. You know; the cells that target diseases in the body. Apparently T-Cells have a receptor site for Vitamin D. So in order for the T-Cells to fight they have to find Vitamin D to "load their weapons." Current researchers still say that optimum levels of D should be around 50 ng/ml or more. Blood test is the best way to check. **Cost through LabCorp is \$42.00 and can be submitted to most "Health Reimbursement accounts"**

Someone posed a good question the other day. What are the "core muscles" in the body? Core muscles refer to the muscles that stabilize the shoulder, back and hips (even the knees by some authors). "Core" strength is not just "sit ups" or "crunches". It includes all the muscles around the waist and hips (including) the "side" muscles.

Building these muscles are the keys to safely lifting, working in the yard, cleaning house, sports performance, etc... Most everyone has some weak areas in their core. Think about it this way – work all day at a desk – 5 or more days per week, then head to the yard for another entire day of clean up. Any wonder your back/shoulder hurt? There are hundreds of core exercises. If you've had a back/shoulder problem and want to strengthen this area make sure it's safe to do so before jumping in. A quick check up can find out for most people where they are in their body tone and condition. Check with me if you have any questions; if you need help with where to start yourself or want feed back on your current program, let me know, especially if you're having pain with exercise or soon after.

Quote of the month: "The first wealth is health."