

# ASHBY ADVISOR

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So much we could recover, but so little space & time.

First off, if you are not convinced of the importance of checking Vitamin D levels and getting enough, check out this study. A 30 year study in Finland: Newborns were given 2,000 IU's of Vitamin D daily for the first 2 years of life. They were checked for health problems up to 30 years later. Extremely notable – Type I (juvenile) Diabetes was reduced by 88%. That's a huge difference. Studies like that need to be done here.

While we're on the subject of children....you might have read about the possible ban on over-the-counter cold medicines for children. There are no studies proving the effectiveness of the drugs in kids under age 6. Most problems tend to come from giving wrong dosages. Lots of ER visits each year.

An alternate to these over-the-counter drugs is available. It has close to zero side effects, does not interact with other medications, and if you take the wrong amount it won't send you to the emergency room. That alternative is homeopathic remedies. They have been used for 150 years and it's making a large comeback in the last ten years. I have used these for over 15 years with a fairly high degree of success. The only drawback with homeopathics is that you have to match the remedy to the symptoms. That's why companies will combine several things together to make it easier to hit the right one. So you can treat allergies, colds, sinusitis, mild asthma, even digestive problems with homeopathy. This also works in adults, too.

Also – stop smoking. A male who smokes 2 packs/day for 20 years has a 60 -70 times greater risk of lung cancer than a non smoker.

Next month we will cover the relationship between low body temperature and health problems. Take your temperature during the day (at least 3 hours after waking) and see if it's below 98.6. Until next month.

Quote of the Email: To err is human – but you better have a better excuse than that.