

# ASHBY ADVISOR

**Twenty-eighth edition  
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It's back to school and work routines and also more exposure to illness and stress. Here are some strategies for coping with it.

- 1). First, get plenty of rest. Adults – most need 7-9 hours per night; Kids – 9-10+ hours per night.
- 2) Get plenty of Vitamin D. Lack of sun exposure and lack of D in the diet has put millions of people in the low end of normal or below normal. I think every adult (especially over age 40) should get a baseline Vitamin D test to check where you are. Current researchers are calling for minimum healthy levels of at least 50 ng/ml. Below 32 puts you at high risk for a whole variety of diseases. A rule of thumb is that each 1,000 IU of D you take will raise your D level approximately 10 points. The problem with that is some people absorb it better than others. If your first test is low normal, use the rule of thumb to increase your level and check in three months to six months to see where you are.
- 3) Wash your hands often, especially with heavy exposure to illness.
- 4) Eat healthy. Fruits and vegetables in variety.
- 5) Take a good multivitamin. I have recommended the LIFE EXTENSION 2/Day for years. Runs about \$10.00 per month.
- 6) For people with recurrent respiratory issues, i.e. asthma, recurrent bronchitis, recurrent pneumonia, or respiratory infections I have had good success with the “Lung Detox” and support from BHI/HEEL. This protocol takes 3-6 weeks and is really easy to do and side effects and drug interactions are about zero. Some people repeat this during the “worst of their season” to minimize possible infections.
- 7) For people with specific needs, we can tailor a program to boost the immune system.
- 8) And last – keep a good attitude. A Positive outlook is always associated with better health.

Till Next month.....

Quote of the email: Initiative is to success what a lighted match is to a candle.

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