
Vitamin D — the surprising vitamin.

Vitamin D has been much in the news of late with research indicating more and more people are deficient in this vitamin. Vitamin D deficiency has been linked with increased risk of the big 3 killers, cancer, heart disease and diabetes.

It had always been assumed that, except for very dark skinned people living in countries with long winters, everyone got plenty of vitamin D from exposure to sunlight. Now experts predict that up to 25 percent of Australians could be deficient. Even more amazingly it has been predicted that up to a quarter of breast cancer deaths could be prevented by keeping vitamin D levels up during life.

Natural sources of vitamin D are difficult to find. There are only a few foods that are naturally high in vitamin D, one example is fish with a high fat content. Some foods like margarine and some milk products have

vitamin D added to them. Even so, most people are unlikely to get enough from diet alone given the average daily intake is 2.6–3.0 µg for men, or 2.0–2.2 µg for women (the minimum recommended intake is 5.0 µg/day).

Part of the problem is that making vitamin D in the body requires sunlight on unprotected skin. The understandable push to get people to protect themselves from ultraviolet rays may have actually contributed to greater cancer rates by decreasing vitamin D levels. The risk of deficiency is even higher in those people who rarely get out into the sun like the elderly and others in hostels or nursing homes.

People need to start thinking of the sun as their friend. With sun exposure in reasonable doses, well before the skin starts to burn, we can naturally add to our levels of

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Ten hints for healthy weight loss.

Carrying weight around the hips may look unsightly but it won't kill you. Fat around the stomach, on the other hand, just may. Hip fat and thigh fat are isolated and sit just under the skin, out of the way. Tummy fat is under the skin and also around your inner organs like the heart, liver and intestines, and this can be associated with diabetes, heart, disease and other chronic conditions.

This is why the fat tummy is a problem and the focus of the "Measure Up Australia" \$50 million Government sponsored weight loss program. If you are a woman with a waist measurement above 80cm or a man with a waist measurement above 94cm, you will benefit from shedding those

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**Please pass on the secret. We run a referral based practice.
Pass the word on and help us help others.**

Vitamin D - *continued.*

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Vitamin D. Wearing sunscreens blocks the skin's ability to make Vitamin D.

To find out if you are deficient in vitamin D a 25-hydroxyvitamin D blood test is done. Levels ideally need to be above 50-80 ng/ml all year-round. Your GP can order the test, but it is not covered fully by Medicare. Alternatively we can arrange a test for you.

For more information phone Dr Holmes on 9432 2887.

Don't battle with the bulge this winter.

Natural weight loss without counting calories.

The Ketoslim program uses your body's metabolism to lose weight without starving yourself.

Call us today on 9435 2887 for more details

Ten hints for healthy weight loss. - *continued.*

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extra kilograms, especially if above 88cm and 102cm, respectively. More simply, your waist measurement should be less than half your height.

So what is the first step after measuring your waist and finding it is too big? Measure your waist. Mark your present measurement for waist and height. Repeat at the end of each week for 5 weeks. Then:

1. Shop for whole foods, fruit, vegetables, legumes, seafood; also chicken and meat with low fat levels. Remove all junk food from your home,
2. Do not overeat but don't starve yourself. Don't fast on juices.
3. Exercise daily. Park the car a kilometre from the office, Use the stairs. Don't take the lift.
4. Drink plenty of pure water.
5. Eat more fish and/or fish oil supplements, together with extra virgin olive oil, rather than saturated animal fats or excess polyunsaturated vegetable oils such as sunflower, safflower, corn and soybean oils.
6. Don't eat cakes, biscuits, sweets, sugar, refined white flour - Get into the habit of saying no to "white poison".
7. Eat plenty of foods which are low carbohydrate, leafy (lettuce, cabbage) stringy (celery), high fibre (lentils, corn), watery (tomatoes, cucumbers), and brightly coloured (berries). Such foods release their carbohydrates slowly into your bloodstream and are gentle on insulin (the hormone that controls blood sugar).
8. Chronic stress releases corticosteroids which cause weight gain around the tummy, so if you don't want to divorce the problem partner or muzzle the barking dog next door, incorporate some enjoyable, stress lowering activities into your day. Try yoga, tai chi, meditation, listening to music you love, dancing, reading, painting, and crafts.
9. Don't skip breakfast. If you're stuck for time, you may like to try a quick whey protein drink for breakfast. They're great for weight loss. We can offer these at the Centre.
10. Remember, weight loss doesn't have to be painful. At the Centre we offer a scientific weight loss system, KetoSlim, that uses your body's own natural processes to shed the kilo's. Call on 9435 2887 to learn more.

Adapted from an article by Robert Buist PhD
