



CHI -eNews

Health is Wealth

Most of us are familiar with this classic phrase coined by RW Emerson, but do you know what he really meant? "The first wealth is health" because when you're well you're capable of producing more abundance. You're fearless, positive, hard working, strong, centered, clear, insightful, self-reliant, independent, trustworthy, accepting, kind, thoughtful and pleasant.

Click link > <http://www.youtube.com/watch?v=PSPuY4RONjo>

Vitamin D

Decades ago when I first began working in the natural health food industry, we were all warned about the dangers of taking too much vitamin D. It was fat-soluble so therefore it could be stored up and cause all kinds of damage.

400 IU daily of the sunshine vitamin often derived from fish oil was considered more than enough, and even today, in spite of massive evidence to the contrary, convention still stands on the same sandy ground.

Meanwhile those in the know standing on the rock of objective science understand that 400 IU is woefully insufficient to maintain an optimal serum concentration of 25-hydroxyvitamin D [25(OH)D] >75 nmol/L.

Projection of dose-response curves observed in numerous clinical studies worldwide now suggests a much higher dose of 95 µg/d (3800 IU) for those above a 25(OH)D threshold of 55 nmol/L and a dose of 125 µg/d (5000 IU) for those below that threshold.

In other words, the former recommendation of 400 IU was absolutely incorrect. Erring on the side of unknown caution led to a standard daily dosage ten times lower than what it takes to sustain the body with sufficient vitamin D. The consequence is a widespread lack of vitamin D.



Research published since 1997 suggests that the UL (Tolerable Upper Intake Level) for adults is overly conservative and that vitamin D toxicity is very unlikely in healthy people at intake levels lower than 10,000 IU/day.

Vitamin D's benefits go way beyond the protection of bone and muscle. New research now suggests that vitamin D guards against an array of diseases, including cancer, heart disease, depression, obesity, diabetes and hypertension.

Vitamin D toxicity has not been observed to result from sun exposure and the great majority of people do not meet their vitamin D needs through exposure to sunlight. They either cover the skin with sun block or simply lack enough exposure time to synthesize enough of this ancient gift from the sun that plays a huge role in immune function and gene expression.

Audio Excerpt

SNU Special Guest Interview V6N2 (part 3)

Lesley Colgan: Horses, Health, Flavonoids & Cancer

Click link> <http://www.coryholly.com/snu/archive.cfm?keyword=lesley>



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As always...stay well and live free!

www.coryholly.com

Burnaby BC

A handwritten signature of Cory Holly in black ink.

Cory Holly is the Founder & President of the Cory Holly Institute (CHI). He is honored to serve the health and fitness industry as Canada's Ambassador of Sports Nutrition, Health & Fitness. Cory is the recipient of the 2003 CHFA Sports Nutrition Hall of Fame Award ...www.coryholly.com/about

CHI Motto

Never let the tail wag the dog...