



Complete
Chiropractic
Healthcare

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Harvard Study States Supplementation Best Way to Get Vitamin D

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A press release out of Harvard Medical School extols the remarkable health benefits of getting enough vitamin D:

http://www.health.harvard.edu/newsletters/Harvard_Heart_Letter/2009/December/vitamin-d-a-bright-spot-in-nutrition-research?print=1

According to the Harvard Medical Researchers, vitamin D can help protect against:

Coronary artery disease. Deposition of calcium in arteries, a process that stiffens arteries, is more likely to happen in people who are low in vitamin D. In the Harvard-based Health Professionals Follow-up Study, men low in vitamin D were twice as likely to develop heart disease as those with plenty of the vitamin in circulation.

High blood pressure. Active vitamin D decreases the kidneys' production of renin, a hormone that boosts blood pressure. Several studies suggest that low vitamin D contributes to high blood pressure, and that getting more of the vitamin can help control blood pressure.

Heart failure. Most people with heart failure are deficient in vitamin D. Getting more could help strengthen heart contractions.

Statin-related muscle pain. Some people who take a cholesterol-lowering statin stop because of muscle pain. In a study of 128 men and women with statin-related muscle pain, two-thirds of them had 25-hydroxyvitamin D levels under 20 ng/mL. Among those who took a vitamin D supplement while continuing the statin, muscle pain disappeared in 90% of patients.

Infection. Preliminary trials suggest that too little vitamin D can leave the body prone to infection, and having enough vitamin D can help the body fight off the flu, tuberculosis, and infections of the upper respiratory tract.

What supplement is the best source of Vitamin D? COD LIVER OIL:

<http://www.nowfoods.com/Products/ProductsbyCategory/Category/M095356.htm?cat=Nutritional%20Oils>

It's one of the reasons why Cod Liver Oil is so good for you:

http://completechiropractichealthcare.com/index.php?newsletter=281&sessionid_icontrol_main=31716e49223995720d9e0bbd2d753efe

Hope that helps.

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