



[December 2009 - Leadership Letter \(45\)](#)

REMINDER: *Our new phone number ... 513/919-7672. Please make a note of this change. Thanks!*

[PLANNING ON A HEALTHIER 2010!](#)

Hello and Happy New Year!

Carol and I routinely receive six **health** newsletters and/or magazines. Why six?

Well, they almost always bring some important health tips we find useful or even urgent. And there **isn't much overlap**, as surprising as that is.

As we meet with clients, family, neighbors, square dance and church friends, we find that many of these health tips **aren't** well known to lots of folks. So ... sometimes we make copies ... or pass them on in conversation.

In the last year or so, these publications **have all** focused quite a bit on one area of health and vitamins. It's worth passing along in this leadership letter ... to give you a potentially healthier 2010 and beyond!

With best wishes for health, happiness and success!

Mel

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TWO MAGICALLY HELPFUL VITAMINS ... WORTH MORE THAN MONEY!

OK then, we've been reading about the importance of two vitamins for so long and so much, that we thought we'd heard it all before. Apparently not!

Health newsletters and magazines (see list at end) continuously add to what we've found out about two **critically important (yet scarce!) vitamins: C and D.**

- ⇒ **Vitamin C** is often low in humans because we are one of the few animals that cannot make our own Vitamin C, and because we typically eat little Vitamin C-rich food and drink!
- ⇒ **Vitamin D** is often scarce in humans because most of us don't get enough sunshine, particularly in some regions, some times of year, or via sunscreens and/or sun-avoidance!

VITAMIN C

My first exposure to the importance of Vitamin C came when I found research from the Pauling Institute that clearly shows that Vitamins C and L-Lysine (2000 mg/day each) are necessary to prevent or reverse heart disease!

Prior to that, I'd flunked two cardiac stress tests. **After** that, I passed a more severe test with flying colors. Both supplements are quite inexpensive and available on the vitamin shelves of groceries and pharmacies.

Twice Nobel Laureate Linus Pauling and Dr. Mathias Rath discovered this necessary help for arteries. Also, since humans cannot make Vitamin C, and lacking C + Lysine, the body "plugs" leaking vessels with fatty material (AKA "heart disease").

Sources of **Vitamin C** are generally known and widely available (fruits and juices, especially citrus, C-fortified drinks and foods). Still, inexpensive C supplements help (best taken with food to protect your stomach).

Here's a recent note from Dr. Jonathan Wright: When animals that synthesize their own Vitamin C get infected with a virus, their bodies make as much as 10 times more Vitamin C as when no virus is present!

VITAMIN D

Vitamin D increases the benefits of Vitamin C, but also has very powerful healing effects for all sorts of infections, including the flu! D induces internally secreted

antimicrobials and antivirals. We need at least 2,000 IU daily; some say up to 5,000 IU per day.

Medical writer Anne Underwood, in the *Saturday Evening Post*, tells us that Vitamin D deficiencies are rampant in our country, and are increasing. Only 23% had sufficient levels in 2004 (for African-Americans it's only 3%).

Long known to be necessary for bone health, **shortages** of Vitamin D also increase the likelihood of colon cancer, heart attack, multiple sclerosis, arthritis, asthma, depression, high blood pressure, coronary heart disease, and stroke!

In addition to sunshine, **Vitamin D** sources include: cooked salmon, mackerel, sardines, tuna, D-fortified milk, and of course, inexpensive D supplements (best taken with food).

“Vitamin D is not a magic pill, but it’s as close as you’ll ever get” ... Dr. John Cannell, reported in the Nov./Dec. 2009 *Saturday Evening Post* article by Anne Underwood.

In the seasons of more colds, flu and “new” viruses and germs, both C and D seem to be more important than ever!

SOURCES:

- *Health & Healing*, Dr. Julian Whitaker (Wellness Medicine), www.drwhitaker.com
- *Real Cures*, Dr. Frank Shallenberger, www.realcuresletter.com, 800-610-5605
- *Nutrition & Healing*, Dr. Jonathan Wright (Green Medicine), www.wrightnewsletter.com
- *Second Opinion*, Dr. Robert J. Rowen, www.secondopinionnewsletter.com, 800-262-3164
- *Self-Healing*, Dr. Andrew Weil, www.drweilselfhealing.com, www.drweil.com, 800-523-3296
- *Saturday Evening Post*, Nov./Dec. 2009 issue (Anne Underwood article), www.saturdayeveningpost.com
- **Linus Pauling Institute**, <http://lpi.oregonstate.edu> (for more information on Vitamin C and heart disease)

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