

Magnesium/ Vitamin D

Dr. John G. Schoenenberger

** According to the experts you should take magnesium and vitamin D on their own rather than relying on it from a multi- vitamin source.

Magnesium

- Used for gastrointestinal tract abnormalities, renal dysfunction headaches and helps **regulate the heart- makes the blood vessel more elastic. CAN NOT get in FOOD.**
- Enhanced muscle irritability such as Fibromyalgia.
- Muscle relaxation / cramping– 250- 500 mg/ day.
- ** According to the experts you should take magnesium on its own, rather than relying on it from a multi- vitamin source.
- *** **Chocoholics**- if you have chocolate cravings it may be because of a magnesium deficiency, 500-1000 mg daily will curb these cravings.
- A deficiency in animals creates a allergic symptoms to develop.
- **Common Symptoms of Magnesium Deficiency**-the most common symptoms include back and neck pain, muscle spasms, anxiety, panic disorders, Reynaud's spastic vessels, arrhythmia, fatigue, eye twitches, vertigo, migraines.

Vitamin D

- Vitamin D helps with normal self proliferation, proper neurological function, balance of immune activities, and optimal bone density. It regulates more than 2000 of the 30,000 genes in the human body. Blood levels should be 60.
- Vitamin D improves insulin sensitivity by 60 %, decreasing chances for diabetes.
- There is not enough sunlight in the northern latitudes leading to a Vitamin D deficiency. Anyone above Atlanta to Los Angeles line is deficient.
- Vitamin D helps decrease MS, cancers, osteoporosis, depression, inflammatory bowel disease, hypertension, Crohn's etc.
- Calcium is not absorbed without Vitamin D.
- The amount recommended is between **5,000-10,000 IU per day.**
- Lack of Vitamin D is linked to 13 different cancers.
- Vitamin D should be considered a hormone rather than just a vitamin.

Fibromyalgia- *****A study showed that people that took 50,000 IU of Vitamin D a week had a resolution of 92% with their fibromyalgia

Reasons to Take Supplement Vitamin D-3

- Some controversies surrounding benefits and detriments of vitamin D2 (ergocalciferol) vs. vitamin D3 (cholecalciferol). D3 is what you want to look for that is also what is naturally produced in your body from the sun, and is the natural source we obtain from animal based foods.
- Stay away from vitamin pills or fortified foods that contain vitamin **D2** (ergocalciferol). This form has been linked to possible negative effects.
- Milk is made of vitamin D-2 which is poor source of vitamin D.
- Lack of sun exposure 10-1 2 minutes a day.
- Fish (salmon) ok source but you need 5 fish to get the daily requirement.
- Anti-inflammatory
- Vitamin D is used by your immune system as a break for the inflammatory system. Research shows there is a link between Vitamin D and autoimmunity

- which means it decreases the incidence of severity of autoimmune diseases such as rheumatoid arthritis.
- Suppresses or prevents certain autoimmune diseases.
- Vit. D is absorbed in fat, so if you are overweight you are deficient.
- Men with low levels of Vitamin D have an elevated risk for a heart attack. In fact, men are approximately 2 ½ times more likely to have a heart attack.
- Low Vitamin D levels associate with an increase in blood pressure.
- Lack of vitamin D costs the US \$40-53 billion a year.
- Stops gingivitis, is anti-inflammatory, chronic lower back pain.

Problem #3) Influenza vaccines were not tested against vitamin D

Vitamin D prevents influenza at a rate that is **8 times more effective** than flu shots (http://www.naturalnews.com/029760_vitamin_D_influenza.html). Read the article to see the actual "absolute" numbers in this study.