

# HEALTH SOLUTIONS CHIROPRACTIC & WELLNESS CENTER

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Newsletter

Nov / Dec 2009

## FEATURES:

- ~ Featured Article: Vitamin D - How Much Do You Really Need
- ~ Success Story
- ~ Holiday Hours / Gift Certificates
- ~ 4<sup>th</sup> Annual Patient Appreciation Day
- ~ Food Combining Tips

## Vitamin D - How Much Do You Really Need?

Recent scientific research has gotten it right on the importance of supplementing with Vitamin D. Evidence confirms that recommended daily allowances (RDA) of Vit. D (suggested at 400 I.U. / day) is simply not enough for children or adults. **The RDA should be changed to MDA (Minimum Daily Allowance) as RDA values only prevent vitamin deficient disease (Rickets and Scurvy) and do nothing to boost our immune systems and protect us from heart disease and cancer.** Simply put, RDA values will not support a healthy body.

On most summer days, your body can generate 20,000 I.U.'s of Vit. D when exposing your skin to sunlight. There are many people who do not get enough sun exposure because they've been told that exposure without wearing U.V. sun block is bad or their work schedule and winter season preclude them from getting adequate sunlight/Vit. D. Sunlight naturally can balance Vit. D levels in the body as UVB rays cause production of Vit. D while UVA rays in sunlight help destroy excessive Vit. D in the blood. Most people, even in Florida, do not get enough Vit. D from sunlight alone...that is why supplementing with Vit. D becomes necessary for most.

So how much Vit. D should one take? Most of the recent research suggests around 30-35 I.U.'s of Vit. D per pound of body weight. So for a 100 pound person, 3,000 I.U.'s is the ideal amount per day. Keep in mind however that healthy requirements for Vit. D can vary individually based on factors such as skin color, how much sun you're exposed to daily, and dietary and lifestyle habits. Making a general recommendation on Vit. D is not recommended because it does not consider each individual's needs.

The best way to evaluate your levels of Vit. D is to request a "25(OH)D" test the next time you have your blood test. Values should not be less than 32 ng/ml with optimal values ranging from 45 - 65 ng/ml. This ideal range applies to every one of all ages. When supplementing with Vitamin D, I recommend D3 (cholecalciferol) not D2 (ergocalciferol) which is synthetic and is the form usually prescribed by physicians. D3 is converted by the body much faster than D2. I recommend the Nature's Sunshine Vitamin D3 product that supplies 2,000 I.U.'s of D3 per tablet. If your values are already within 45-65 ng/ml range then you will only need a minimal Vit. D supplementation and I would then recommend Calcium Plus Vitamin D by Nature Sunshine that provides an excellent Ca/Mag/Vit. D supplement for maintaining a strong skeletal system.

Source: <http://articles.mercola.com/sites/articles/archive/2009/10/10/Vitamin-D-Experts-Reveal-the-Truth.aspx>

*We wish everyone  
and their family  
blessings and health  
this holiday season.*

Happy Thanksgiving  
Merry Christmas

## Success Story

I began having headaches in April 2009 that were not relieved by OTC pain meds.

I was referred to Dr. Souther by my sister in law and decided to try primarily so that I could get immediate treatment rather than going through the traditional medicine approach.

I began having treatment 2-3 times weekly and was very soon pain free ahead of the anticipated schedule. I was initially skeptical of cold laser, but soon became a believer. Now I have been on maintenance care, and will continue to do so as a preventative measure so I don't have pain issues again.

Dr. Souther is a knowledgeable, genuine and caring man and I am thankful for the referral.

-Peggy M.

## Our Office Hours

Mon, Wed, Thurs: 8:30-1, 3-6

Tuesday: 1:00 - 4:00

Friday: 8:30-11 By Appointment

## Holiday Hours & Closings:

Closed Thur & Fri Nov 26 & 27

Open 8-11 Thursday, Dec 24<sup>th</sup>

Closed Friday, Dec. 25

Open 8-11 Thursday, Dec 31<sup>st</sup>

Closed Friday, January 1<sup>st</sup>

## Christmas Gift Suggestions:

“To your enemy, forgiveness.

To an opponent, tolerance.

To a friend, your heart.

To a customer, service.

To all, Charity.

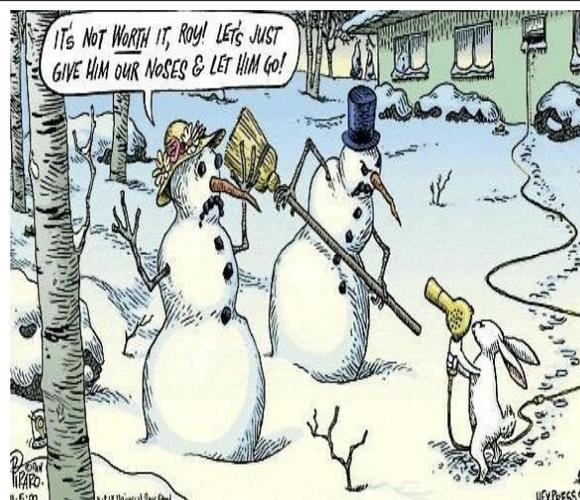
To every child, a good example.

To yourself, respect.”

~ Oren Arnold

## F.Y.I.

You Can Receive Your Newsletter Via E-mail... There Is An E-Mail Sign Up Form At The Front Desk !



## A Special Thanks

We would like to thank each of you who generously gave to the Plant City Church of God Food Bank "Operation Compassion" and The Rainbow Coalition at our recent 4th annual open house event. The open house was a great success because of your donations to those in need - Thank You !

- Dr. Souther, Kelley, Sam, Jane, Laura & Arlene

## Tuesday, January 26<sup>th</sup> Is

### 4<sup>th</sup> Annual Patient Appreciation Day !

Patient Appreciation Day is coming up! This is our chance to say thank you for the opportunity to serve you & celebrate our 4th year of service in Plant City.

- Thank You !

We want to celebrate by providing complimentary chiropractic adjustments to our patients on Tuesday, Jan 26<sup>th</sup> between the hours of 12-5 p.m.

Call now to schedule your appointment - **space is limited** and will fill up FAST. Hope to see ya there !

## *GIFT CERTIFICATES*

### GIVE THE GIFT OF HEALTH THIS HOLIDAY SEASON

Gift certificates are available and good for any amount and all services. Gift certificates can also be used for someone you know who may be in need of care but doesn't know where to get started or family or friends who are already established patients.

These gift certificates are now available and can be purchased at the front desk.

**FOOD COMBINING:** Here are a few helpful tips on proper food combining that will improve digestion, assimilation of nutrients and reduce stress on your digestive tract.

- Proteins should be eaten for breakfast and lunch (little to none in the p.m.) and combined with complex carbohydrates such as vegetables.
- Simple carbohydrates (rice, potatoes, bread, pasta) should be eaten once daily and combined with complex carbohydrates.
- Proteins and Simple Carbohydrates ideally should not be eaten together (mixing steak with potato!)
- Fruits should be eaten alone as a snack.
- Also chew your food slowly, limit your drinks with meals and eat until satisfied...not stuffed!