

Benefits of the “sunshine vitamin”

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Ok we're not sure what Mother Nature was thinking this winter, but it has been nice. No jinx's here of course, April Fools, has passed on and many of us are beckoning in the warmth of the midday sun and the outdoor fun that accompanies it. Barbequing in April is not a common occurrence for this time of year, but the weather has been nice.

The sun is beginning to hang around much longer

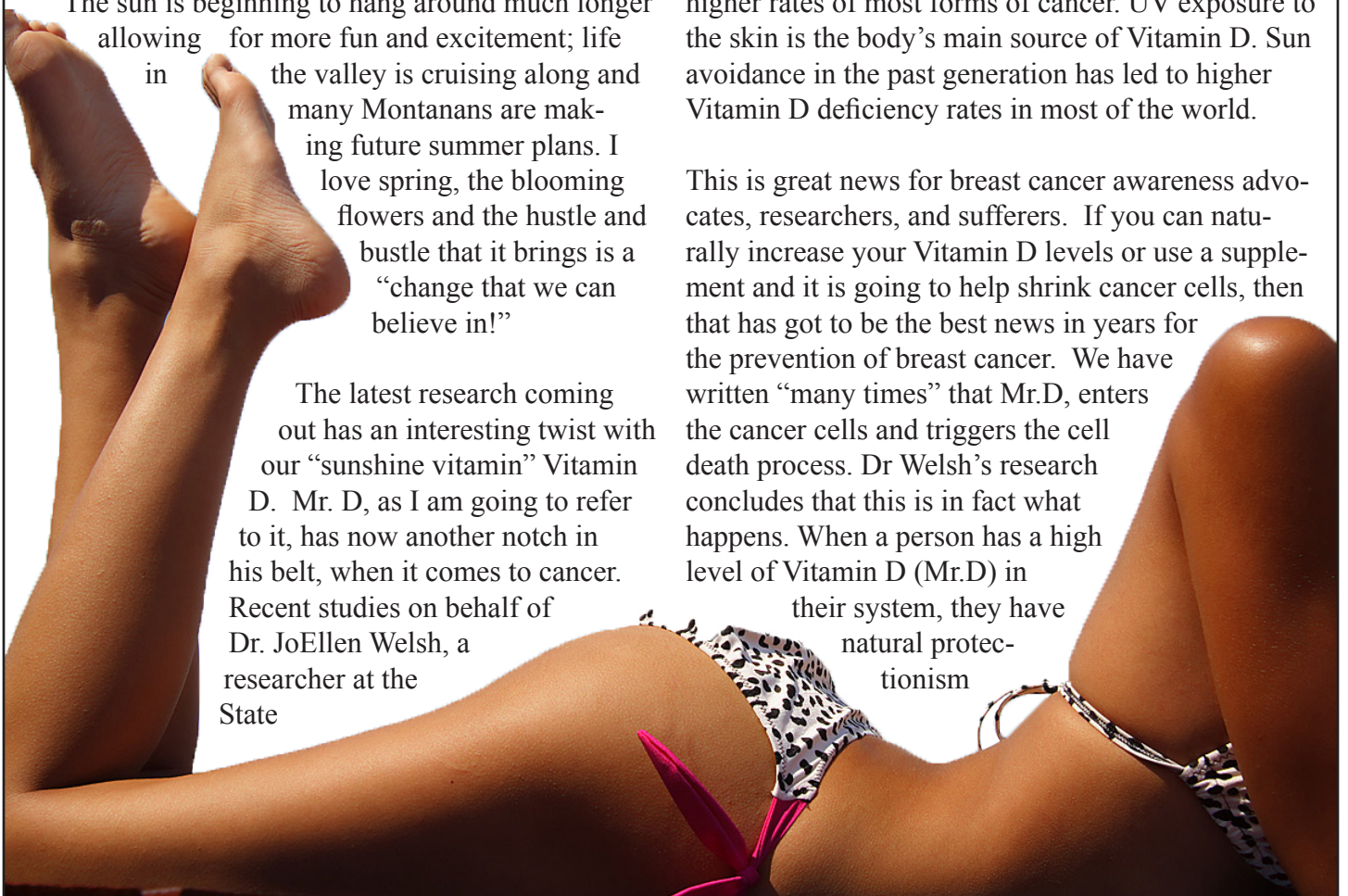
allowing for more fun and excitement; life in the valley is cruising along and many Montanans are making future summer plans. I

love spring, the blooming flowers and the hustle and bustle that it brings is a “change that we can believe in!”

The latest research coming out has an interesting twist with our “sunshine vitamin” Vitamin D. Mr. D, as I am going to refer to it, has now another notch in his belt, when it comes to cancer. Recent studies on behalf of Dr. JoEllen Welsh, a researcher at the State

University of New York has conclusive evidence that Mr. D, shrinks cancer cells, much the same way as the drug Tamoxifen. “It’s similar to what we see when we treat cells with [breast cancer treatment drug] Tamoxifen.” Vitamin D’s role in regulating cell growth has been well-established research and thousands of studies now link Vitamin D levels with higher rates of most forms of cancer. UV exposure to the skin is the body’s main source of Vitamin D. Sun avoidance in the past generation has led to higher Vitamin D deficiency rates in most of the world.

This is great news for breast cancer awareness advocates, researchers, and sufferers. If you can naturally increase your Vitamin D levels or use a supplement and it is going to help shrink cancer cells, then that has got to be the best news in years for the prevention of breast cancer. We have written “many times” that Mr.D, enters the cancer cells and triggers the cell death process. Dr Welsh’s research concludes that this is in fact what happens. When a person has a high level of Vitamin D (Mr.D) in their system, they have natural protectionism



that is built up to help maintain OPTIMAL health. The importance of which research in all aspects of this field have concluded that helps you fight off debilitating diseases such as breast, colon, prostate cancers, MS, Fibromyalgia, CHD (chronic heart disease), PAD (Peripheral Artery Disease), SAD (seasonal depression disorder or “winter blues), depression and many others.

Remember when you were younger and your mom was always putting orange juice and milk in front of you and making you drink it. She “knew best” and was adamant about you following her nutritional schedule and eating breakfast, lunch and dinner. At my home, my mother was always making sure her kids “were home for dinner!” We had a garden every year, plenty of fresh veggies, greens and of course the dreaded “broccoli” and yes I had to eat it. These days life is different, we have the Internet, Video Games, Fast Food, busy parents and kids have “very little nutritional supervision.” Life is different now, than it was, so it is very important that all kids, parents and grandparents have their Vitamin D levels checked. Your doctor can perform a simple blood test and help you work out a way to increase the “blood level” of Mr. D; the importance is “you need to increase it!”

The sun or UV-light (whether from the sun or an artificial source [tanning bed]) is the only way to naturally create Mr. D in your body. When the skin is exposed to UV-light it undergoes a chemical reaction that creates Vitamin D. Mr. D is stored in the liver until he is needed by the body. The sun in the valley (because of the latitude) is not strong enough 5-6 months of the year, to help you make Vitamin D naturally, so you may want to consider using a tanning bed to naturally raise your levels.

Most experts are advocating “sensible sun-exposure” to help increase your vitamin D levels. At Club Sun we are Smart Tan certified salons dedicated to making your tanning experience the best possible. Our attention to detail and customer service cannot be beat. We have been picked by 2 different National magazines as “one of the top salons in the country.” We look forward to seeing you soon!

Spreading Sunshine it’s what we do!

