

When will Spring be SPRUNG?

Health Challenges with a Drippy Chilly Spring

Each morning I open my curtains in hopes of seeing my happy neighbours drenched in the warmth of the morning sun. It just has not happened! Is it March or almost May? After all I tell myself, Vancouver is in a "rain forest", so sun is a rare occurrence at best.

How does the lack of sunshine affect our health? Other than showing off Vancouver's pristine wilderness, when the sun's rays touch our skin, cholesterol (made in, you guessed it, the liver) is transformed into Vitamin D. Statistics show that 40% of the North American population is deficient in Vitamin D.

Sufficient levels of vitamin D are critical for calcium absorption. Without enough vitamin D, your body is not able to absorb this mineral, so even if you take calcium supplements, they may not be utilized by bone cells. Vitamin D prevents osteoporosis, depression, prostate cancer, breast cancer, and affects diabetes and obesity. Researchers are discovering that vitamin D also promotes normal cell growth and is fundamental for maintaining hormonal balance and a strong immune system.

Research suggests that light hitting your skin and eyes, helps reverse Seasonal Affective Disorder (SAD), which is caused by a melatonin imbalance initiated by lack of exposure to sunlight. Melatonin modulates your natural daily (circadian) rhythm. A lack of melatonin is also related to insomnia, mood swings and food cravings. Vitamin D may be one of the most underestimated nutrients in the world of nutrition given its beneficial effects.

The solution to Vitamin D deficiency is simple (if you produce enough cholesterol) – get outside! Sunlight exposure is the most reliable method to insure adequate production of Vitamin D.

Dr. Lyn Guenther, professor of Dermatology at the University of Western Ontario and Medical Director of the Guenther Dermatology Research Centre says, "You basically need five minutes to five per cent of your body surface area, two or three times a week. This could be sunlight to the back of your hands, to your arms, to your face or your back. If you think of the average person going to and from work, most people would have five minutes easily in a day just walking between their car (and the office)." The body also puts its own cap on vitamin D production and won't produce any additional amounts after 20 minutes of sunlight exposure, Guenther said.

Here are some facts about sunlight and Vitamin D:

- 1 The healing rays of natural sunlight cannot penetrate glass, so you don't generate vitamin D when sitting in your car or home
- 2 The further you live from the equator, the longer exposure you need to the sun in order to generate vitamin D
- 3 People with dark skin pigmentation may need 20 to 30 times more exposure to sunlight than fair-skinned people to generate the same amount of vitamin D
- 4 Even weak sunscreens (SPF=8) block your body's ability to generate vitamin D by 95%, so the only way to actually increase vitamin D production in your body is smart exposure to the sun
- 5 Obesity weakens vitamin D utilization in the body, therefore obese people need to stay out in the sun twice as long
- 6 Your risk of developing serious diseases like diabetes and cancer is reduced 50% - 80% through simple, sensible exposure to natural sunlight 2-3 times each week.
- 7 Antioxidants increase your body's ability to handle sunlight without burning

Here's a simple test to determine your Vitamin D status:

- 1 If it hurts to press firmly on your sternum, you may not be getting enough from vitamin D

So the next time the sun makes an appearance – bask in its rays! Be careful, but take in and enjoy its rejuvenating effects.

REFERENCES

1. <http://www.drhealthsecrets.com>
2. <http://chealth.canoe.ca>

NEW stuff at Maya Natural Health

As a natural medicine practitioner, I care about providing my clients with the most holistic and scientifically-proven advanced treatment modalities available. As a result, I am incorporating some new elements in all future consultations with you. They are:

1. Nutritional Analysis

This database has researched peer-reviewed literature to identify foods that worsen and help conditions. Once the appropriate information is entered into the database, a food guide is produced to help you optimize your daily food intake and reduce the negative effects of food on your condition. However, the database does not consider the role of food intolerance and allergies in disease. Food intolerance tests can be arranged directly with Bev where

applicable.

2. MRS: Good Vibrations

As a chemist, I am frequently reminded that humans are made up of billions of electrically-charged particles spinning through the air to create a solid mass that we call a body. Because of this, it makes sense to me that external energy in the form of high-intensity magnetic fields can alter the function of our cells by changing the way in which our own energy flows in and out of cells. Changes in cellular energy transfer can impact our health by altering the ability of our cells to excrete wastes and absorb nutrients.

Where do high-intensity magnetic fields come from?

Any device that carries an electrical current creates a magnetic field. The source of the electrical current usually comes from a battery or an electrical outlet. In our daily lives we are surrounded by many magnetic fields – our phones (cellular and land lines), time keeping devices, stove, refrigerator, computer, television, stereo and even baby monitor just to name a few! Before humans learned to harness the power of electricity, we had only one major source of electrical current producing a magnetic field – from the earth itself. Research has proven that the magnetic field of the earth has the potential to normalize our body's electrical current and allow healthy functioning of our cells.

Exposure to the earth's magnetic field that is free from interference is one way that we can combat the negative effects of conflicting magnetic fields.

What is MRS?:

MRS or magnetic resonance stimulation is a new therapy that I have been using at Maya Natural Health since November 2007. Some of you may have experienced the relaxing, even grounding state that is achieved with this new treatment.

When cells get out of balance, they lose their innate vibrational frequency that allows nutrients into the cell and toxins out of the cell. When I see a person failing to respond positively to natural treatments, I consider that their cells have lost their "good vibration" and therefore lack "resonance". Resonance is the ability of a cell to vibrate at specific frequency that allows the cell membrane to carry out all its vital functions. This equates to more efficient utilization of nutrients and better clearance of toxins. MRS aids the cells in getting back into resonance, so that cell can heal faster. The MRS unit generates low-intensity pulsed magnetic fields that simulate the natural magnetic field of the earth.

As I work with more people who have chronic disease, I am convinced that, there is only one disease - cellular malfunction that leads to decreased nutrition and increased toxins. If we can bring "good vibrations" back into your cells, we can make a change in your overall health. MRS may give your cells the "nudge" that they need to start working in a more balanced way.

Ideally, MRS should be used 2-3 times per day for 6-8 weeks to fully feel its beneficial effects. For this reason, I have started to put together protocols for conditions based on clinic visits 3 times a week, two treatments per day. These sessions will last 10-15 minutes and be available at the beginning and end of each clinic day. Let me know if you are interested in starting these treatment to balance your health!

3. Fees

Effective May 2008, I have increased my consultation rates as follows:

New patient consultation: \$125 (90 – 120 minutes)

Follow-up consultation: \$55 (45-60 minutes)

MRS treatment: \$10 (10-15 minutes)

Dispensing Fee (product only with no appointment > 2months): \$10

Shipping Fee: \$10 (greater Vancouver area)

Remember that 24 hour cancellation notice is required (received Monday to Friday by phone or email) or a cancellation fee will apply (\$60 for first consultations and \$30 for follow-ups).

Since it is very important that continuous care is taken to achieve your health goals, consultations will be considered “new” if more than 3 months have elapsed from one appointment to the next. The state of your health is constantly changing and therefore, refills of your herbal remedies will only be dispensed for a maximum of 3 months from your last appointment.

I feel that the addition of these services will provide a complete natural medicine experience at Maya Natural Health.

NEXT MONTH: “The Second Brain” – a review of the independent nervous system behind the digestive system!

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