



## **TOP 5 THINGS YOU NEED TO KNOW TO LIVE A LONGER HEALTHIER LIFE.....**

**Do you want to know how to reduce your risk of getting breast cancer by 70%?**

**Do you want to know how to reduce your risk of getting Type 2 Diabetes by 58%?**

**Do you want to know how to reduce your risk of getting Alzheimer's disease by 61%?**

**Keep reading for the answers!!!!!!!**

**Today we are going to focus on lifestyle intervention. Simple changes in your lifestyle can have a huge impact on how long you live and how healthy you are as you get older. Here are the top 5 lifestyle changes that makes a big impact on your health!**

**Okay, I know I wrote the focus will be on lifestyle changes, but I HAD to add this vitamin!!!! The research on Vitamin D is nothing but amazing and must be part of everyone's vitamin regime!**

### **1. Take Vitamin D as a supplement.**

Deficiencies in Vitamin D are being linked a wide variety of chronic diseases including osteoporosis, autoimmune disease, cancer, high blood pressure, pregnancy complications and cardiovascular disease.

**Facts: Achieving a serum Vitamin D level (25 hydroxy Vitamin D) will reduce the following disease states:**

**-Blood levels of 95nmol/L reduces breast, ovarian, colon cancers and NHL by 77%**

**-Blood levels of 125nmol/L reduces breast cancer risk by 70%**

**-Blood levels of 120nmol/L reduces ovarian cancer risk by 17%**

**-Blood levels of 105nmol/L reduces colon cancer risk by 60%**



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-Blood levels of 130nmol/L reduces risk of developing Type 1 diabetes by 66%

-Blood levels of 85nmol/L reduces risk of having a heart attack in men by 30%

**Fact: 90% of Canadians have serum 25 hydroxy Vitamin D levels below 39nmol/L**

Source: [www.grassrootshealth.net/diseasepreventionchart.pdf](http://www.grassrootshealth.net/diseasepreventionchart.pdf)

This is based on 30 years of research!

Optimal serum levels of 25 hydroxy Vitamin D is 100-150nmol/L

Vitamin D can be measured quickly from a single blood sample. Vitalia Health Care offers testing for Vitamin D levels. Call us today to book your blood test and reduce your risk of these diseases.

How much Vitamin D can one get from the sun?

A fair skinned person can make about 10,000 – 20,000 IU of Vitamin D in 15-20 minutes of sun exposure midday without wearing sunscreen.

Is this an adequate amount of Vitamin D?

The only way to know is to have your blood levels tested and achieve an optimal range of 100-150 nmol/L.

What is the recommended amount of Vitamin D to be taken as a supplement?

Most adults should take supplements that provide between 2000 – 4000IU per day.

## **2. Exercising just 15 min a day will increase life expectancy by 3 years**

This was based on a research study completed in Taiwan. The study was published in the Lancet. In this study, 416,000 participants were tracked for 13 years, analyzing their health records and reported level of physical activity each year. After taking into account differences in age, weight, sex and other health indicators, the researchers concluded that just 15 min of moderate exercise a day can increase life expectancy by 3 years! Daily exercise was also linked to lower incidence of cancer, reducing cancer related deaths in one person in ten.

So the conclusion that can be made from this study is that, even a small amount of exercise can make a difference in your health. If you feel 15 min

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**is not worth it, think again! More exercise will lead to further gains. Every additional 15 min of daily exercise further reduced death rates by 4%.**

**On the other side, the British Journal of Sports Medicine report watching 6 hours or more of TV a day reduces your life span by 5 years! So get your butt off the couch and go for even a brisk walk!!!!**

**3. Walking 30 min 5x/week will reduce your risk of developing Type 2 Diabetes by 58%. The drug Metformin will only reduce your risk by 31% with lots of side effects.**

**A study published in the New England Journal of Medicine found 150 min/week of brisk walking prevented the development of diabetes by 58%. Metformin was only 31% effective. Side effects of Metformin include nausea, vomiting, gas, fatigue and headaches!**

**Publications details:** The New England Journal of Medicine, vol. 346, no. 6, pp. 393-403.

**4. Having a 20 min nap/ day will reduce your risk of having a heart attack by 37%.**

**A 6 year Greek study in the Archives of Internal Medicine found that those who took a 30 min nap at least 3 times a week had a 37% lower risk of having a heart attack. This study looked at 23,681 men between the ages of 20 and 86. They suggest taking a nap, or siesta, relaxes the body and reduces cortisol, which reduces long term damage to the heart and blood vessels. Current research suggests taking a 20 min nap daily.**

**5. Increasing your muscle mass starting at an early age will reduce your risk of developing Alzheimer's disease by 61%. Those people with more muscle mass before age 50 had less memory loss, Alzheimers risk, and risk of dementia.**

**November 2009 report from the Archives of Neurology looked at the relationship between muscle mass and risk of developing Alzheimer's. The study consisted of 970 older adults followed over 3.6 years. According to this study, those adults who ranked at the 90th percentile of muscle strength had a 61% reduced risk of developing Alzheimer's disease compared to those in the 10th percentile. People who are stronger experience a slower rate of memory loss, cognitive decline and reduced risk of Alzheimer's disease.**

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At Vitalia Health Care, we develop individualized programs to meet your specific health needs. We understand that no two people are the same. From a 1 hour initial evaluation, we can customize a treatment plan that is specific to your goals. This includes our weight loss programs, specific nutrition evaluations and consultations, state of the art diagnostic testing and developing a supplemental program specific to your health needs.

Call us today at 604- 732-3422.

**Many extended benefit programs provide coverage for Naturopathic Medical Care. Please consult with your benefits provider to find out if you are covered!**

**Call us today at 604-732-3422 to book your appointment.**