



Health Hint article by David Coory

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Swine Flu in perspective and Vitamin D for cancer prevention

Using current worldwide flu statistics, for every one person who dies of Swine Flu, approx 225 people will die of other flu strains.

Vitamin D for cancer prevention

Vitamin D is still the most deficient vitamin nowadays.

A recent four year study carried out by the Osteoporosis Research Center in Omaha involved 1,200 healthy premenopausal women, taking 1100 iu of Vitamin D daily (CAA contains 1000 iu) plus a Calcium supplement.

The findings, in the words of the

researchers were, "Improving Calcium and Vitamin D status, substantially reduces all cancer risk in postmenopausal women."

Evidently, sunbathing in a swimsuit for 20 minutes in the summer midday sun (up to the light pink burn stage) will generally provide one month's supply of Vitamin D (20,000 iu). A little longer is needed for darker skinned persons. Less skin aging occurs by keeping sun exposure brief but intense around midday. You should also not wash your skin for 2 hours afterwards, to allow the body time to absorb the Vitamin D from the oils in the skin.

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