



Health Matters

by
Patsy Meridith, C.N.C.
Owner of
Natural Foods Market

A recent outbreak of the flu in our area has all of us asking how we can fortify our immune systems to increase our resistance. A healthy lifestyle is always our first line of defense, but **vitamin D** is a "superstar" immune enhancer.

Researchers reporting in the *Archives of Internal Medicine* established a link between **vitamin D** and respiratory infections such as colds and flu by showing that those with the lowest **vitamin D** blood levels (less than 10 ng per milliliter) were 40% more likely to have colds and flu than those with levels of 30 or higher.

Vitamin D helps regulate the genes that involve the body's innate immunity and its defenses against viruses, especially those affecting the respiratory system. It stimulates immune cells to produce anti-microbial substances that help to control the replication of viruses. Available in soft gels, liquid and chewable tablets in doses up to 5,000 IU's, **vitamin D3** is the natural form that is best absorbed.

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