

## D POWER

A few years ago, Vitamin D was thought to do nothing more than allow calcium to be absorbed for good bone health. New research suggests that Vitamin D may be one of the best vitamins of all for your body as scientists have uncovered 2,000 - 3,000 different genes-roughly one-sixth of the human genome-that are regulated by the nutrient. Basically, everything in your body relies on it provides increase in muscular strength helps with osteoporosis. At least, 36 organs need Vitamin D the key in order to unlock those genes and function properly. The problem is that most of us are not spending enough time in the sun for our bodies to produce Vitamin D, nor do our foods any longer provide what we need per Dr. John Cannell, M.D. Director of Vitamin D Council website:[www.VitaminDCouncil.org](http://www.VitaminDCouncil.org).

Up to 77 percent of Americans are Vitamin D deficient **The Archives of Internal Medicine**. The Current Procedure Terminology (CPT) CPT code: **8230G 25-OH Vitamin D3 (Cholecalciferol)** blood screen test to detect low Vitamin D3 level **averages \$250**. A low number will result in your body working far below its potential. Therefore, if your doctor doesn't request the test, one will **NEVER** know that they are deficient of this pro-hormone. Healthy Vitamin D3 blood level range is between 50-150 however most people on average are **less than 10**. Some research indicates up to 97% of Americans may be Vitamin D3 deficient! Tom Joiner Morning Show (TJMS) commented this vitamin D3 deficiency is making a comeback nevertheless with D POWER the power is in the spray!

A person needs to raise their Vitamin D3 blood level greater than 50. Individuals should request their doctor to test the Vitamin D3 blood level. Oral Vitamin spray from Team Effort Network (TEN) may help.

Added with **Vitamin E** which is commonly know as good Anti-Oxidant and Anti-Aging, **D Power** increase our health benefits the immune system, helps the thyroid and parathyroid gland to control obesity, osteoporosis and possibly effective against the list below:

### **List of Symptoms that Vitamin E is Possibly Effective**

- Bladder cancer. Taking 200 IU of vitamin E by mouth for more than 10 years seems to help prevent death from bladder cancer.
- Alzheimer's disease. Vitamin E might slow down the worsening of memory loss in people with moderately severe Alzheimer's disease. However, Vitamin E does not seem to prevent moving from mild memory problems to full-blown Alzheimer's disease and dementia.
- Painful menstruation (Dysmenorrhea). Taking Vitamin E for 2 days before and for 3 days after bleeding begins seems to decrease pain severity and duration, and reduce menstrual blood loss.
- Premenstrual syndrome (PMS). Taking Vitamin E by mouth seems to reduce anxiety,

craving, and depression in some women with PMS.

- Chemotherapy-related nerve damage. Taking Vitamin E before and after treatment with cisplatin chemotherapy might reduce the chance of getting nerve damage.
- Ischemic stroke. Some research shows that taking Vitamin E might slightly decrease the chance of having a stroke caused by a blood clot (ischemic stroke). But taking vitamin E might also increase the chance of having a more severe type of stroke, called hemorrhagic stroke. This kind of stroke occurs when there is bleeding into the brain.
- Liver disease called nonalcoholic steatohepatitis. Taking Vitamin E 400-1200 IU daily seems to significantly improve symptoms in adults and children after 4-24 months of treatment.
- Huntington's chorea. Natural Vitamin E (RRR-alpha-tocopherol) can significantly improve symptoms in people with early Huntington's disease, but it doesn't seem to help people with more advanced disease.
- Macular degeneration. Taking Vitamin E by mouth in combination with vitamin C, beta-carotene and zinc might slow the worsening of advanced age-related macular degeneration (AMD). There isn't enough information to know if this combination helps people with less advanced macular disease or prevents AMD. Zinc needs to be present in the combination for there to be any effect on AMD.
- Rheumatoid arthritis (RA). Vitamin E taken along with standard treatment is better than standard treatment alone for reducing pain in people with RA. But this combination doesn't reduce swelling (inflammation).
- Male infertility and impotency.
- High blood pressure during pregnancy (pre-eclampsia).
- Movement disorders called tardive dyskinesia and dyspraxia.
- Parkinson's disease.
- Kidney problems in children (glomerulosclerosis).
- Helping to treat an inherited disorder called G6PD deficiency.
- Beta-thalassemia.
- Helps pregnant and lactating mothers and infant improve their vitamin D3 level.
- Healing a type of skin sore called granuloma annulare when put on the skin.
- Uveitis.
- Sunburn.
- Helping the eyes heal after surgery.
- Treating a type of eye disease in newborns called retrolental fibroplasia.
- Decreasing brain and heart bleeding in premature babies.
- Helping some heart medications called "nitrates" work better.
- Improving physical performance and strength in the elderly.
- Fibrosis caused by radiation

### **Vitamin D3 Main Benefits: Prevents complication of serious sickness**

- Improves Bone & Dental Health
  - Controls Blood Pressure
  - Increases Immune System
- Improves Kidney and Liver
  - Fat Soluble

### **Signs of Vitamin D3 deficiency:**

- Type 1 & 2 Diabetes
- Hypertension, Osteoporosis
  - Muscle Weakness
  - 17 Forms of Cancer
  - Sarcoidosis

-Autism Spectrum Disorder (ASD) <http://www.vitamincouncil.org/health-conditions/autism/>

### **Diabetes: Pre, Type 1 & 2**



### **Obesity**



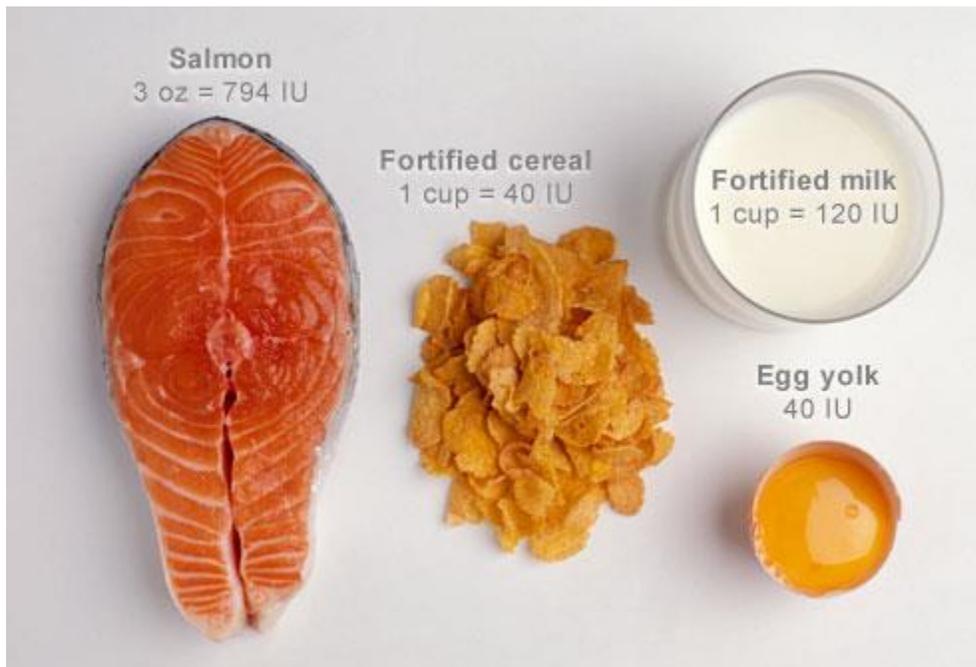
## **Depression, Dementia, Alzheimer's, and Mental Illness**



**A person has to spend a minimum of 20 minutes in the sun per day.**



**Foods consumed doesn't provide enough Vitamin D3**



**Foods lack proper nutrients due to depleted soils and processing**



**40% of Americans have a difficult time taking pills.**



**Women need higher amounts of Vitamin D3 and D Power can help.**



**Examples of Hip and Pelvic issues are due to consuming insufficient amounts of Vitamin D3.**



**Vitamin D3 Blood test level for a healthy person is  $>70$  however, the U.S. average level is at 10.**



**Everyone needs Vitamin D3 and D Power by TEN could help**



**Infants, Pregnant Women and Breastfeeding Mothers need Vitamin D3 (especially D Power)**



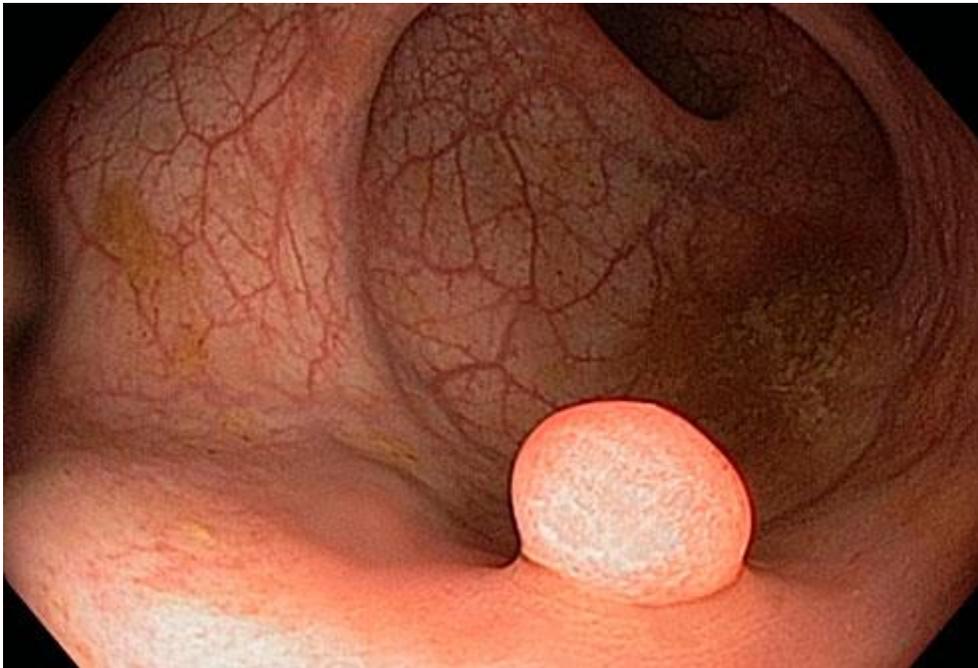
**Children, Pre-Teens and Teens need D Power even more!**



**D Power can help those who spend 20 minutes a day in the sun.**



**Studies show Vitamin D address 17 forms of cancer**



**Vitamin D3 helps those with an active lifestyle (D Power can help)**



**Vitamin D3 helps with heart and blood pressure**



**Vitamin D3 helps address memory issues D Power could help**



### **Vitamin D3 Boosts Bone Health**

Vitamin D is critical for strong bones, from infancy into old age. It helps the body absorb calcium from food. In older adults, a daily dose of "D" and calcium helps to prevent fractures and brittle bones. Children need "D" to build strong bones and prevent rickets, a cause of bowed legs, knock knees, and weak bones. Adding the vitamin to milk in the 1930s helped to nearly eliminate the disorder.

### **Vitamin D and Multiple Sclerosis**

Multiple sclerosis (MS) is more common far away from the sunny equator. For years, experts suspected a link between sunlight, vitamin D levels, and this autoimmune disorder that damages the nerves. One newer clue comes from a study of a rare gene defect that leads to low levels of vitamin D – and a higher risk of MS. Despite these links, there's not enough evidence to recommend vitamin D for the prevention or treatment of MS.

### **More Vitamin D3 deficiencies:**

Hypercalcemia, Soft bone and tooth formation, pyorrhea, osteoporosis, low back pain, muscle weakness, rheumatism, arthritis, loss of body height, dental caries, bone fractures, hip fractures, retarded growth in children, non-absorption of Calcium & Magnesium, poor metabolism, premature aging, breast cancer, colorectal cancer, prostate cancer, stress, irritability, lack of vigor, hypothyroidism and hyperthyroidism, hearing loss, allergies, skin problems,

diabetes, muscle twitches, cramps, numbness affecting hands and feet, heart and cardiovascular issues, eye problems: myopia, immune system, cirrhosis of the liver and drug problems. (source: **Anti-Aging Manual - Dr. Joseph Marion, N.D.**).

**Reasons why one needs D Power (Note: The author doesn't endorse TEN products) <http://billsardihealthandwealthshow.com/media/pdf/Collapse-of-conventional-medicine.pdf>**

### **Are You Vitamin D Deficient?**

Problems converting vitamin D from food or sunshine can set you up for a deficiency. Factors that increase your risk include:

- Age 50 or older
- A northern home
- Overweight, obese, gastric bypass surgery
- Milk allergy or lactose intolerance
- Liver or digestive diseases, such as Crohn's disease or celiac (source: WebMD.com)

References on the importance of taking Vitamin D3: <http://www.mercola.com/article/vitamin-d-references.htm> and <http://www.lifespannutrition.com/30minutessunshine.pdf>

You cannot get enough Vitamin D3 in your day per VitaminDCouncil.org. An individual needs a blood level above 50 and 97% of Americans are not able to absorb 98% of Vitamin D3 through pills, liquids or capsules. This can only occur through an intra-