

# Focus On Health

QUARTERLY NEWSLETTER

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## Vitamin D3: Important In More Ways Than One

### D3 NOW A CO-HORMONE



Vitamin D3 is so crucial to thyroid function that its status has now been elevated by researchers to co-hormone. We now know that the variability of thyroid to work or not work in your body is dependent upon the presence of Vitamin D3, making it not just of benefit, but absolutely essential. This is from Richard

Shames, M.D. who has published several books on thyroid disease and is in private practice.

### D3 & MS

Vitamin D deficiency may be a potential environmental predisposing factor for developing multiple sclerosis even in hot regions with plenty of sunshine, so screening for Vitamin D3 is recommended even there. Ideal levels should be between 75 and 120.

## Hot Air or Paper - You Decide!

Hot air hand dryers spread up to 27 times more germs than paper towels. One towel works fine. That would save 571 million pounds of paper per year.



## Get Fit In A Flash...

Interval Training: alternating between bursts of challenging exercise and mini-recovery periods doesn't just make your workouts fly – it will get you fit in a flash. You can score the same health benefits in a third of the time.

## MRSA - May Be On The Seat Next To You...

Perceived Danger: airplane toilets. Real Danger: in-flight arm rests. MRSA can survive there for seven days, compared with four on toilet flushers. Wipe down both with alcohol-based disinfectant.



## Check Out The New “Bank” Founded By MIT Graduate Students



James Burgess and Mark Smith, both graduates of MIT, have developed capsules containing human fecal material and a fecal bank. Colon bacteria

have an incredible impact on digestive systems particularly *Clostridium difficile* elimination. Success rate is 90%.

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