



Health Matters

by

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Investigators from the University of Colorado School of Medicine have reported in the Archives of Internal Medicine that getting adequate vitamin D is one important way to arm the immune system against colds and flu. To date, theirs is the largest study of the association between vitamin D and respiratory infections, showing that those participants 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. Previous research shows that 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 antimicrobial substance that help to control the replication of viruses in the body. We offer vitamin D in soft gels, liquid drops and chewable tablets. As always, we guarantee your satisfaction.

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