



SUN TIMES

Your connection to tanning tips, tricks and more . . .



September 2010

In This Issue:

Just What CAN Vitamin D do for Me?

Y-O-G-A & Y-O-U

Suffer from Psoriasis? Tanning Can Help

Vitamin D

We've already looked at the benefits of Vitamin D in past issues. However this is one of the most important topics a tanning salon needs to keep at the forefront of clients' tanning experiences. So we're going to cover this Sunshine Vitamin every few issues to keep you "in the know" on how your tanning regimen can produce more than just a skin deep tan.

Vitamin D is actually a hormone crucial for the body to correctly process and absorb calcium & phosphorous as well as maintain muscle strength.

D is the only vitamin that does not need to be consumed in food or supplements because our bodies are efficient at making it when our skin is exposed to direct sunlight (not through a window). On that note, sunlight will only produce as much vitamin D as you need, so there is no fear of overdosing on Vitamin D from sun exposure.

"Are You Getting Enough Vitamin D?"
www.webmd.com

Vitamin D is essential in boosting our immune system's effectiveness. Some research shows the lack of vitamin D synthesis is a possible explanation for high rates of influenza & common cold infections during winter.

www.wikipedia.com

Recent research has shown the importance of Vitamin D in the fight against cancer. Various studies have shown that people with adequate levels of vitamin D have a significantly lower risk of developing cancer, compared to people with lower levels. Vitamin D deficiency was found to be prevalent in cancer patients regardless of nutritional status, in a study carried out by Cancer Treatment Centers of America.

"What Is Vitamin D?" Medical News Today

Vitamin D is certainly a "must have" in our daily routine. But there's even more this little vitamin can do for our health:

It may reduce the risk of developing multiple sclerosis. Multiple sclerosis is much less common the nearer you get to the tropics, where there is much more sunlight, according to Dennis Bourdette, chairman of the Department of Neurology and director of the Multiple Sclerosis and Neuroimmunology Center at Oregon Health and Science University, USA.

Vitamin D may have a key role in helping the brain to keep working well in later life, according to a study of 3000 European men between the ages of 40 and 79.

Vitamin D is probably linked to maintaining a healthy body weight, according to research carried out at the Medical College of Georgia, USA.

It can reduce the severity and frequency of asthma symptoms, and also the likelihood of hospitalizations due to asthma, researchers from Harvard Medical School found after monitoring 616 children in Costa Rica.

It has been shown to reduce the risk of developing rheumatoid arthritis in women.

Sunshine and supplements -- not food -- are the best sources of vitamin D, providing you choose a supplement with D3. Sunlight is the easiest, it's free, and your body is very efficient at making vitamin D from the sun, and it lasts twice as long as other sources. Chances are, you are not getting enough vitamin D for good health. So boost your D with safe sun exposure, or supplement your diet with 1,000 IU of vitamin D3 a day. And be sure to eat a variety of foods rich in vitamin D.

"Are You Getting Enough Vitamin D?"
www.webmd.com

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I've often heard comments such as "I'm not flexible enough" or "I am not in good enough shape." Those factors can certainly lead someone to believe that they cannot do yoga. However yoga has been proven to help with those factors - working towards the goals of becoming more flexible or becoming healthier. I believe that it is the fear of the unknown or trying something new that holds people back. It doesn't matter if it is yoga, tennis, running, or weight lifting. We often defeat ourselves before we even get out of the starting block. I taught a Seniors yoga and smiled to myself when I saw a student progress in a pose that they initially said "I can't do that." Of course, one must always listen to your body and honor it, never taking it past its limitations.

Sherry Schutt, Certified Instructor

SUFFER FROM PSORIASIS? UVB & VITAMIN D CAN HELP

According to the National Institutes of Health (NIH) about 7.5 million Americans suffer from the chronic, autoimmune skin disease called psoriasis that causes irritated, flaky and thick patches of red skin; some forms of psoriasis are also associated with joint pain. Most medical treatment for the often painful and quality-of-life robbing disease center around controlling symptoms with medications like cortisone. But now research just published in the August issue of the *Archives of Dermatology* indicates there's a non-drug way to clear and maybe cure the disease naturally -- exposure to vitamin D boosting UV-B light.

Comprising the "tanning rays" from the sun that are blocked by sunscreen and long feared for supposedly causing wrinkles and "age spots", UV-B light, it turns out, actually promotes health by increasing levels of vitamin D. Now a team of scientists from St. Vincent's University Hospital in Dublin, Ireland, have found that treatment with narrow-band UV-B rays greatly increases serum levels of vitamin D in the wintertime. And they've shown how adequate exposure to UV-B light therapy can clear psoriasis. ***In fact, the new finding is powerful evidence that a lack of the "sunshine" vitamin is involved in the development and worsening of this skin condition.***

The researchers studied 30 con-

secutive patients with psoriasis who were treated with narrow-band UV-B light three times per week between October 2008 and February 2009. The research subjects' psoriasis cleared and their serum vitamin D levels (which were measured before the study, after four weeks of treatment and after the treatment was finished) were compared with those of 30 control patients who also had psoriasis but did not have any UV-B therapy. The researchers also assessed the severity of the patients' psoriasis symptoms and their skin disease-related quality of life before and after treatment.

The results showed that levels of serum 25-hydroxyvitamin D, which is considered the most accurate measurement of vitamin D levels in the body, had increased significantly among individuals receiving UV-B therapy -- rising from about 23 nanograms per milliliter to 59 nanograms per milliliter at the end of treatment. However, there was no change in the control group.

"At the end of the study, all patients in the treatment group were vitamin D sufficient, but 75 percent of the control group had vitamin D insufficiency," the authors wrote in their paper. What's more, the control group's skin condition didn't improve at all. And in the group treated with UV-B light exposure, their psoriasis severity scores decreased dramatically -- from 7.1 at the beginning of the study to only 0.5 after light therapy.

Article courtesy of www.naturalnews.com/vitamin_d

DATES TO REMEMBER

- 4th & 5th**
Midwest Mod Special @ Speedway
 - 18th**
Women's Way Cancer Walk
 - 18th**
United Way Bake Sale
 - 19th**
Jamestown Jammers Roller Derby
 - 23rd-25th**
Jamestown Community Dinner Theater
 - 24th-25th**
Stockcar Stampede @ Jamestown Speedway
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