



Wellness in the Northwest

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Happy Holidays



We would like to take this opportunity to wish you and your family a happy holiday season and a prosperous and healthy New Year! Your patronage and trust is the cornerstone of our practice, making it a pleasure at this Christmas time to say "Thank You". Our exciting news this year is that Renee Little, a registered dietitian, joined the Wellness Centre this September! Renee attained a Bachelor of Science degree in Nutrition from the University of Alberta and completed the University of Alberta Integrated Dietetic Internship Program in 2004. Currently Renee is registered with the College of Dietitians of Alberta and has practiced in both a clinical and community setting for the past 7 years. Renee takes a wholistic approach to nutrition including a review of each individual's medical history, medications, access to food, physical symptoms, laboratory data, height and weight measurements, lifestyle, activity level, and food and nutrition history. Nutrition services are tailored for each client to help them achieve their specific goals relating to health, wellness or sport performance. Renee has started individual and couple's workshops to help us to eat more wisely. Rachael Tabaka RMT is pleased to announce that she has completed her training in Laser therapy! Rachael has added laser therapy to the many other techniques that she provides. Laser therapy has been shown to be helpful in reducing inflammation and speeding up the healing of soft tissue and muscles injuries. Stephanie Slon Reflexologist has expanded her practice with the Ionic Foot Detox.

It has been a honour to serve you and your family. We look forward to meeting your health care needs in the future. Until then, be happy and have a wonderful holiday. Best wishes and Merry Christmas.

Drs. Jennifer Adams-Hessel DC, Brett Hessel DC, Shelyn Somani MD, Rachael Tabaka RMT, Amie Tunke RMT, Parri Ulrich, Stephanie Slon, Renee Little, Julia Khafizov,

DIY Home Detox

Run a hot bath... add one cup of Baking Soda, and one Cup of Epsom salts.

This creates a hypertonic solution which draws toxins out of your body through your skin. Your body will also absorb magnesium from the salt, which calms and soothes muscle tension. This is excellent before bed, especially for anyone suffering from aches and pains or disturbed sleep patterns.

This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!

– D.M. Dellinger

Nutrition Spotlight - The Sunshine Vitamin, Vitamin D

Vitamin D: New Recommendations

We have all heard a lot about vitamin D in the media lately as there has been tremendous focus on the potential vitamin D may have for prevention of cancer, multiple sclerosis, cardiovascular diseases and immunity. This article will give you an understanding of the function of vitamin D and provide you the answer to the two common questions; “what foods have vitamin D” and “do I need a vitamin D supplement?”

What does Vitamin D Do?

“Vitamin D is a nutrient that helps the body use calcium and phosphorous to build and maintain strong bones and teeth. Too little vitamin D can cause calcium and phosphorus levels in the blood to decrease, leading to calcium being pulled out of the bones to help maintain stable blood levels. This can cause rickets in children and osteomalacia (softening of the bones) or osteoporosis (fragile bones) in adults.

Is there a risk of having too much Vitamin D?

Too much vitamin D can cause too much calcium to be deposited in the body, which can lead to calcification of the kidney and other soft tissues including the heart, lungs and blood vessels. Too much is considered to be over the Tolerable Upper Intake Level (UL) listed in the table below.

How much Vitamin D do I need per Day?

Your recommended dietary allowance for vitamin D is the amount you need to take each day. To calculate how much food you need to consume to meet your requirements see Table 2 below.

Table 1: The Dietary Reference Intakes (DRI) for Vitamin D

Age group	Recommended Dietary Allowance (RDA) per day	Tolerable Upper Intake Level (UL) per day
Infants 0-6 months	400 IU (10 mcg) *	1000 IU (25 mcg)
Infants 7-12 months	400 IU (10 mcg) *	1500 IU (38 mcg)
Children 1-3 years	600 IU (15 mcg)	2500 IU (63 mcg)
Children 4-8 years	600 IU (15 mcg)	3000 IU (75 mcg)
Children and Adults 9-70 years	600 IU (15 mcg)	4000 IU (100 mcg)
Adults > 70 years	800 IU (20 mcg)	4000 IU (100 mcg)
Pregnancy & Lactation	600 IU (15 mcg)	4000 IU (100 mcg)

*Adequate Intake rather than Recommended Dietary Allowance.

Table 2: Good Food Sources of Vitamin D

Food Source Non-Milk Product	Vit D (IU)
Salmon (Sockeye/red; baked or broiled) 75 g (2½ oz.)	680
Salmon (Atlantic, Chum, Coho, Chinook; baked or broiled) 75 g (2½ oz.)	204–392
Salmon with bones (pink, red; canned) 75 g (2½ oz.)	352–556
Herring, halibut, farmed trout (baked or broiled) 75 g (2½ oz.)	144–192
Tilapia, lake Whitefish (baked or broiled) 75 g (2½ oz.)	120–136
Tuna, yellowfin, albacore, ahi (baked or broiled) 75 g (2½ oz.)	105
Egg, including yolk (boiled) 2 large	52
Food Source Milk and Milk Alternatives	Vit D (IU)
Milk, white or chocolate (skim, 1%, 2%, whole) 250 mL (1 cup)	104
Evaporated milk, undiluted (2%) 125 mL (½ cup)	108
Dry powdered milk, reconstituted with water (skim) 250 mL (1 cup)	104
Soy or rice beverage fortified with vitamin D 250 mL (1 cup)	88

*Some values have been rounded up or averaged where specific foods or beverages have been reported as part of a group.

Do I need to take a Vitamin D Supplement?

If you consume foods high in vitamin D each day to meet your DRI then you do not need to take a vitamin D supplement. Health Canada recommends adults consume at least 2 cups of fluid milk or milk replacement (such as fortified soy, almond or rice beverage) per day. “ Each cup of milk or milk replacements contains approximately 90-100IU of vitamin D.

If you do not take in any of the foods listed above each day or do not take enough to meet your Recommended Dietary Allowance of vitamin D, you should either change your eating habits to optimize your vitamin D intake or consider taking a daily supplement. It is important when choosing a supplement that you remember most multivitamins have 200IU of vitamin D per tablet. If you are already taking a multivitamin you may get enough from your diet plus the amount in a multivitamin.

If you do not meet your requirements, vitamin D supplements are available in dosages of 100IU to 2000IU per tablet. Be sure to check the label to choose the right amount without getting too much. The Tolerable Upper Intake Level is listed for you in the table above which is your limit on the number of International Units of Vitamin D to take per day. The upper tolerable limit includes vitamin D from both food and supplements. If you are unsure how much vitamin D you are taking in your diet or if you need a supplement how much you should take check with your Medical Doctor or your Registered Dietitian.

Balanced health for mind, body and spirit

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