



The
PTI BUZZ
Carol Kur, MSRD

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VITAMIN D

Not just for Strong bones and Teeth

What you did not know about Vit D is sweeping the medical community. It can help protect us against the following:

Cardiovascular disease
Autoimmune disorders
Cancer (including breast, colon and prostate)
Diabetes
Emotional difficulties, such as depression and bipolar disorder
Muscle function
Gum health

Supplements are necessary to get up to the 1000 -2000 IU's a day, but foods such as: tuna, salmon, sardines and mackerel can help.

Sled in the park with the kids and burn 100 calories in 15 minutes!!!!

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