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Total Wellness Concepts Newsletter

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How To Avoid Colds and Flu This Winter Season



The first thing you can do to avoid winter colds and the flu is to take plenty of vitamin D and I don't mean the ultraconservative amount of 600 international units per day suggested by the Institute of Medicine. The IOM panel contained not a single vitamin D researcher like Michael Holick, MD, PhD or William Grant, PhD. These leading researchers and many others have advised 5,000 IUs a day for most adults and higher amounts for older people and people with dark skin. The Life Extension Foundation recommends 7,000 IUs a day.

There are now more than 38,000 peer reviewed scientific articles in the NIH database on vitamin D so don't let your doctor tell you there is no scientific proof vitamin D in large doses does anything for you. You can Google *pubmed* and enter "vitamin D" to view the articles. More importantly you

will be hard pressed to find any negative articles about this miraculous vitamin. Furthermore, you will be amazed by the diversity of conditions vitamin D prevents or helps ameliorate, everything from cancer, heart disease, hypertension and peripheral artery disease to type 2 diabetes, multiple sclerosis, rheumatoid arthritis and other autoimmune diseases. I have taken more than 5,000 IUs a day of vitamin D for many years and never get flu shots, but have not had the flu for the last seven years. **Contact me to order Vitamin D from Life Extension.** Furthermore, I rarely get colds and am often around adults and children with colds.

Other supplements that confer protection against colds and the flu include vitamin C 3000 mg a day or 500 mg four or five times/day, a yeast extract called EPICOR known to boost resistance, Echinacea, probiotics, including a new probiotic lozenge containing Streptococcus salivarius K12. Find a holistic physician in your area who offers intravenous (IV) vitamin C which when infused into the blood produces hydrogen peroxide that kills bacteria and viruses in large quantities without harming healthy tissues. If you want the name of a good holistic doctor call me at 240-888-5453. Actually there are quite a few in the DC Metro Area.

Visit my blog! I now post regular articles that you might find interesting - just click on my website below and look for the link to my blog. I welcome your comments.

Be well.

Sincerely,

Steve Seater
Total Wellness Concepts

Steve Seater, CPT, CNC, CN, is a life long fitness enthusiast with a strong interest in holistic nutrition and wellness. He is a certified nutritionist

(CN), and a certified nutrition consultant (CNC). Additionally, he is a certified personal trainer (CPT) and a certified spinning instructor.

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