



The Rediscovery of Vitamin D

By John M. Surso, M.D.

Most people know that vitamin D is essential for the absorption of calcium, which leads to strong bones. However, recent evidence points to a number of ailments that result from a deficiency of vitamin D despite the widespread use of vitamin supplements and the addition of vitamin D to many foods.

Vitamin D stimulates the absorption of calcium from the small intestine. Without this vitamin, no more than 15% of dietary calcium is absorbed, leaving bones without the nourishment they need. With the vitamin, 30% of calcium is absorbed and as much as 80% is absorbed in pregnant and lactating females.

It is important to know that when an adult is deficient in vitamin D it can have a profound effect on how one feels.

There may be chronic bone or muscle pain and lower extremity weakness or fatigue. This condition often may be misdiagnosed as fibromyalgia or other diseases.

Recent evidence establishes a link between vitamin D deficiency and increased fall risk in older adults. There is also preliminary evidence that vitamin D is essential for breast and prostate health. Certainly low vitamin D levels should be suspected in those individuals diagnosed with osteoporosis.

Most of us assume that we have enough vitamin D due to sun exposure, dietary intake and vitamin supplements. Unfortunately, in our climate, we have inadequate sun exposure throughout most of the year for sufficient vitamin D production. This is worsened by active avoidance of sun exposure to reduce the risk of skin cancer and by the wise use of sunscreens. Using only a 15 SPF sunscreen reduces

the production of vitamin D by 80 %.

Many physicians believe all adults should be tested for vitamin D deficiency. In most cases a simple blood test measuring 25-Hydroxy vitamin D levels is run on adults who experience symptoms. Treatment for low vitamin D depends upon the level that is determined from the blood test. This may require a prescription vitamin D loading dose and then maintenance with an over the counter regimen of vitamin D3. This may be a simple and inexpensive treatment of a common condition that we now know can truly affect our health.

Dr. Surso is Medical Director and Community Liaison of the new Summa Health Center at Lake Medina, opening this Fall. To make an appointment with Dr. Surso or any Summa Physician, please call (800) 237-8662, ext. 234.

Ask the Health Commissioner...

Q: Dr. Raub, Does my elementary school child still need to be in a car seat?

A: Ohio law says if a child is four to eight years of age and under the height of 4'9" (57 inches) he or she needs to ride in a booster seat. For example, children who are six years of age and 4'10 inches or taller, and those children who are nine years of age and 4'2 inches don't have to be in a booster seat.

The reason why this law is so important is because it will reduce injury and save lives. Seat belts in cars are designed to fit the body of an adult, with the lap belt fitting over the hips, and the shoulder belt fitting across the chest and over the shoulder. When smaller persons, such as children, are buckled up without a booster seat, the lap belt is on their abdomen, and the shoulder belt crosses



DANIEL J. RAUB

over their chest and is right under their neck. During an accident, small children are at risk of organ damage when the lap belt crosses the soft tissue of the abdomen. They are also at increased risk for spinal and neck injuries which may also be permanent. A booster seat works by raising children up so that the seat belt fits properly (across their hips and across their chest).

According to the National Transportation Safety Board, from 1998-2007, 3500 children between four to eight years of age died in crashes because they were unre-

strained or not restrained properly, and for children 2-12 years of age, car crashes were the leading cause of death. It is estimated that by putting this law in place, children who use a booster seat are 59% less likely to sustain injury during a crash!

The Medina County Health Department is doing its part to educate Medina County residents on the importance of child passenger safety. Free car seat inspections are held on the second Monday of every month. To schedule an appointment, please call 330-662-0467 or toll-free at 1-888-723-9688. Services are partially funded by your local health levy.

Daniel J. Raub, DO, MA, FACOFP, is the Health Commissioner and Medical Director for the Medina County Combined General Health District.

Headaches & Their Causes

By Merida J. Raines

Ever wonder what really causes headaches in the first place? Are Migraines really a result of stress, or are there other factors involved? This information comes from Naturopathic Doctors who have lots of experience in this field. With that in mind, I would like to thank Dr. Donald LePore and Dr. Bernard Jensen. Two masters of natural medicine.

First of all, no matter what doctors or TV commercials tell you, headaches are not a result of an aspirin deficiency.

CJ called because her head was "killing her". "This migraine is the worst I've had in quite a while and it just won't go away." She mentioned that her headaches were 'hormonal' because they always accompanied her cycle.

"Where is your headache", I asked her. "What do you mean?" she replied. I clarified my question with, "Tell me where in your head your headache is right now". She told me it was behind her right eye in the temple area. I asked her if most of her migraines were in the right temple area and she said she thought they were, although some were in the left temple.

I asked if she could consider that blood loss would bring about a deficiency in iron. She had never thought of that. She found some Iron tablets and took them and called me back. Her headache was completely gone.



There are many reasons for headaches. Most headaches are a result of organs that are functioning poorly. The small or large intestine may play a role in headaches as constipation may cause the blood to become toxic.

Headaches that come from liver congestion are mostly felt coming up the back of the neck, caused by a deficiency in choline, which may be related to coffee drinking.

The cause of some migraines may be related to allergies. Clear the allergy with the appropriate antidote and you may clear up the migraine. Antidotes are found on my website. According to one source, if you hunt down the allergy and clear it, the migraine will disappear in a short time.

Headaches at the top of the head are generally related to

the kidneys and the Pineal gland.

Pituitary gland headaches radiate from inside the head with a pounding sensation which feels as though one's head may explode. When the Pituitary gland is inactive it leaks, which begins to drain into the nasal sinuses. Once correcting supplements are taken the Pituitary activates which causes a warm buzzing sensation in the head. All sinus drainage stops or clears up within a short time. The last flu outbreak began for many with a pounding headache.

A right sided headache that is behind the right eye/temple area is indicative of an Iron deficiency. Many women get right sided headaches around their cycles, believing the headache to be 'hormonal'.

A left sided headache at the temple behind the left eye is generally noted to be caused by a Zinc deficiency.

Headache behind the right ear may mean that the body needs more Potassium.

Headache behind the left ear may mean that the body needs more Sodium found in vegetables and fruits, not table salt.

You don't have to suffer from Migraines if you know what to do.

Contact Merida Raines at 330.722.2750 or 330.242.2560. For more info on Migraine, visit online at www.windinherhair.com.

"But...My Favorite Show is On..."

By Clifford M. Sonnie, M.D., M.P.H.

I was sitting on my porch reading about the 60's and the presidency of LBJ and I came across an interesting fact. When LBJ had developed cardiac problems near the middle of his term, one of his physicians actually had the audacity to suggest that diet and exercise (a remedy that had been practiced 50 years earlier) may be beneficial. He was fired. It struck me that given enough time, everything comes full circle. But what was even more amazing and disturbing is that in today's medicine, if it is not proven with a double blind, placebo controlled study, it doesn't count. (This is when the study has half the patients not doing the treatment or taking the real medicine and neither the patients nor the doctors knows who is or is not doing the real treatment.) It eliminates bias. Great! But do we really need a study to show me that if my hand touches a hot stove, pain is the probable result? I agree that studies need to be done to protect the public from sham remedies. But there is a limit. Sorry, this isn't even what I wanted to talk about but it came to mind when a study by a leading local "Mecca of Medicine" came out stating that exercise and cardiac disease are related and that exercise can reduce anxiety in patients with chronic illnesses. Sorry, I'm off on a tangent again.

What I did want to talk about is exercise. In every article I write, I always tout the benefits of exercise and how we need to get off our duffs. Well, many of you are doing that and I am thrilled!! But many are also misinterpreting part of my message. When I say exercise, yes, going to a gym, walking, biking or the like is great but what of the other 15 hours that we are awake? Working up a lather in the gym for a hour a day is excellent but it ain't going to suddenly make you healthy and fit. Let's forget diet, nutrients, sleep, relaxation and water and just look at exercise. This is what the folks at the British Journal of Sports Medicine did. Seems pretty much a no

brainer to me, but I guess it had to be studied and said. Anyway, the journal stated that for every extra hour of sitting down watching Bowling for Furniture your risk of developing symptoms of the "metabolic syndrome" increases 26%.

Bottom line, no amount of exercise can offset the negative effects of being too inactive. What happens is that inactivity causes chemical reactions to develop in the body which can't be overcome with an hour of exercising. Essentially, (no science I promise) when you exercise vigorously you develop free radicals, which causes inflammation. You also develop those items in your body needed to fight them. Vigorous exercising does produce the bad guys but it also helps the body produce the good guys. Confusing, I know, but if you don't remain active the bad guys eventually catch up and overtake the good guys. I know it's a simplistic way of looking at it, but it works for me and keeps me off the couch as much as possible (except when "The Big Bang Theory" is on). Anyway, back to the British Journal, it stated that in addition to exercise, people have to remain active. Remember too that all muscles work on a "use it or lose it" principal. The point is that it is not necessary to increase stressful exercise, but you need to cut down on the inactivity. Walk to the store or park at the back of the lot. Take the stairs. Take the spouse to dance lessons or go for a second and third walk today. The possibilities are many, simple and best of all free (in most cases).

I'll be writing of different types of exercises from time to time, but the best thing to do is check with a trainer. There are a lot of them out there and they are the experts. Heck, I thought a kettle ball was something you hung around a cow's neck. As always any exercise program should be cleared by your family MD or DO. After all, the smart health care consumer is informed and aware.

Clifford Sonnie, M.D. is the Medical Director at the Balance of Life Clinic.

LIVING

From B1
Solomon was Israel's third man to be king. Yet even he didn't always exercise that gift and made several mistakes that he had to confess later in life:

I said to myself, "Look, I am

wiser than any of the kings who ruled in Jerusalem before me. I have greater wisdom and knowledge than any of them." So I set out to learn everything from wisdom to madness and folly. But I learned firsthand that pursuing all this is like chasing the wind. (Ecclesiastes 1:16-17)

What if there's a lesson for us in that? Might our country's mantra of "Life, liberty, and the pursuit of happiness" actually be wrong? Doesn't the pursuit of happiness ultimately produce a sick society? Shouldn't we be pursuing goodness and right living instead?

I heard the phrase "second career living" a few years ago, referring to the new move-

ment of retirees who act on the realization that life isn't about themselves. Many are becoming full-time volunteers in churches or global movements that make an eternal impact on this world.

On the other side, people in their 20's, 30's, and 40's have recognized the impact of living life with a vision that matters. Many are sitting down to write mission statements that clarify

their top priorities and how one flows into the next. Mine reads "I am committed to being the best man of God, husband, father, friend, and pastor I can be, in that order, so that I might authentically lead others into a fully-alive relationship with Jesus Christ." I can't tell you how many times having this articulated has helped me to keep the main thing the main thing.

Today I dare you to get healthier in this than you may be right now. We're all good at confessing truth in one moment and then covering it up in the next. Will you be courageous enough to turn off the noise, quiet your current agenda, and lean into your life for ten minutes? Take stock of your inconsistencies as well as the times you've felt most use-

ful as a human being... and see if you can sense how your Creator created you for something bigger than a gold watch and a 401k.

Want to know your true net worth? Simply add up everything death can't buy and nothing can't take away. In other words, maybe it's time to "butt dial" into a legacy that makes every day one of eternal impact... in and out of you.

Until then, see you next week... if not around town.

"Fully-Alive Living" offers weekly insights to serve in taking another step forward in matters of the heart, soul, mind, body, and relationships. With over 20 years of experience and advanced education in working with people of all ages, Tony Myles and his family live in Medina where he serves as the Lead Pastor of Connection Church.

Visit Tony online... Personal blog: <http://dontcallmeveronica.blogspot.com> Leadership blog: <http://ttonymyles.blogspot.com> Contact email: tony@connectionchurch.org

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