

RECOMMENDATIONS

1. Vitamin D is crucial for the absorption of calcium. If you're out in the sunshine and your skin is exposed to the UV rays of the sun, it will make vitamin D. If you're unable to get regular sun exposure, take vitamin D as a supplement—one capsule of halibut or cod liver oil per day. These sources of vitamin D seem to be more active than the irradiated yeast used in vegetarian vitamin D supplements.
2. Vitamin D is relatively passive until it's activated by your kidneys, which change the activation of vitamin D as the weather changes. Sodium in the diet tells the kidneys it's *not* sunny, so they activate vitamin D—while potassium tells the kidneys it *is* sunny, so they don't activate vitamin D. So, eat according to the climate in which you are living.
3. If you eat animal products, you get adequate sodium; if you eat vegetable products, you need to add salt. Unrefined sea salt carries myriad trace minerals that buffer the potential side-effects of pure sodium chloride. Salt, however, including most sea salts, has had these important trace minerals stripped off and sold to the industrial mineral market. The salt I recommend is Celtic Sea Salt® from Brittany in France—it still contains its key trace minerals. Having these minerals in your diet can be critical to your health because fertilization of the soil with nitrogen, phosphorus, and potassium has depleted trace minerals from heavily farmed soils. Organic gardeners are attempting to correct these deficiencies by adding rock powder to the soil. Celtic Sea Salt® can be purchased from:
The Grain and Salt Society, Canada
17 Matilda Street
Tara, Ontario N0H 2N0
1-888-725-8386 or (519) 934-9948
Fax: (519) 934-9908

4. While activated vitamin D will transport calcium from your gut into the blood, it's vitamin K that puts it into your bones and keeps it out of your arteries. Eat leafy green vegetables regularly for their vitamin K. Eat salads when you're out in the warm sun, and steamed greens—with a little sea salt—the rest of the year.
5. Eat foods containing acidophilus bacteria—such as fresh yogurt—to inhibit yeast. Or take acidophilus capsules. I recommend 1 acidophilus capsule two times per day on an empty stomach: in the morning upon rising (then try to wait at least 20 minutes before eating) and at night before bed. Use garlic, oregano, basil, rosemary, thyme, savoury, turmeric, curcumin, etc., for their anti-yeast and anti-inflammatory properties.
6. Make sure that you get enough sleep to allow your body's repair crews—such as growth hormone and thymus hormones—to fix the wear-and-tear that your body has endured during the day, so you are rested, repaired, recharged, and ready for another busy day.