

# LongLife911

The LongLife911 Health Bulletin by Curt Hendrix, M.S., C.C.N., C.N.S.

## LongLife911.com

The Tony O'Donnell Show of 05-29-2016 featuring Curt Hendrix, M.S., C.C.N., C.N.S.

Subject: Calcium absorption and the importance of Vitamin D

**Tony:** Welcome back to the program. Hope you're having a beautiful Memorial Day weekend. Don't forget those in uniform. Say hello to them all, men and women of uniform. Honor them and respect them and show them that you deeply care.

My next guest is a regular guest on the broadcast, Curt Hendrix. He's a chemist and certified clinical specialist. He is an expert in health and wellness and nutrition. Today Curt wishes to explore with me on the broadcast, some of the confusion surrounding vitamin D supplementation. How much to take and why too much may be too much of a good thing and why too little may also be harming or indeed hurting your health. How are you today Curt? Welcome to the broadcast.

**Curt:** Thanks for having me Tony.

**Tony:** There's lots of exciting benefits as it relates to vitamin D beyond just the regular bone health based on some preliminary studies. The list of potential benefits you say are for things like diabetes, heart disease, cancer, dementia, continues to grow, and may even extend life according to one relatively new study. Can you enlighten us?

**Curt:** Yes, actually there are two studies that I wanted to tell listeners about, and we've all heard about vitamin D and calcium and bones. I want to give the listeners a much more in depth understanding as to why vitamin D is crucial and exactly what it does and what it doesn't do. In reference to those studies, there was recently a study in the British medical journal that followed people for up to 29 years. It looked at groups of people who were either low in vitamin D, according to a measurement in itself I think it was too low, and people who were higher in vitamin D. They found that the people who were higher in vitamin D just actually lived significantly longer. That's obviously a goal all of us have for ourselves and our loved ones. The second study, which sort of relates to genes, is that even on the most basic level we understand that genes tell us who we are, and how to replicate and how to grow, and that you want them to stay healthy and undamaged. Damage to a gene can cause all sorts of problems including cancer as an example. So we have these little organelles in our cells called chromosomes, which are containers. They are little strands that contain our genes. If you picture a strand looking like a shoe lace, at the end of a shoe lace we always have a cap on it, right? So that it doesn't unravel. Well we

have that same cap on our chromosomes called the telomere and if that telomere stays healthy, the genes don't unravel and start doing things that we don't want them to do. In fact it showed that vitamin D protected that telomere which is phenomenal for its potential longevity and anti-aging benefits.

**Tony:** This is very exciting. This is very exciting information.

**Curt:** Yes it is and when you couple that with the fact that up to 80%, some literature goes from 50 to 80%, of Americans are deficient in vitamin D. The importance of today's show will tell people how much to take and really sort of who to pay attention to.

**Tony:** Yes. We are going to get into that. We are going to get into that in just a second. Curt, I want to find out more about that, it's very exciting. How the RDAs may be too low, you may be getting too little and you may be damaging your health. We are going to take a break. My special guest is Curt Hendrix, regular contributor to the broadcast. We are delighted to have you on every Sunday. You are listening to the Doctor Tony O'Donnell Show, Talk Radio Network nationwide. We'll take a break, and when we come back we will hear from Curt and the health benefits of vitamin D. We'll be right back.

[Part 2]

**Tony:** Welcome back to the program. We're having a fantastic Sunday. Curt Hendrix is with us. He's a chemist; a certified clinical specialist. Curt, we're talking about Vitamin D so let me ask you this, can't we get enough Vitamin D from the sun to clear up all the confusion?

**Curt:** No. The researchers and people like myself who follow it and try to interpret where it's heading make it pretty clear that we cannot. It's interesting to know that you'll often hear people go, "Well, my Vitamin has the recommended daily allowance" and they have reason to believe because it's been repeated so many times, that's all they need.

The fact is that the governmental agencies that set these levels are always wrong for most. For example, 10 to 15 years ago their RDA for Vitamin D was 200 IU - which was an international unit of measuring a dose of a Vitamin - and they've now raised it to 600 so they were off by 300% - and they were just wrong. They got it wrong and I understand that because they have to be so super conservative that they get to the point where they're denying us the benefit, and it takes them 20 years to correct their mistake. That's 20 years of your life where you aren't taking the right amount. If you look at the literature, they've now raised it from 200 to 600 and 600 is woefully way to low and that is not --

**Tony:** Right, so --

**Curt:** I'm sorry Tony. Go ahead please.

**Tony:** I hear what you're saying. I'm confused a little bit and I want to make sure that our listeners are not confused. I want to make sure they get a clear message. There is a distinct difference between Vitamin D2 and Vitamin D and Vitamin D3. What should we be taking?

**Curt:** Yes. Everything I'm talking about during this segment of the show is Vitamin D3. Again, misinformation has been provided to physicians that D2, a synthetic form that's available by prescription, was equivalent to D3 and the fact is that studies show it is not well absorbed, it is not as efficient and that the form to be taking is D3. I'm glad you brought that up. Relating --

**Tony:** Also, I'm a man in my 50s – 57 – what should I be taking? I'm a woman in my 50s, what should they be taking daily?

**Curt:** The answer to that is a heck of a lot more than 600 IU. Let me give you some math. The amount to be taken is not an arbitrary - well I'm going to take 1000, 5000, 10,000 a day - it has to be compared to what your blood levels are, and the governmental agency said they should 20 nanograms, that's ng per ml which is milliliters.

The experts who spend their life not only studying Vitamin D but actually measuring it in their patients have said that that level should be at least 40 - twice what the government is recommending. When you do the math, even at 20, to get people up to 20, they would have to be taking somewhere around 5000 IU a day to get to 20, which is way too low.

**Tony:** What I hear you -- go ahead.

**Curt:** There's no question that in my mind everyone should be monitoring their levels. If you're already at 40, just keep doing what you're doing. If you're not at 40, start taking 5 or 10,000 - go in 3 or 4 months later and have them measured again. It's a simple test, it's very inexpensive, and take whatever it needs on a daily basis to get you up to 40.

**Tony:** It's a must take supplement, I hear you say.

**Curt:** Absolutely because now as I mentioned, we're not just looking bone health, we're looking at diabetes, potential health disease, cancer and dementia continue to be in a much higher risk if you're at the low end of Vitamin D supplementation.

**Tony:** Well, we're going to take a break. You're going to be with us Curt, right until the top of the hour before we take a break for the news. We're talking to Curt Hendrix, expert chemist and certified clinical specialist nutritionist. We love having you on the program. We're going to ask you some more questions about Vitamin D.

Should children be taking Vitamin D? How much sun exposure we should get, if any? Should we be in the sun because of the risk factors involved there as well with skin cancer, particularly people who are suspect to cancer? We'll take a break. We'll be back with more of the Doctor Tony Show on Talk Radio Network, and it's all about health in just a moment. We'll be right back.

[Part 3]

**Tony:** Welcome back to the program, we are talking with Curt Hendrix, chemist and certified clinical nutritionist specialist on the role vitamin D plays in health. Talk about bone health briefly Curt and why it's a must that we consume vitamin D on a daily basis.

**Curt:** Yes, I was hoping you would go there. It's important to understand what vitamin D does. Vitamin D helps our intestines to absorb calcium. And what that means - it gets calcium into our blood. But once it's in the blood, where is it going to go? The assumption made by lay people is "well, I guess it will go into my bones" and that's probably even an assumption made by certain health practitioners. The answer is - it totally depends upon other ingredients that you have in your diet or supplement with as to where it goes.

Ideally you'd like to see it go into the bones because it joins part of the bone matrix and makes it stronger and will contribute to less fracture risk. But the bone needs to be prepared to accept calcium and vitamin D has nothing to do with the preparation of the bone matrix being prepared. There's a lesser vitamin that I would think most listeners don't know much about if anything at all and that's vitamin K. Vitamin K has to be taken with vitamin D because it's the traffic cop that tells the calcium that it got in to the blood because of vitamin D, where to go - and we want it to go into our veins and not our arteries.

**Tony:** So those two should be taken together vitamin K not vitamin K2 but vitamin K?

**Curt:** Well actually I was going to mention that when listeners go out and buy a vitamin K supplement it should be a supplement that has both K1 and K2 - and the K2 should be in the MK7 form. It will be on the label, this may be a mouthful for listeners to listen to, but I'll repeat it. Get a vitamin supplement at any reputable health food store, from any reputable brand that has at least a hundred micrograms (mcg) each of K1 and K2, and the K2 should be in the MK7 form.

**Tony:** With vitamin D?

**Curt:** With vitamin D. So now the vitamin D is helping you absorb your calcium and the vitamin K is saying go into the bone and not our arteries, which leads to hardening of the arteries which none of us want.

**Tony:** Exactly. Talk about sun exposure and the effects that has on the body but also the risk factors associated with skin cancer if you have a pre-existing condition. Remember that sunscreen obviously will block vitamin D absorption. Talk about the health benefits and the negativity also associated with excessive sun exposure.

**Curt:** Well, let's assume that, hopefully most people listening are not cancer patients or at high risk for cancer - then they have to speak to their physician about the pros and cons of sun exposure. But if you're a healthy person, sun exposure does not significantly increase the risk of cancer unless you're predisposed to it for other reasons. But with that said, there's an interesting study that showed that some workers who worked outside still had low levels of vitamin D. So it really gets back to again -- it's a matter of where you are. Get tested, have your doctor test it or your health care professional test it and try to get to that 40 nanogram per milliliter range.

The interesting thing is that when tested, people are also low in vitamin K so taking that supplement is extremely important, and research is now showing that vitamin K is reducing the risk of heart disease, prostate cancer and breast cancer, so that's a win-win situation as far as I am concerned.

**Tony:** Fabulous information. You need to write a book my friend. I just love listening to you. I learn so much from you. You have a fabulous newsletter. Tell us briefly about that before we break for the news. How do people get that newsletter?

**Curt:** My goal is to help people learn real information that's scientifically based to help extend the length of their life and the quality of their lives and those of their loved ones. So I write a free newsletter telling people about all sorts of health conditions that I think can intelligently be addressed, be a lifestyle supplementation and without pharmaceutical drugs. And that's something we'd love for all people to sign up for.

**Tony:** That newsletter website you can go to LongLife911.com, LongLife911.com. I know that hundreds of people have already requested your newsletter. It's free, absolutely free. We try to provide you with the best information possible. The best guest experts in their field on this program. That's what gives me great joy. That's why I love having people like Curt and various other folks on the broadcast. LongLife911.com.

How are you spending your memorial day?

**Curt:** Probably studying some new research that came out.

**Tony:** You just love this. This is your passion really, isn't it?

**Curt:** It is. I just was in the gym this morning and a plastic surgeon who had horribly painful knees to the point where he could barely step off a curb, asked me what to take and I mentioned it to him at the gym. He said "Curt, after 20 years of knee pain, within two weeks its 50% better."

**Tony:** That's fantastic and it's natural, it's non-toxic, it's affordable, it's effective and that's why we love having you on the broadcast. Curt Hendrix chemist and certified nutrition specialist. LongLife911.com. Send him an email. Get that newsletter LongLife911.com. Go onto his website, get all this great information. You're listening to the Doctor Tony Show on Talk Radio Network. Thanks Curt. I appreciate you very much. Enjoy the rest of your Memorial Day. We'll take a break. We will be back with more. We have an exciting second hour coming up for you. The news is next, we'll be right back.

LongLife911.com