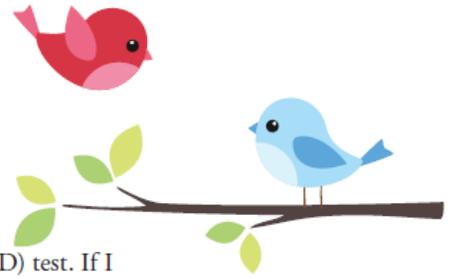


2 Nutrient Tests Everybody Needs



by Margy Squires

Whether you take supplements or not, there are two blood tests that TyH suggests everybody needs. One, a red blood cell (RBC) magnesium test. Two, a vitamin D₃ (25-hydroxy vitamin D) test. If I could, I'd send a bird to fly and sit on your shoulder and keep repeating, *get the tests, get the tests* until you do!

Both magnesium and vitamin D are essential to good health for very different reasons. You'll find a list of resources at the end but here's the bird's eye view for you.

Magnesium RBC Test
NORMAL LAB RANGE
4.0 – 6.4 mg/dL
OPTIMAL LEVEL
DR. ROMANO RECOMMENDS
5.5 mg/dL

TyH is also very adamant about knowing your RBC magnesium level. The daily value for adults is 400-420 mg but the National Institutes of Health reports the diets of most people in the United States provide less than the recommended amounts. That's probably why an estimated 76% of Americans are low or deficient – which makes testing critical. Even the World Health Organization states magnesium deficiency is a global problem. And magnesium is known to be low in multiple conditions. For example, many physicians who see fibromyalgia patients believe you cannot get better or feel well without magnesium, including rheumatologist Thomas Romano, M.D.

So what does magnesium do? It's a regulator of many cellular functions; in fact, this bossy mineral dictates the habits of more than 325 cellular enzymes. Since enzymes are responsible for making anything happen in your body, it means every cell needs magnesium. For energy production, sugar metabolism and bone building. To relax muscles, nerves and blood vessels. To regulate the heart and blood pressure. Magnesium supports a healthy immune system and the inflammatory response, too. There's probably no function in the body that doesn't require magnesium! Without magnesium, cells die.

Vitamin D is actually bossy, too. As a prohormone and with D-friendly receptors in every cell, its influence is body wide to affect the health and homeostasis of every cell and organ. Ongoing research suggests that D deficiency may be implicated in several disease processes as well, including heart disease, diabetes and cancer, the top causes of death in the U.S. If you have fibromyalgia, Mark Pellegrino, M.D., who's seen more than 25,000 FM patients, has found that his patients have better pain relief if their D₃ levels are at least 50 ng/mL. Given D's role in anti-aging and metabolic diseases, the Office of Dietary Supplements fact sheet has a 400-800 IU daily intake with some researchers suggesting amounts of 2000-4000 IUs.

What's Your D Status?
Based on a blood 25 (OH)(D) level of ng/mL

Deficiency	Below 15 ng/mL
Insufficiency	Below 30 ng/mL
Desirable	30 ng or Above
Optimal	50-80 ng/mL*
Too High	200 ng/mL or above

Source: Office of Dietary Supplements, NIH
*Source: Vitamin D Council

D is involved in muscle strength and function via several cellular processes. Helps balance calcium in muscles, bones, blood vessels and nerves too. Influences cell proliferation and muscle fiber size. Protects against insulin resistance and fatty degeneration which also impacts the heart and liver. Supports neuromuscular and immune function, and the reduction of inflammation.

You can see how having an optimal level of this vitamin may help prevent conditions such as diabetes, hypertension, multiple sclerosis, asthma, osteoporosis and cardiovascular disease to name a few. Check your D test results with *What's Your D Status?* box above.

Supplementing is an option. The safety of both supplements is well known. In fact, even though D₃ is a fat soluble vitamin and stored, the toxicity level requires high doses of 40,000-100,000 IUs (1000-2500 mcgs) a day for several months and test higher than 200 ng/mL. Since the kidneys help with magnesium homeostasis, those with kidney issues should check with their health care providers before supplementing.

Test for your health! If your tests come back low, if you are battling a chronic condition or at risk because of family genetics, then supplement. If you supplement, take organic magnesium like Albion, which is 2.2 times more bioavailable than citrate and gentle on the GI tract (found in Fibro-Care™). Cholecalciferol is the best form for vitamin D₃ as D₂ is synthetic. Check the Supplement Facts box if you are not sure. You can only raise your levels to optimal by supplementing wisely.

Listen! Can you hear the birds? *Get the tests, get the tests!*

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More Helpful Reads in the TyH Health Library Online

- ◆ Magnesium, Malic Acid & Energy
- ◆ Magnesium, The Master Mineral for Health
- ◆ Magnesium, Don't Stay Broken
- ◆ Vitamin D, D-Cisions in Chronic Pain
- ◆ Vitamin D Dilemma
- ◆ Vitamin D for Bones & More



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