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# Nutrition *news*

**Penny Ormsbee, RHN, RNCP**  
Registered Holistic Nutritional Consultant

## Could Fibromyalgia Be a Vitamin D Deficiency?

For almost forty years, we've been told to stay out of the sun, and wear sunscreen to prevent skin cancer. In that time has have been an increasing number of patients complaining of fatigue, tender trigger points, dizziness, and chronic bone, muscle and joint pain. Since there is no blood test, x-ray or other diagnostic test to confirm a diagnoses, this group of symptoms was termed Fibromyalgia.

Fibromyalgia was originally thought to be inflammation in the body, yet tests for C Reactive Protein, a marker for inflammation, showed negative results. More recent theories suggest the nervous system might be responsible, and that a physical or emotional trauma has caused the nervous system to sense pain inappropriately.

Consequently, the pharmaceutical companies have provided the medical community with a variety of pain killers, antidepressants and a variety of other medications to treat the

symptoms without ever really knowing the root cause of the problem.

Ironically, when we look at the symptoms of Fibromyalgia, they are the same as symptoms of Vitamin D deficiency.

Fibromyalgia patients are also known to have high rates of osteoporosis which is a common outcome of Vitamin D deficiency.

Dr. Michael Holick, an authority on Vitamin D, says a Vitamin D deficiency is often misdiagnosed as Fibromyalgia.

Studies support a dramatic decrease in bone, joint and muscle pain when patients are treated with 5000IU of Vitamin D3 a day for just four weeks.

Other studies have looked at the link between Vitamin D deficiency and MS (Multiple Sclerosis), cancer, heart disease and seasonal depression.

Those who suggest we can get appropriate levels of Vitamin D



from food sources are very wrong. The best diet will only provide about 250IU of Vitamin D, 90% being produced by sun exposure.

The Vitamin D Council now suggests 2000IU supplementation for all adults, and as much as 4000IU a day since blood levels don't even rise until 4000IU is consumed from supplements.

Ask your doctor to order a blood test to check Vitamin D blood levels.◊



## The Benefits of Coconut Oil

Coconut oil, also called palm oil, has been blamed for high cholesterol levels and for contributing to heart disease.

Studies were done to show that coconut oil and all saturated fats were bad for one's health because they raised serum cholesterol levels. However, these studies were done on hydrogenated coconut oil, and all hydrogenated oils

produce higher serum cholesterol levels, whether they are saturated or not.

New research shows that it is the presence of trans fatty acids that causes health problems, as they are fatty acid chains that have been altered from their original form in nature by the refining process.

Coconut oil is excellent for frying as it can withstand high heat, and can be used in baking in place of shorting. It reduces the risk of atherosclerosis, cancer

and other degenerative conditions. It helps prevent bacterial, viral and fungal (including yeast ) infections, supports immune function, helps control diabetes, provides an immediate source of energy, improves digestion, promotes weight loss by optimizing the metabolism, helps keep skin soft and smooth, and functions as a protective antioxidant.

It's so wonderful, I can't decide if I should keep it in my pantry or in my medicine chest.◇

INVEST IN YOUR HEALTH

It's all you've got!



Penny Ormsbee, RHN, RNCP  
Registered Holistic Nutritional Consultant

Therapeutic Approach Health Ctr.  
6156 Quinpool Rd., Suite 102  
Halifax, NS B3L 1A3

(902) 429-3303

[pormsbee@ns.sympatico.ca](mailto:pormsbee@ns.sympatico.ca)  
[www.pennyormsbee.ca](http://www.pennyormsbee.ca)

### *Penny's Plans*

**Work From the Heart™** - is a six-week Mentorship Program for any holistic health professionals wanting to learn how to improve self-esteem, grow their business, establish a solid client base, increase capacity for growth, attract the types of clients you want, be a better speaker, and much more. Visit this page often <http://www.pennyormsbee.ca/Mentoring.html> for more information about this new program - coming to Halifax in the Fall of 2008.

**BioMeridian** sensitivity continues to be a significant benefit to my clients. With 85%-95% accuracy based on diagnostic testing, food and environmental sensitivities can be identified, along with information about vitamin and mineral deficiencies, hormone imbalance, parasites, heavy metals, and much more. Read more: [http://www.pennyormsbee.ca/Sensitivity\\_Testing.html](http://www.pennyormsbee.ca/Sensitivity_Testing.html)

**A CD of Handouts and Working Forms for Nutritional Consultants (\$99)**, as well as the **E-Book: How To Make it as a Nutritional Consultant (\$24.95)** are currently available for \$15 off if you buy both. These files will save you hundreds of hours in prep time. Just add your own personal contact information, print them, and you're ready for a consultation, workshop or lecture.