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Don't forget it's **Mother's Day on Sunday May 8th**

Here are a few ideas for things to do with Mom.....

Pet the goats at the Beacon Hill Park petting zoo

Mother's Day paint in and craft fair at Royal Roads 10:00-4:00

Free guided nature walk "The Beach Rocks" all ages 12:30-2:00 at Island View Beach Regional Park

Vitamin D to the Rescue

Are you getting enough vitamin D on a daily basis? You might think it's easy (after all, spending a little time in direct sunlight will generate plenty), but for too many people, particularly in this day and age, deficiency is common. Why? Because with increasingly sedentary (indoor) lives and processed diets, we just aren't getting the vitamin D our bodies deserve (and need to maintain good health).

What are the health benefits of vitamin D?

Everything from maximizing bone health to preventing type 2 diabetes to reducing the risk of developing some forms of cancer, according to mounting research, which also suggests vitamin D can lower your heart attack, arthritis and multiple sclerosis risk.

What are good sources of vitamin D?

Keeping in mind that sunlight and diet are excellent ways to ensure adequate vitamin D intake (but too many people don't take advantage), good food sources of D include dairy products, fatty fish (salmon, etc.), egg yolks, and a variety of fortified cereals, juices, etc. Supplements should also be considered if diet / sun exposure aren't feasible.

Cinnamon, Spice and Everything Nice

Spices and seasonings can add another dimension to your food without adding calories or fat. For example, new research suggests cinnamon can aid in controlling blood sugar, lowering cholesterol and relieving arthritis pain. It's also a great source of manganese, fiber, iron and calcium.

Researchers at Malmo University Hospital in Sweden conducted a study published in the *American Journal of Clinical Nutrition*, which indicated that adding about one teaspoon of cinnamon to a bowl of rice pudding lowered the usual increase in post-meal blood sugar. In a separate study of people with type 2 diabetes, researchers found that one gram a day of cinnamon significantly lowered blood sugar, triglycerides, LDL or "bad" cholesterol, and total cholesterol.

According to scientists, cinnamon appears to slow the rate in which food passes from the stomach to the intestines, and the active ingredient, proanthocyanidin, activates insulin receptors inside cells allowing the cells to use energy from sugar.

Of course, it is possible to get too much of a good thing. In high doses, cinnamon may be toxic, and you certainly don't want to load up on cinnamon rolls, muffins or other cinnamon-laden, high-fat treats. For a healthy treat, try half a teaspoon of cinnamon with a spoonful of honey every morning before breakfast.

<http://www.toyourhealth.com/mpacms/tyh/article.php?id=994>

Our office will be closed on Monday May 23rd for the Victoria Day holiday. See you at the parade!

