

HEALTH NEWS FROM EQUILIBRIUM

GWYNETH PALTROW REVEALS VITAMIN D DEFICIENCY CAUSED OSTEOPOROSIS DIAGNOSIS

Gwyneth Paltrow has revealed to her online fans that she has a severe vitamin D deficiency. "My doctors tested my vitamin D levels which turned out to be the lowest thing they had never seen -- not a good thing," she said earlier this month. She then went on to reveal she is suffering from osteopenia, a thinning of the bones.

These two things are, of course, strongly related. Because vitamin D is necessary for your body to absorb and integrate calcium into your bone structure, being deficient in vitamin D is a sure way to end up diagnosed with osteoporosis or osteopenia.

To reverse this condition, Gwyneth Paltrow was prescribed high dose vitamin D and told to spend more time in the sun. (Good advice!)

CALCIUM AND VITAMIN SUPPLEMENTS REDUCE BREAST CANCER RISK

Taking vitamin and calcium supplements may reduce women's risk of breast cancer by as much as 40 percent, according to a study conducted by researchers from the Ponce School of Medicine in Puerto Rico, and presented at the annual meeting of the American Association for Cancer Research.

"It is not an immediate effect. You don't take a vitamin today and your breast cancer risk is reduced tomorrow," researcher Jaime Matta said. "However, we did see a long-term effect in terms of breast cancer reduction."

A SIMPLE MASSAGE COULD KEEP YOU FROM GETTING SICK

Massages are a great way to release tension and stress and promote relaxation. But a new study published in the Journal of Alternative and Complementary Medicine has revealed for the first time that massages also provide a measurable, therapeutic benefit to the immune system as well. Besides experiencing a significant increase in lymphocytes, the white cells in the body that help fight and prevent disease, the Swedish massage group experienced lower cortisol levels as well. Cortisol is the hormone released by the adrenal gland in response to stress.

A new study out of Oxford University pinpoints vitamin D deficiency as a culprit in serious illnesses like cancer and autoimmune disorders. According to the report, which was recently published online in the journal Genome Research, genetic receptors throughout the body need adequate vitamin D levels to prevent these and other serious illnesses from developing.

Multiple sclerosis, diabetes, rheumatoid arthritis, Chron's disease, leukemia -- these and many more diseases are often caused by a lack of vitamin D. Your genes literally have receptors that need vitamin D in order to properly express themselves. If there is not enough of the vitamin, serious illness is prone to develop.

The Oxford team made specific observations about the importance of vitamin D in the genome regions associated with autoimmune diseases and cancer, noting that the nutrient is absolutely vital in helping to prevent these diseases from forming.

"Considerations of vitamin D supplementation as a preventative measure for these diseases are strongly warranted," expressed Sreeram Ramagopalan, author of the study.