



(512) 765-5336

<http://LifeGivingFood.com/helpdesk>

October 5, 2016

Sunshine Pack	Cost
<p>50 grams D3 cholecalciferol 50,000 mg (769 Doses) 1 spoon (included) = 6500 IU Volume = 0.11 ml (65mg)</p> <p>5 grams K2 (MK-4) 5,000 mg (833 doses) 1 spoon (included) = 600 mcg Volume = 0.011 ml (6mg)</p> <p>This is pure, pharmaceutical grade Potency which you CANNOT buy on the open market. You must be a licensed practitioner. This is a HIGH DOSE – Miracle working formula. One of my students is currently at the one year mark of taking 100,000 IU daily for a year.</p> <p>Recommended starting dose is 1 spoon of each daily for 1st week. Each week thereafter increasing by 2 additional spoons until you Reach 15 spoons daily divided in 3 different ingestion times. AM – Noon - Evening</p>	<p>\$65</p>

We hope that you will let others know about our ministry. We are not motivated by money but a sincere desire to help others find healing and wholeness. Please let us know if you have questions or we can serve you in any way. See page two for a brief summary of what this pack can do for you.

May the favor and the Shalom of Messiah be yours...

Elijah
Author, Nutritional Coach
Researcher & Educator
The Natural Health Treasury at:
<http://GodsBlessing.com/order>

Read the rave reviews and the free 18 pg teaser at:
<http://HeavenlyHandbookOfHealth.com>

Merging the knowledge and power of Yahweh to heal with the needs of mankind

First of all this is a very safe protocol. It has been tested on hundreds if not hundreds of thousands of individuals. There are currently over 56,000 published studies about the amazing benefits of Vitamin D3. In the days of our great grandfathers, people often took ONE MILLION IU's (by today's measurement standards DAILY) Yes, you read that right. Because an accurate LD50 for cholecalciferol in humans has never been determined (thank God!) most researchers use the LD50 for dogs as an estimate for humans. Using a hypothetical human subject weighing 110 pounds: in order to reach the LD50 dose, that subject would need to consume over 3,500 of the 50,000 IU D3 caps in a 24 hour period (146 capsules an hour) in order to have a 50% chance of dying.

It is essential to take K2 with it and we provide the MK-4 Version for many well thought out reasons but most importantly to avoid any possibility of cardiac anomalies associated with a common hypersensitivity with the MK-7 type. The biological role of vitamin K2 is to help move calcium into the proper areas in your body, such as your bones and teeth. It also helps remove calcium from areas where it shouldn't be, such as in your arteries and soft tissues.

Vitamin K2 deficiency is actually what produces the symptoms of vitamin D toxicity, which includes inappropriate calcification that can lead to hardening of your arteries. The reason for this is because when you take vitamin D, your body creates more vitamin K2-dependent proteins that move calcium around in your body. Without vitamin K2, those proteins remain inactivated, so the benefits of those proteins remain unrealized. So remember, if you take supplemental vitamin D, you're creating an increased demand for K2. Together, these two nutrients help strengthen your bones and improve your heart health.

Optimizing your vitamin D levels can help protect against:

Cardiovascular Health

Vitamin D is very important for reducing hypertension, atherosclerotic heart disease, heart attack, and stroke. One study showed that vitamin D deficiency increased the risk of heart attack by 50 percent. What's worse, if you have a heart attack and you're vitamin D deficient, your risk of dying from that heart attack creeps up to 100 percent! Vitamin D deficiency is linked with cardiovascular disease and high levels of vitamin D are associated with heart health. The Framingham Heart Study followed 1739 Caucasian individuals with a mean age of 59 years without prior cardiovascular disease. Participants' vitamin D levels and cardiovascular health was assessed at the beginning of the study and 5 years later. The follow up study identified 120 individuals who had developed a first cardiovascular event. Additionally, for individuals with high blood pressure and low vitamin D levels there was a two-fold risk of cardiovascular incidence. The study indicates that maintaining optimal vitamin D levels is crucial in avoiding cardiovascular disease and that vitamin D supplementation could contribute to the prevention of cardiovascular disease.

Cancer Prevention

Vitamin D has been linked with fighting numerous cancers including lung, breast, colon, and prostate. In the case of lung cancer, supplementing with Vitamin D may help offset elevated levels of an enzyme that is associated with the development of aggressive lung cancer tumors. In a 2011 study, lung cancer patients with high vitamin D levels had an 81 percent survival rate after five years compared to those with low levels (41percent survival rate). Scientists are investigating other anti-cancer benefits of taking vitamin D supplementation.

Blood Sugar Regulation and Insulin Resistance

Supplementing with vitamin D has been shown to increase insulin sensitivity and decrease insulin resistance, indicating that it may be an effective way to offset the symptoms of diabetes. A 2010 study of South Asian women with insulin sensitivity (in a pre-diabetes state) found that taking 4,000 IUs of vitamin D a day resulted in significant decreases in insulin sensitivity, adding to data from a 2009 study that found that higher vitamin D levels lowered diabetes risk.

Merging the knowledge and power of Yahweh to heal with the needs of mankind

Autoimmune diseases. Vitamin D is a potent immune modulator, making it very important for the prevention of autoimmune diseases, like MS and inflammatory bowel disease.

DNA repair and metabolic processes. One study showed that healthy volunteers taking 2,000 IUs of vitamin D per day for a few months upregulated 291 different genes that control up to 80 different metabolic processes; from improving DNA repair to having effect on autoxidation (oxidation that occurs in the presence of oxygen and /or UV radiation, which has implications for aging and cancer, for example), boosting the immune system, and many other biological processes.

Bone Health

Low levels of vitamin D contribute to osteopenia, osteoporosis, and bone fractures. It is not news that low calcium intake and poor vitamin D status are key determinants of osteoporosis and fracture risk, but a 2010 study suggests that calcium and vitamin D supplementation is an essential component in maintaining bone health. Together these minerals can improve bone mineralization, and correct secondary hyperparathyroidism, thereby preventing falls.

Muscle Strength, Muscle Power and Force Development

Researchers have known for years that skeletal muscle is a target organ for vitamin D and that deficiencies lead to muscle weakness. Specifically, a lack of vitamin D leads to abnormalities in muscle contraction and relaxation, affecting muscle force production. There is also evidence that adequate levels of vitamin D reduce the degradation of protein in muscle. Optimal levels of vitamin D have been shown to improve muscle power development and jump height. Researchers found that the ability of the muscles to contract and produce force is affected by vitamin D status. Participants in a 2008 study with low concentrations of vitamin D generated less power than those with higher concentrations, leading to the conclusion that vitamin D is significantly associated with power and force. Further, researchers suggest that sub-optimal force development has negative implications for long-term bone development.

Lean Body Mass

Vitamin D is essential for the maintenance of muscle, lean body mass, and for avoiding the development of fat in muscle. A vitamin D deficiency can cause both muscle weakness and an increase in fat mass. A 2010 study found that vitamin D shortage is associated with increased fat infiltration in muscle. Vitamin D deficiency was identified as a serum concentration less than 29 ng/ml, a level that 59 percent of the subjects were below. The vitamin D-insufficient subjects had approximately 24 percent greater muscle fat infiltration than those with vitamin D levels above 29 ng/ml, leading researchers to conclude that vitamin D levels are significantly associated with the degree of fat in skeletal muscle.

Treatment of Psoriasis and Skin Disorders

Skin disorders such as psoriasis can be responsive to treatment with vitamin D because it lessens inflammation. Recent studies have shown that patients suffering from a variety of inflammatory conditions including psoriasis, dermatitis, dandruff, eczema, rosacea, and severe acne were often vitamin D-deficient. Vitamin D may actually help retard the abnormal growth and shedding rate of skin cells in conditions like psoriasis.

Preventing Multiple Sclerosis

Vitamin D deficiency is known to contribute to bone mineral loss and osteoporosis, but the good news is that adequate vitamin D levels have a protective effect on the risk of multiple sclerosis (MS). Researchers studied over 190,000 women in two studies called the Nurses' Study I and II and found that women who used supplemental vitamin D, largely from multivitamins, had a 40 percent lower risk of MS than women who did not supplement. Findings from a second study of African Americans with MS published in 2011 supported the link between vitamin D deficiency and MS. Researchers reported that low vitamin D is a major risk factor for MS susceptibility and severity.

Asthma Treatment

A study at the University of Colorado-Denver found that higher vitamin D levels are associated with improved lung function, reduced airway hyper-responsiveness, and improved in vitro glucocorticoids. The findings suggest that supplementation of vitamin D in patients with asthma may result in decreasing asthma severity and improved treatment response. This study also found that participants with lower vitamin D levels had more inflammation. Also, there was an inverse relationship between the participants' Body Mass Index and their vitamin D levels, meaning that the fattest participants had the

Merging the knowledge and power of Yahweh to heal with the needs of mankind

lowest vitamin D levels—more data to support what we already know about vitamin D supporting weight loss and an ideal lean body mass.

Male Reproductive Health

New research from the University of Copenhagen found that vitamin D is associated with male reproductive health, specifically in regards to normal sperm count and sperm motility. Men with vitamin D deficiency had a lower proportion of mobile and morphologically normal sperm compared with men with high vitamin D levels. For maximal reproductive health and optimal sperm function, vitamin D supplementation is crucial in light of studies indicating that 51percent of men have low D levels.

Female Reproductive and Maternal Health

Vitamin D plays a role in female fertility and rates of fetal implantation in the uterus. Additionally, vitamin D-deficient women are at risk for pre-eclampsia and gestational diabetes. Interestingly, due to the effect of vitamin D on muscle strength and function, women with low vitamin D levels appear to have a higher rate of cesarean sections due to sub-optimal muscle performance and strength during pregnancy.

Brain Health

Low vitamin D levels are associated with cognitive impairment, specifically in individuals over age 75. A 2010 study of 752 women found that women with vitamin D deficiency had increased rates of significant cognitive impairment. Low levels of vitamin D have previously been associated with neurological concerns and disorders, but this new research indicates the importance of ample vitamin D for optimal brain health.

Fetal Brain Development

In light of the role of vitamin D on brain health, it is not surprising that it plays a role in fetal brain development. Scientists have concluded that pregnant mothers who are deficient in vitamin D have fetuses with developmental impairment in brain cells. Additionally, there is evidence that the offspring of vitamin D-deficient mothers are more susceptible to schizophrenia, bone disorders such as rickets, and the development of diabetes.

Treatment of Depression and Brain Disorders

The likelihood of having depression and other brain disorders is significantly higher in vitamin D-deficient persons compared to those with adequate levels. Scientists are not entirely clear how vitamin D plays a role in mental health but they do know that vitamin D enhances the metabolic processes in brain neurons, promoting antioxidant activities that protect from oxidative degenerative processes. Additionally, vitamin D promotes nerve growth, and is an essential enzyme involved in the production of neurotransmitters that play a paramount role in mood regulation. Low levels are also linked to incidences of bipolar and schizophrenia.

Immune Function

Vitamin D is crucial to activating immune defenses and low serum levels inhibit the body's T-cells ability to fight off serious infections. Specifically, inactive T-cells rely on vitamin D to activate them so that they can effectively fight off harmful pathogens that enter the body. Along with helping immune cells fight viruses such as the H1N1 flu, vitamin D helps increase the immune response by limiting inflammation, a major obstacle to healing and health.

Kidney Health

Vitamin D is vital for kidney health. Vitamin D is a key compound in treating chronic kidney disease and decreasing subsequent death rates. Understandably, individuals who are vitamin D deficient are at risk to develop kidney disease.

Treatment of Hypertension and Metabolic Diseases

Vitamin D deficiency is strongly associated with high blood pressure and associated metabolic diseases such as diabetes and obesity. Vitamin D supplementation is most effective at significantly reducing blood pressure when it is paired with taking calcium.

Prevention of Obesity

Low vitamin D levels may make you fat. Research shows that body fat mass is higher in individuals with vitamin D deficiency and that this shortage correlates with elevated levels of parathyroid hormone and intracellular calcium, considered to be major factors in determining obesity. The increased calcium levels trigger metabolic pathways that promote the accumulation of fat tissue and suppress fat burning. Previously it was thought that low vitamin D levels were consequences of obesity but a 2010 study

Merging the knowledge and power of Yahweh to heal with the needs of mankind

suggests that reduced levels actually play a role in the development of obesity.

Prevention of Parkinson's Disease

Researchers have found a relationship between low Vitamin D levels and the early onset of Parkinson's disease. Parkinson's disease is an incurable disorder of the nervous system, with symptoms that include trembling hands, stiff muscles, digestive and urinary problems, and a decrease in dexterity and coordination. The average age of onset of the disease is 60, and when the disease appears before the age of 40 it is referred to as early-onset Parkinson's disease. It is estimated that Parkinson's affects approximately 5 million people worldwide, with 50,000 new Americans being diagnosed each year. Muhammad Ali, Michael J. Fox, and the Reverend Billy Graham are among the most famous people who have this disease.

Prevention of Rickets and Osteomalacia

The development of rickets and osteomalacia is directly related to vitamin D deficiency. Rickets is a childhood disease that is characterized by the softening of bone, leading to bone fractures and skeletal deformities. For adults, osteomalacia is associated with osteoporosis but is a separate disease that starts with aches in the lumbar region and spreads to the arms and ribs. Bones become deformed, often fracturing, and sufferers typically complain of chronic fatigue.

Chronic Obstructive Pulmonary Disease Prevention and Treatment

Chronic Obstructive Pulmonary Disease, also known as COPD, is characterized by respiratory weakness and the obstruction of the air pathways in the lungs. It typically manifests as emphysema and chronic bronchitis and can be treated by vitamin D supplementation. Considering the effect of vitamin D on increasing muscle strength and diminishing the symptoms of asthma, it is logical that it has positive effects on COPD. A 2011 study found that individuals supplementing with a monthly dose of 100,000 IU of vitamin D had significant improvements in all measures of COPD including oxygen consumption.

Treatment of Autoimmune Conditions

Vitamin D deficiency affects immune function and is associated with an increased risk of AIDS progression and death from the disease. Conversely, in recent studies individuals with the highest levels of vitamin D have been seen to have a significantly lower risk of death than those with low levels. Vitamin D deficiency is seen as an important co-factor in HIV progression and supplementing with the vitamin may be an effective anti-viral therapy.

Treatment of Childhood Anemia

Low vitamin D levels in children can cause anemia, a severe condition that leads to the damage of vital organs by depriving them of oxygen. Anemia occurs when the body has too few oxygen-carrying red blood cells and is diagnosed by measuring hemoglobin levels. Symptoms of mild anemia include fatigue, lightheadedness, and low energy.

Prevention of Infections

Adequate vitamin D plays a role in the prevention of infections and it may be used as a primary treatment for viral, bacterial, and fungal infections. In a recent review of the benefits of vitamin D on immune health and avoiding infections, researchers found that treatments of all of the following conditions benefit from optimal vitamin D levels: tuberculosis, psoriasis, eczema, Crohn's disease, chest infections, wound infections, influenza, urinary tract infections, eye infections, and wound healing.

References for these statements are available upon request.

ORDER AT: <http://GodsBlessing.com/order>

Merging the knowledge and power of Yahweh to heal with the needs of mankind