

VITAMIN F DEFICIENCY

Restless Leg Syndrome, Dry Itchy Skin and Sun Stroke are three health conditions with the same foundation problem. A vitamin F deficiency.

Most people know about Vitamin D: ultraviolet rays from the sun convert skin oil to vitamin D. Vitamin D picks up calcium from the gut and puts it into the blood. Vitamin F, the antagonist of D takes calcium from the blood and directs it into the tissues. (ie: skin, muscles)

If you get too much D and not enough F, your blood calcium levels will increase at the expense of the tissues. (Skin and muscles.) This results in tissue calcium starvation.

Dr. Royal Lee, founder of Standard Process Labs, a whole food's nutritional company founded in 1929 was the first nutritionist to call polyunsaturated fatty acids an essential fatty acids (EFA's) Vitamin F.

"Farmers and other people who are in the sun a lot get thick skin and are more susceptible to skin cancer if they don't get enough vitamin F", reports Dr. John Courtney.

Sunstroke involving high blood calcium levels and low tissue calcium levels is not as much a matter of too much vitamin D from sun exposure but a lack of vitamin F. Essential fatty acids (vitamin F) are fatty acids that are not made in the body, therefore must be supplied through the diet.

Good natural sources of vitamin F are wheat germ oil, flax seed, olive, sesame and cod liver oils.

Synthetic products like margarine and hydrogenated vegetable oils actually block the absorption of vitamin F and therefore should be avoided.

Tissue calcium starvation results in jumping or restless legs, itching and/or dryness of the skin, hives when exposed to the sun, sunstroke and a host of other conditions.

For safe and natural solutions to health issues such as: Women's health (PMS, hot flashes, menopause hormone issues) Digestion (heartburn, reflux, irritable bowel), Cardio-vascular health and much more, Dr. Wise offers free public workshops.

Space is limited - Call to sign up for dates of up and coming lectures.