



# Quintessential Health Care

*An Integrated Health Resource*

## The Autoimmune Vitamin---Are You Getting Enough?

### Greetings!

Autoimmune issues, like Type 1 Diabetes, celiac disease, and lupus are increasing at staggering rates in the America, some source say 1 in 13, (or more), suffer...but why?

We'll tell you...actually, the New York Times will tell you why and your best bet for prevention (scroll down to find out).

And...there is one humble vitamin that may be especially useful in prevention—read all about it in Milly's message below.

Plus, a local source of auto-immune-friendly REAL sourdough bread, a new study on why religious people live longer, and loads of other inspiring tips and resources.

Let's dive in!

### *Message from Milly*

As most people have been busy shopping and preparing for the holiday season, I have been buried in continuing education studies for my nursing license.

I used to dread this time of year, because all the classes echoed that old medical bias that the body is broken and needs to be fixed with medications.

However, things have changed!

The literature I have been reading these last few weeks however (I had a lot of catch-up to do) appears to be more in keeping with current trends like probiotics, the Mediterranean Diet, and the Gut-Brain Connection.

### In This Issue

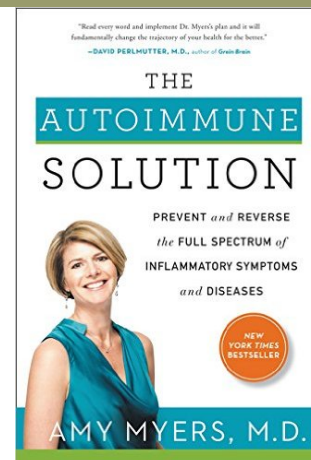
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***Heal Thyself and Never Stop Learning***



**Book Pick of the Month:**  
["The Autoimmune Solution: Prevent and Reverse the Full Spectrum of Inflammatory Symptoms and Diseases" - Amy Myers, MD](#)

Dr. Myer's book is a treasure trove of information, tips, and tools for those suffering from autoimmune and/or inflammatory diseases.

Complete with a 30-day diet and lifestyle protocol, it offers a solid foundation for resetting your immunity and enjoying lifelong health.

One of the topics I was studying was a perfect complement to the topic of autoimmune disease: Vitamin D.

To me this gives indication of the wonderful shift that is occurring in medicine and some have gone as far as to call it "The Evolution of Medicine".

Vitamin D appears to play a huge role in this and I thought you'd be interested to hear some direct quotes from what I was studying.

"A genetic analysis suggested that Vitamin D may interact with genes that have been linked with several different auto-immune diseases including MS, Crohn's disease, Lupus, Psoriasis, Type 1 Diabetes and RA.

The same genes were also found to interact with colorectal cancer and chronic lymphatic leukemia".

Here is another show-stopper quote from the same source...

"Enhancing the innate immune system can help protect against infection, and vitamin D deficiency has been correlated with increased rates of infection." (Gombart 2009)

"The most likely reason for an inverse relationship between vitamin D levels and infection is that vitamin D improves the effectiveness of barriers to infection in the gut, skin, lung and placenta by increasing production of a bactericidal protein called cathelicidin.

**In fact prior to the discovery of antibiotics, cod liver oil, sunlight and pharmacologic doses of Vitamin D were used to treat tuberculosis."**

"Vitamin D plays a basic role in the regulation of immune functions. In general vitamin D (calcitriol) has been shown to boost the innate immune response and suppress the adaptive immune response."

**Consequently it can help suppress autoimmune responses...what a simple solution.**

Plus, with winter upon us and exposure to the healing rays of the sun limited, a little bit of vitamin D can go a long way to keep you and your loved one's healthy this holiday season.



### **Benfield Breads: Real Einkorn Sourdough Bread...from North GA**

Those with autoimmune disease typically benefit from eliminating grains or at least gluten from their diet.

And that usually means giving up...gulp...bread )-:

BUT, there is one exception that is well-tolerated by most people...REAL sourdough bread.

Specifically: traditionally-prepared sourdough bread from ancient, non-hybridized grains, like Einkorn,

REAL sourdough is made using a fermentation process which, over a period of several hours, breaks down glutens and sugars producing a truly functional food.

**Our grandparents and great grandparents all ate sourdough and never had digestive issues...this is why.**

Benfiel Breads of Alto, GA was started by Kori Benfiel who discovered Einkorn sourdough through her own struggle with autoimmune disease.

Over the moon with her own experience, she started Benfiel breads to share the wealth with other grain or gluten-sensitive people.

Visit [Kori's Facebook page here](#), or email:

Thankfully Energetix (my primary organic supplement line) just launched its revolutionary D3 K2 liposomal spray in a coconut oil base. It's a wonderfully absorbable form of D3 that will benefit the whole family!

Read on for loads more tips and resources for supporting your body's innate immunity (including an awesome local resource for REAL sourdough einkorn bread).

Happy Holidays and Blessings to All!

-Milly

*Ref for all of the above mentioned quotes: Institute for natural Resources-Vitamin D: Vitamin, Hormone & Protector.*

### **Ancient Wisdom Modern Medicine** *Your Immune System's Favorite Vitamin*

**Energetix' D3 K2 LipoSpray is our go-to source for safe absorbable Vitamin D3.**

Recent research has shown that supplementing with Vitamin D3 *alone* can do more harm than good.

Why?

Vitamin D3 helps build healthy bones by helping you absorb more calcium.

**However, all that calcium needs an efficient transportation system so it ends up in your bones...and not your arteries.**

That's where vitamin K2 comes in.

**Vitamin K2 safely shuttles that calcium into your bones and prevents it from winding up elsewhere.**

So, if you're going to supplement with Vitamin D (and you care about your heart), make sure it also contains Vitamin K2.

Energetix takes it a step further by using a coconut oil base to increase availability of these fat-soluble vitamins...it's an awesome (and affordable) product!



[benfielbreads@gmail.com](mailto:benfielbreads@gmail.com) and have fresh loaves shipped to your door (along with loads of other seasonal sourdough goodies).

## **The New York Times**

### **This New York Times Article Explains the Origins of Modern Autoimmune Disease**

If autoimmune disease could be described in one word it would be: mysterious.

Why would our bodies attack healthy tissue at such an alarming rate?

However, as reported by the New York Times, the mystery is being solved.

Science is proving, that by delaying common childhood infections and practicing ultra-hygiene, we have confused our microbiomes and unleashed an autoimmune epidemic.

[This 2016 New York Times health article: "Educate Your Immune Systems: Our bodies are confused by this 21st Century world"](#), does a great job explaining how this works and how the best prevention may be to adopt a less-stringent approach to hyper-hygiene, and, in our humble opinion: hyper-medicating and hyper-vaccinating our children.

To order products call: 770-446-1140, [email us](#), or [stop by](#).

### *The Attitude of Health Why Church-Goers Live Longer...*

A recent issue of "Time Magazine" focused entirely on "The Blue Zones"...areas of the world where the most people live to be 100 or older.

Though the articles focused largely on diet and the importance of community, there was [a specific study mentioned on the longevity-factor of attending religious services](#).

**In fact, women who attend religious services (it doesn't matter what religion) were 25% less likely to die young than those who didn't.**

But it's not *why* you may think.

Scientists believe the increase in lifespan has more to do with the community or social



support provided by religious groups than the actual services or religion themselves.

We'll leave conclusions on that front to you...

But the bottom line: if you want to add a few extra years to your life...meet up with a

group of like-minded people once per week.

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