

weight-loss discovery

How alkalizing amplifies D's fat-blasting effects

The minerals and foods that can optimize your healthy weight loss

With all the benefits that come with having healthy vitamin D levels—80 percent less belly fat, 40 percent less fat of all kinds, a lower risk of developing cancer, multiple sclerosis and type 2 diabetes—we wondered if there wasn't something else that could help optimize the nutrient's function. And there is: keeping one's body at a slightly alkaline pH level. "The average American diet produces about 30 to 50 points of excess acid waste a day," observes James E. Dowd, M.D., an associate professor of medicine at Michigan State University in East Lansing and author of *The Vitamin D Cure* (Wiley, 2009). "And this excess acid not only puts a huge strain on your kidneys—which have to process it into waste—but also on your entire body, which undergoes a stress response in an effort to neutralize the waste so it can be safely excreted."

It's that all-body stress response that results in abdominal fat, insulin resistance, increased internal inflammation and mineral deficiencies. "Your body uses the natural antacids magnesium, potassium and calcium as a last resort to neutralize excess acid waste so it can be flushed out in the urine," explains Dr. Dowd. "But this often creates a deficiency in these crucial minerals."

How does that relate to vitamin D and all the fat-blasting good it can do? "If you don't have enough magnesium

to jump-start your bodily functions, you won't be able to produce the activated form of vitamin D," Dr. Dowd explains. So magnesium functions as a critical helper of vitamin D, which in turn, helps calcium. Researchers have found that when you're low in vitamin D (below 20 ng/ml), your ability to absorb calcium drops by 50 percent. In other words, without enough magnesium, your body can't activate enough vitamin D. Without enough vitamin D, your body can't absorb enough calcium. That's why Dr. Dowd recommends supplementing with all three—magnesium (500 mg), calcium (1,000 mg) and vitamin D—if you eat a typical acidic American diet.

Which brings us a strategy that's even better than covering your bases with supplements: alkalizing your body with food and drink. "When you reduce intake of acid-promoting foods, like fatty meat, cheese and grains, and increase consumption of alkalizing fruit and veggies, your body is able to maintain the magnesium levels necessary for vitamin D to function optimally," says Dr. Dowd, whose diet philosophy can be summed up as "greening up and graining down." He advises eating three times as much fresh produce (especially greens) as lean meat by weight. And avoid grains, cheese and salt as much as possible to enjoy the greatest benefits. ❁



Suzanne Pantazis, 47, Cranbrook, B.C., Canada
Height: 5'6"

NOW:
149 lbs

**Suzanne lost
102 lbs!**

THEN: 251 lbs

It worked for me

"My pant size dropped from a 22 to an 8!"

Over the years, Suzanne Pantazis had fallen into the rut of thinking she wasn't worth the time required to improve her health. Luckily, her two children inspired her to make a change. The first step: avoiding processed foods and opting for alkalizing fare. She also started taking 1,000 IU of vitamin D, and worked up to 4,000 IU daily.

Right away Suzanne's body showed its gratitude. "There were lots of weeks when I lost 6 pounds!" she raves. Plus her cholesterol dropped, her body aches eased, her brainpower improved and her energy soared.

"I'm much more joyful now," says Suzanne, who went on to lose 102 pounds and is the author of *A Better Life Awaits* (LifeSuccess Publishing, 2010). Instead of doubting her worth, she's celebrating it. She relays, "Someone I used to work with came into the office and asked to see Suzanne. When I said, 'I am Suzanne' his jaw dropped. What more could I ask for?"



All of vitamin D's cofactors in one place

FIRST pick: Twinlab's Tri-Boron Plus (\$10 for 240 capsules, at VitaminShope.com). We like this supplement because it combines a daily dose of 1,000 mg of calcium, 500 mg of magnesium, 400 IU of vitamin D (we take an extra 2,000 IU of D separately), the RDA of zinc and several trace minerals. But it's split into two doses so you don't get more calcium than you can absorb at one time.