Have you read these or similar headlines lately?

“6 Million U.S. Kids Lack Enough Vitamin D”
“Lower Vitamin D Levels in Blacks May Up Heart Risks”
“Vitamin D – the Master Key to Optimal Health”
“Can Vitamin D Deficiency Cause Alzheimer’s Disease?”

The controversy at this time has clearly become not how important Vitamin D is or whether it is essential. That has been established. The controversy at this time is how much do we need, and how do we get it. Endless articles have been written by many doctors setting out their views. The question of supplements vs sunshine is continually raised. Do we here in Canada have a choice?

Health Canada has set out 1,000 IU as the amount that we require daily.

As winter plods on, our vitamin D levels drop as we use up any reserve we may have accumulated over the summer months. Sunscreen use during summer months also has to be taken into account, as it may have compromised the amount of vitamin D that your body would have been able to absorb. It has also been established that African Americans and other dark-skinned people make significantly less vitamin D than other groups.

Recent research has clearly set out that Vitamin D is essential. It is the master key required to access our DNA library located in each cell of our body. This DNA library is where all the information is stored that is required make the correct and required response to any given situation that our cells may encounter.

Cancer prevention, heart health, bone health, your ability to fight infections are linked to adequate Vitamin D levels.

Depression, schizophrenia, Alzheimer’s disease, obesity, insomnia, pre eclampsia, infertility, IBS, diabetes, MS, cavities, periodontal disease, CF, dementia, migraines, autism, rheumatoid arthritis, asthma (and the list grows) … are all thought to be linked to a vitamin D deficiency.

It is important that you get the correct type of vitamin D when supplementing. Cholecalciferol (D3) is the natural one - the one your body makes when you are exposed to sunlight. Once this vitamin D is in your body, it still needs to be converted into a more active form. D3 is converted 500 percent faster than the synthetic D2 into the active form. Prescription vitamin D is the D2 form.

Auum Sublingual D provides the natural D3. It has 1,000 IU of natural D3 in the daily dose of omega 3. Because vitamin D is oil soluble, this is not just a convenient way of getting your daily dosage of D3. It is also the better way. It assures maximum absorption sublingually along with your perfectly balanced omega supplement.
Many of you may not yet be fully aware of the Mission that has been set up and is funded by Auum Inc. The purpose of the Balanced Heart Mission is to get Auum Omega 3 Sublingual D to children with severe neurological disorders, ADD/ADHD, Autism, etc. This program is for children up to the age of 16 years who due to the extreme financial limitations that their parents face would otherwise not be able receive the product. Many of these children face issues with respect to their continued education. The Balanced Heart Mission reaches out to these children to provide them with Sublingual D at a subsidized rate or even at no cost (if their situation warrants). A limited number of applications are accepted for the no cost program quarterly. Anyone can recommend a child to this program. The family will then be screened to determine if they qualify. For more information, please speak with your distributor to obtain contact information or email: balancedheart@auum.ca.

Please go to the www.auum.ca website under Resource Centre and read the Clinical Study listed on the left hand side to see the wide array of results that these children are getting when they regularly take Auum Sublingual D.

**About Auum skin care products**

Auum Omega 3 Exfoliate  
Auum Rejuvenating Hemp Mask  
Auum Penetrating Hemp Cream

These products are now available in 38 ml size for MMP shipments. These can be substituted for your regular shipment or added on to it.

Remember 2-3 items qualify you for the 21% discount. Four (4) items or more qualify you for the 32% discount.

To make changes to your MMP please contact Auum as set out below. Please make sure that you are specific as to which items you wish shipped. In order for the changes to be accommodated, they must be submitted 10 days prior to the regular shipping date.

To change your order email: service@auum.ca If you do not have email or have questions that you need to discuss, please phone your original sign-up distributor or call the Auumega Centre at 1-888-760-6888.

( flere note that if you are on the special requirements MMP, the special discount pricing is only for the Omega 3 supplements. Skin care will be the retail price less the 21% or 32% discount only.)

**Testimonial**

Liam was diagnosed with autism in 2002 and is now ten years old. In the moderate to slightly severe range, he has been limited in both communications and cognition. An obsessive and anxious little boy, he often lashed out at people and objects around him when he became frustrated, which seemed to be often.

After 3 years on medication, I found myself wondering if this Auum Sublingual D oil that I had heard about from my friend could help him even more. Despite my own reservations that it would make a difference, I decided to give it a try.

For the first two months, I didn't see much change in Liam. But before Christmas 2009, I noticed marked improvements in both his mood and speech. Increasingly, he began to use more words in expressing himself, answering more and more direct questions being posed to him. The most change, however, was his newfound ability to control his frustrations and not have as many meltdowns. The meltdowns were down from ½ hour in duration to 5 minute episodes without anyone getting hit or things being pushed over. What a relief not having to worry about him losing control anymore.

January, usually a terrible month for Liam, was far different this year. We saw a little boy happy and content at home and fairly settled at school despite some significant changes in his classroom situation.

Thank you so much … Auum Sublingual D oil has made all the difference. Tamara C

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One person’s struggle with adversity can be the motivation needed for another to try. Email: testimonials@auum.ca with your results great or small that can be inspirational when shared with others.