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Daniel Bader, Alex Dobie, and Jerry Hildenbrand talk about smoke perceived behind the Google Duplex demonstration last week, and the implications of the real world of technology. They also have another look at Android P beta, especially the new gestures it supports. From there, it's a deep dive into OnePlus 6. With impeccable performance, it offers 90% the quality of its competitors at 75% the price. Finally, President Trump is working to bring ZTE back into action. But will the company be held responsible for violating US sanctions? Listen now Subscribe to iTunes: Audio Subscribe to RSS: Audio Downloads directly: Audio Thrifts.com: All the best offers of Amazon, Best Buy and more, cared for and constantly updated. GameStash: Hundreds of impressive games on your Android phone. Try it for free for 14 days! We could earn a commission on purchases using our links. Find out more. The blu e laser sword is one of the most common ones.Yours is brave, bullying, useful and intelligent. Your friends can always count on you. You're definitely a leader. People turn to you to have a guide and you are more likely Streaming WillowMaggio 30, 2021, 14:50 PMWanda is stronger than Vision, right?Feb 15, 2021, 5:26 PM1989 or Reputation?Set 9, 2020, 1:55 AMBongiorno! Lug 22, 2020, 12:55 AMTimmy or Tommy???lug 20, 2020, 8:37 PMDescendenti or Zombies?Down 27, 2020, 12:22 AMTechnically, all the answers should be Louis to write the most songs...Down 26, 2020, 23:10 PM You should be happy that you are watching a DCOM! Down 23, 2020, 20:03Justin or Max Russo?Down 20, 2020, 17:58 PM Low vitamin D levels have been linked to a series of serious Vitamin D diseases Dr. Sarah Jarvis discovers why © Almost fifty of his medical colleagues take vitamin D it is almost impossible to eat enough vitamin D to maintain high levels, so most of us absorb up to 90% of the vitamin D needed by the sun through the skin. Sufficient blood levels of vitamin D are 70-plus (nanomoles per litre). Insufficient is classified from 40 to 70 and below 40 is insufficient. Vitamin D is essential for strong bones, and low levels in adult life increase the risk of bone thinning. This is what worried the doctors most in our survey. But there is always more evidence of a link to breast cancer (in a review of studies, women with higher levels of vitamin D had 50-70% less chance of suffering than those with lower levels), heart disease and depression. A chemical pathology consultant, whose job is to interpret blood samples, said that 'vitamin D deficiency is common throughout the UK during the winter and a 11 year north of Birmingham', while a cardiologist spoke an "epidemic" of vitamin D deficiency. In a nutshell: "Unless you have plenty of sunshine, consider a daily supplement of 25 mcg (1,000 units) of vitamin D. "If you keep sun exposure to a minimum for the sake of your skin, talk to your doctor and have your levels checked. Up, stay away from the sun and slap on sunscreen factor 50. It's become a mantra for all of us who want to protect ourselves from skin cancer. But now some experts are admitting that they were wrong, and that exaggerating with the message'safe sun'could contribute to a new worrying health epidemic of vitamin D deficiency. In addition to osteoporosis, low levels of vitamin D have been linked to a number of serious diseases, from cardiopathy to diabetes. So a cover life put us all in danger? To find out the truth, we asked 12 members of the Good Housekeeping team, chosen randomly, to undergo a simple blood test to check their levels. The tests were conducted by Harley Street GP, Dr. Richard Cooper. With her and our incredulity, each of these seemingly healthy women had low levels of vitamin D in their blood, and almost fifty percent was clinically deficient. Dr Sarah Jarvis of Good Housekeeping was astonished when she discovered that her level was incredibly low. 'I was absolutely horrified and really shocked'particularly from my results, he says. "I actively avoid sunbathing and burning, but I do not actively avoid being outdoors. I was surprised that my score was so low that I'm not constantly covered or closed all the time. I have been aware for some time that there is a problem with vitamin D, and that it could be a time bomb for osteoporosis in future life. It made me rethink the way I look at my patients and, on a personal level, I'm so deficient that I'm now taking injections to bring my vitamin D levels back to normal. Then I'll seriously consider hiring supplements. And there is more and more evidence that the results of Good Housekeeping are a snapshot of what is happening among women in general. Studies show that about half of us have inadequate levels of vitamin D and, during winter and spring, one in six people are severely deficient even at the minimum level set by the British authorities. For the first time in many years, cases of rickets, a childhood bone disease caused by vitamin D deficiency, are on the increase. So what's the explanation? Unlike other nutrients, for which our contribution comes almost exclusively from food, our vitamin D derives from the action of sunlight on our skin. And for a number of reasons, we are not getting close enough, says Simon Pearce, professor of endocrinology at Newcastle University. "Adequate exposure to sunlight is essential for vitamin D synthesis, and the message on solar safety has been exaggerated. Other important factors are the likelihood of women working abroad. And people are eating a lot less fish, which is a good source of vitamin D. The levels, not surprising, low when the sunlight is so low, especially in the north of Britain. In fact, people in Scotland receive only a little more sunshine than Eskimos within the Arctic Circle, but without the same vitamin D-rich diet. The lack of health link Scientists have known since the 1920s that D is essential for the construction of robust bones, but in the last thirty years, therefore,128; have been an explosion of knowledge about the nutrient. We now know that vitamin D is present in at least 38 tissues in the body and probably present in all of them, says Anthony Norman, professor of biochemistry at the University of California, Riverside, who spent nearly fifty years studying vitamin D. 22668; (GROANS) ©~ Huh? S? In the heart and blood vessels, in the pancreas, in muscle development and in the strength and development of the brain. has found that vitamin D has a direct influence on genes 229 involved in the disease in particular those associated with multiple sclerosis, chronic disease and type 1 diabetes. Scientists at the University of Copenhagen have discovered that vitamin to play a crucial role in activating our immune defenses by triggering and arming the body-128; S T cells that search and destroy invasive bacteria and viruses. And it doesn't stop there. Evidence linking low levels of vitamin D to many common diseases is accumulating. Colds and influenza According to American research, vitamin D supplements have reduced the incidence of colds and influenza of about seventy% to three years in Afro-Caribbean, which are more vulnerable to the deficiency due to their darker skin. Heart disease After analysing 28 different studies involving nearly 100000 people, researchers concluded that middle-aged and elderly people with high levels of vitamin D in their blood stream had a 43% reduced risk of heart disease and diabetes. Some researchers have linked the lack of sunlight in Scotland to the country's high rates of heart disease. Diabetes When vitamin D supplements were administered to children in Finland, their risk of type one diabetes was reduced by 80%. Other studies have found low levels of vitamin D in children newly diagnosed with diabetes. Multiple sclerosis The idea that sunlight is and vitamin D can be protective came because © MS is most common in countries farther from the equator. Chicago has higher rates than Florida, and Scotland has one of the highest rates in the world. There is some evidence that vitamin D deficiency during pregnancy and early years of life can play a role in the development of MS, says Dr. Doug Brown, head of biochemical research at the MS Society. Cancer A increasing number of research studies link low levels of vitamin D with an increased risk of breast, bowel and prostate cancer. An analysis of 63 different scientific documents concluded that a daily dose of vitamin D could halve the risk of breast cancer and there is increasing evidence linking higher vitamin D levels to a reduced risk of cancer It can also protect against melanoma, the most dangerous form of skin cancer. A study of patients with melanoma found that those with the lowest vitamin D levels were 30% more likely to relapse after treatment than those with the highest vitamin D levels «Complications of Pregnancy Researchers of the University of South Carolina have found that pregnant women taking very high daily doses of vitamin D have 50% less chance of developing pre-eclampsia, gestational diabetes and infections than taking the lowest dose. Who's at risk? The vast majority of us say experts who emphasize the high prevalence of shortage. The government already recommends supplements for pregnant women and nursing, for children under four years, for people over 64 years and for those with darker skin or whose skin is not very exposed to the sun. People of African or Asian origin, for example, are particularly vulnerable, as they need more sun to produce the same amount of vitamin D. Older people have a reduced capacity to produce vitamin D and obese people are at a higher risk. "Since vitamin D is liposoluble, it enters the fat cells, so very little is released in the bloodstream," explains Dr. Inez Schoenmakers Senior Researcher at the Cambridge Human Nutrition Research Centre. Then why don't they tell us to take supplements? For many experts, the jury has not yet come as, although the link of vitamin D with bone health is proven, there is no concrete evidence that vitamin D deficiency causes other diseases or that integration can make a difference. "The idea that vitamin D deficiency, easily fought with a supplement, can be the miracle cure for cancer, heart disease, diabetes and multiple sclerosis, multiple sclerosis, multiple sclerosis, is definitely attractive. However, while individual studies have aroused hopes, research tests are not conclusive and more needs to be done," says Dr. Nita Forouhi, head of the clinical curriculum at the Cambridge MRC Epidemiology Unit. What we do not know And there are still many questions without answer. What is the optimal level of vitamin D and how much do we need it every day? This is a complex matter, as we know that there is no "one-size" answer because age, weight and skin color can affect the quantity we may need. Currently, unlike other countries, the UK does not have a recommended daily intake level for people aged 4 to 65. The working group of the Scientific Committee for the Nutrition of the Government is currently examining the data on vitamin D and this will be the basis for the new recommendations of the United Kingdom, expected by the end of the year. Professor Pearce believes that vitamin D should be added to foods. «A strengthening of milk and juice is necessaryand a radical change of policy by the major cereal producers would be helpful. Although Kellogg's integrates Special K and Bran Flakes with vitamin D, it does not supplement those intended for children, even though branded cereals, such as rice chips, have added vitamin D. "How much sun is enough? The current advice is to regularly spend a few minutes in the middle of the day without sunscreen. But once again there is no standard response, as the level of sun exposure needed to produce enough vitamin D depends on skin type, amount of exposed skin, time of day, latitude, altitude and cloud cover. What we do know is that our need for vitamin D is not a green light to fry in the sun. "We know that vitamin D production stops well before the skin starts to turn red," says Dr Schoenmakers. So never let the skin blush or burn. The darker people will be able to spend more time in the sun than those with more beautiful skin, which burn more easily. What is now needed are large-scale clinical studies using high doses of vitamin D to increase blood levels during disease impact measurement. The good news is it's starting to happen all over the world. What does it mean for you until we have the final answers, where does that leave the rest of us? "While we should not exaggerate, the impact of vitamin D on bone health is a certainty" and on this basis only those with lower levels need to address the problem,"says Dr. Cooper. Although vitamin D is found in fortified margarine, oily fish, eggs and some cereals for breakfast, the food is only a small part of the equation, and anyone who gets very little sun should consider supplements. The Canadian Cancer Society now recommends all Canadians to take 1,000 iu (25mcg) of vitamin D in winter and Bupa has urged people to take vitamin D3 supplements to reduce the risk of cancer. The current advice of the United Kingdom is that taking up to 25mcg of vitamin D3 a day is safe (if you have problems swallowing tablets or with absorption, you can purchase vitamin D3 in liquid form), even though some activists claim that two to four times the amount is necessary for disease prevention. In the end, it's a personal decision. As Professor Norman says, "We know that long-term testing is the only way to prove supplements will make a difference, but are you going to wait ten years for the results or make a decision to protect you and your family's health now based on what we know is safe?What our tests have revealed Many vitamin D experts consider a 75-plus blood level (measured in nmol per litre) optimal. Levels below 25 are classified as clinically deficient. None of our Good Housekeeping volunteers of age between the 24s and 63s had blood vitamin D levels even approaching 75. And the two with the highest scores had just returned from the sunny holidays. Incredibly, almost fifty percent of our twelve volunteers scored below 25, showing that they were clinically deficient. This content is created and maintained by a third party, and imported into this page to help users provide their e mail addresses. You can find further information about this and similar to a piano. I'll slow down. I

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