

NEFF

NEWSLETTER

HAPPY
Holidays

HAPPY
NEW YEAR

THANK YOU FOR A GREAT YEAR!



HAPPY HOLIDAYS

We wish you all a Merry whatever holiday you are celebrating to close this year. We are beyond beyond grateful for all of your support and we look forward to continuing to help everyone crush those goals in 2025!!

HOLIDAY SCHEDULE

Christmas Eve: OPEN
Christmas Day: CLOSED
New Years Eve: OPEN
New Years Day: CLOSED



SUNSHINE VITAMIN

by Preston Davis

As winter settles over New England, shorter days and reduced sunlight exposure make it challenging to maintain adequate vitamin D levels. Vitamin D, often called the "sunshine vitamin," is synthesized in the skin through UVB radiation, which is significantly diminished during winter, especially in northern latitudes like New England. Without enough sunlight, many people experience vitamin D deficiency, which can impair bone health, immune function, and mood. A study published in *The American Journal of Clinical Nutrition* highlights that individuals living above 37 degrees latitude—where New England lies—are at higher risk of deficiency during the colder months due to insufficient UVB exposure.



Vitamin D is crucial for calcium absorption and bone health, helping prevent conditions like osteoporosis. It also plays an essential role in immune regulation, reducing the risk of respiratory infections, which are more common during winter. Research from the *British Medical Journal* suggests that adequate vitamin D levels can reduce the likelihood of acute respiratory infections by up to 42% in those who are deficient. This is particularly relevant during winter, when colds, flu, and other illnesses are more prevalent. Furthermore, low vitamin D has been linked to seasonal affective disorder (SAD), a type of depression that occurs in winter. A *Journal of Affective Disorders* study noted that vitamin D supplementation improved mood in individuals experiencing SAD.



To maintain optimal levels during New England's sun-deprived months, supplementation is often necessary, as dietary sources like fatty fish, fortified dairy, and eggs provide limited amounts. The National Institutes of Health recommend 600-800 IU of vitamin D daily, though individual needs may vary. Getting a blood test to determine your levels and consulting with a healthcare professional about supplementation can help prevent deficiency. Taking proactive measures to boost vitamin D can improve both physical and mental health throughout the winter.

