

## Is Vitamin D Really All That Important?

Have you heard the latest craze? It's all about Vitamin D. Do you know enough about it to make a good decision as to whether that's a missing element in achieving your health goals? Let's examine the facts from the Vitamin D experts.

First of all, let's categorize this correctly. Vitamin D is not a vitamin, is a steroid hormone! For the sake of this discussion we will refer to it as its commonly referred to. So, who is at risk of having a Vitamin D deficiency?

The elderly, dark skinned people, people living in northern latitudes and those people who are obese. People living in more northern climates generally make no vitamin D for an average of 5-6 months. Even in sunny areas, those people who tend to work and play inside or wear sunscreen can have decreased vitamin D levels.

Did you know there are 30,000 genes in your body and Vitamin D has been shown to affect/assist with over 2000 genes which is one reason it influences so many diseases?

What are the health implications of Vitamin D deficiency? (abbreviated list)

- Weight Control
- Immune system-Recurrent Infections
- Autism
- Anti-hypertensive (it's a natural ace inhibitor)
- Autoimmune influence ie Rheumatoid Arthritis, MS
- Diabetes
- Irritable Bowel, Crohns etc
- Osteoporosis
- Heart Disease, Stroke
- Anti-aging
- Insomnia
- Muscle Pain
- Asthma
- Migraines
- Alzheimer's
- Depression
- PMS infertility, libido disorders
- Prevention of many types of Cancers including breast and prostate. There are over 2,000 papers already published on the protective effects of Vitamin D against cancers on [vitamindcouncil.com](http://vitamindcouncil.com)

Where do you get Vitamin D and how much is recommended? The best source is obviously through natural sunlight. The next best option is through supplement form and unfortunately cannot be obtained through foods alone. Vitamin D experts say that for a 150lb adult about 4,000IU are needed/day; 170lb almost 6,000. Obviously it is different

for each person according to where they live, skin color etc. An average of 15 minutes a few times a week is believed to promote optimal levels obviously depending on where you live.

How do you know if you have enough? I have found two options. First have your Dr. draw a blood test especially if you are having other labs drawn have it added on. There are two tests being offered 1,25(OH)D and 25(OH)D.OH) You want the 25(OH)D for it's a better overall marker of Vitamin D status.

The other option is to obtain a kit through [vitamindcouncil.com](http://vitamindcouncil.com). It comes with a kit with all the supplies needed to prick your finger, obtain a blood sample and send it back to the lab. Within approximately two weeks you receive the result in the mail. The cost for a single kit is \$65.

What's an optimal level of Vitamin D? Opinions vary. One range is 32-100. According to the Vitamin D experts they believe levels should be within 50-70 for optimal health.

So if you do the test and the level is lower than the optimal range how can you raise your level? The most optimal way is through natural sunlight or natural tanning lights. If natural light cannot be obtained utilize a quality D3 supplement.

One note about supplements. D2 ergocalciferol is the usual form found in supplements. Avoid this form. Food supplements that contain D2 include rice milks, yogurt, etc. D3 cholecalciferol is the preferred form. D3 is converted to calcidiol 25-OH-D and then to calcitriol 1,25OH<sub>2</sub>. The conversion involves primarily the liver, kidneys, and small intestine. It's rare to get Vitamin D in your diet, fatty fish at times would be the only place.

Can you get too much? When you are exposed to the sun, the UVB rays cause Vitamin D to be produced in your skin while the UVA rays in the sunlight tend to destroy excessive levels of Vitamin D circulating in the body. It is somewhat of a natural failsafe mechanism. If you are taking a supplement just like any other, the cells can get too much and that's why it needs to be tested.

Lastly, remember that any kind of supplementation/replacement of a deficiency in the body must be balanced with the other minerals in the body. Vitamin D is no exception. Vitamin D is needed to load calcium into the blood and must be balanced with Vitamin K, other fat soluble vitamins and essential fatty acids that ionize and unload calcium into the tissues to achieve optimal health.

In summary, Vitamin D is an important piece in optimal health. If you are reading this article and you don't know what your level is, I suggest you find out. Get it checked and utilize the suggested recommendations for having an optimal level. If it's low, it's suggested to retest a few times a year until you have an acceptable level and then yearly to know that level is being sustained.

If it is low, there are more than likely other processes going on in the body that need to be addressed that are producing symptoms or are not (yet). Remember the problem is there long before the symptoms arise and the symptoms are the first thing to leave. What

are you doing to assess and address the other areas of your health? I believe from being a nurse for twenty years and now integrating chiropractic and Quantum Techniques, this is the most complete and successful way to identify issues and clear them. If you are unfamiliar with QT go to the webpage at [quantumtechniques.com](http://quantumtechniques.com) and check it out. For those of you who are interested in finding out if there are more issues that are preventing you from living your optimal life, I am offering a free 20 minute scan during the month of March. Contact me through my webpage on QT and see how you can achieve a higher level of health. This is an easy piece to your healthy living. Choose to live an optimal life!