

What everyone needs to know about Vitamin D

In the past 10 years, scientific understanding of Vitamin D has evolved from being a simple substance necessary for strong bones, into an essential nutrient that prolongs life and significantly protects a person from chronic disease. Vitamin D is actually a hormone and is produced by the body when it is exposed to adequate ultra violet rays of sunlight. Because of the use of sun block and because we live outside the tropics, the amount of Vitamin D produced is often not enough to achieve optimal health benefits. And there are no foods that contribute a significant amount of the nutrient. So unless you are naked and outdoors most of the time, and don't use sunscreen, and live in the tropics, you will most likely need to take a Vitamin D supplement to get the optimum effects.

What are these optimum effects? Most of the diseases that are being linked to Vitamin D deficiency are diseases that take a long time to manifest, like cancer, diabetes and cardiovascular disease. Low levels of Vitamin D have been linked to the following:

1. Breast cancer
2. Lung cancer
3. Colon cancer
4. Prostate cancer
5. Heart disease
6. High blood pressure
7. Osteoporosis
8. Chronic musculoskeletal pain
9. Autoimmune diseases
10. Type I and Type II diabetes
11. Multiple sclerosis
12. Mental health disease
13. Alzheimer's disease
14. Seasonal depression
15. Stress and fatigue
16. Asthma in children
17. Flu and colds

There is no single nutrient that affects so many systems as does Vitamin D. By taking a small amount every day, you significantly lower your risk to all of the above conditions.

The only way to determine if you have a Vitamin D deficiency is to get a blood test. There are two different Vitamin D blood tests, so make sure you request the "25D" test. In the past a level above 20 was considered to be normal. Experts now agree that a level of 50 to 70 is optimum. Call your doctor and ask them to order the 25D test. Get the results (the actual number) and we will determine how much Vitamin D to start you on.

The recommended daily dosage is also changing. A recent study found that to maintain a good level of Vitamin D, you need to take 5000 to 8000 units a day. Most multiple vitamins only have 400 to 1000 units, so everyone needs to take a Vitamin D supplement. As a general rule, I am recommending that an adult take 10,000 units a day until they are in the optimum range, and then 5000 a day to maintain this level. I also suggest that you have this checked yearly, especially before the flu season, as other studies have shown that it is very difficult to get the flu if you have adequate levels of Vitamin D in your blood.

Khalsa Chiropractic Center
Santokh Singh Khalsa, D.C.
2801 E. Foothill Blvd., Pasadena, CA 91107
(626) 345-9750
www.khalsachiropracticpasadena.com