

# VITAMIN D

Vitamin D deficiency has been linked to cancer, diabetes, osteoporosis, rheumatoid arthritis, inflammatory bowel disease, multiple sclerosis and autism? And that's just for starters.

The problem is over 70% of us aren't getting enough of this "sunshine vitamin" which helps fight bone loss, infection, and abnormal cell growth

## What does Vitamin D do?

While having too little vitamin D may not have any outwardly obvious signs, it impacts an incredible array of support for systems and functions in your body including...

- Heart health
- Cell formation and cell longevity
- Skin health
- Pancreatic health
- Aging process
- Sleep patterns
- Hearing
- Reproductive health
- Athletic performance
- Eye health
- Vascular system health
- Respiratory health
- Immune health
- Healthy mood and feelings of well being
- Weight management, including carbohydrate and fat metabolism
- Hair and hair follicles
- Strong and healthy bones, because vitamin D encourages

All the latest research and case-studies are singing the praises of vitamin D:

The authors of a 2006 article in the American Journal of Public Health state, after a review of more than 60 studies on Vitamin D and Cancer, found cancer occurrence and death could be reduced with improved levels of Vitamin D in the body. The incidence of breast cancer could be reduced by 50% and colon cancer by 80%.



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The American Journal of Clinical Nutrition recently published a study done in Norway showing that a supplement containing Vitamin D greatly reduced the risk of type I diabetes in children if it was taken the first year of life.

50% of women with hip fractures were shown to have osteoporosis and Vitamin D deficiency.

Studies have shown an overwhelming relationship between the incidence of multiple sclerosis and latitude - the further away you live from the equator, the greater your risk for developing MS.

In a recent clinical trial, people with congestive heart failure were given high doses of vitamin D. Within 9 months their bodies had produced a 43% increase in natural anti-inflammatory substances revealing that vitamin D plays an important role in reducing inflammation in heart patients..

## So why are we so D-Ficient?!

Decades ago, most of us worked out in the sunshine, and absorbed approximately 10,000 – 20,000 IU of vitamin D in 15 minutes. That's many times more than the currently advised requirements of between 200 and 400 IU.

But for the past twenty or thirty years, the medical establishment has been screaming that "sunlight is dangerous for your health"... and telling you to cover yourselves with sunscreen, even though there is no real evidence the sun's UV rays when used wisely cause cancer.

What's more, many of us have indoor jobs, and from September to the middle of April in the northern latitudes, the sky can remain quite gray, making it nearly impossible for you to gain enough of the sun's healthy rays to create natural vitamin D. Particularly if you are overweight, pregnant, elderly or dark skinned.



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If this is such a bit problem, why haven't I heard about it in the news?

Great question. The reason why you haven't heard about this 'amazing breakthrough' is really quite simple: you don't need a doctor's prescription to get your hands on vitamin D.

As a result, the research is not significantly funded by the drug companies because, quite frankly, there is no real cost benefit to them.

What's more, we have only had the technical ability to measure vitamin D levels commercially – outside the research labs – for about ten years. So about 98% of what we know about vitamin D has only been discovered in about the last 10 years.

So if your physician went to medical school in the last century, as most did, then the odds are – unless they have kept up to date with recent medical journals - they are not going to know that much about the virtues of vitamin D.

If you care about your health... if side-stepping the dangers of the symptoms above then consider getting more sunshine or taking a quality vitamin D supplement.

Please talk to your chiropractor about the Vitamin D products we stock in the clinic

