

Vitamin D Revolution

Vitamin D3: The New Vitamin Revolution

There is a vitamin revolution brewing, and it is important to the health of young and old alike as researchers respond to what has been called the "Vitamin D Deficiency Epidemic."

Dozens of scientists at leading universities in the United States and abroad have minced no words about it: many of us need much more vitamin D (The Sunshine Vitamin)

The issue of deficiency may be especially true of children, yet it is also applicable to adults. Quite surprisingly as far as vitamin D is concerned, the suggested intakes in recent decades are badly wide of the mark & must be increased.



Many are Deficient

The Vitamin D Council suggests 50 ng/ml (a measurement of the amount of serum vitamin D in the body) is the minimum acceptable level. Experts advise that optimal levels are between 40—80 ng/ml. The US Food and Nutrition Board found many of the research studies were testing for health problems based on very low vitamin D levels ranging between 10—25 ng/ml.

Vitamin D deficiency is epidemic in adults of all ages who have darker skin pigmentation, such as those whose ancestors are from Africa, the Middle East, or India, who always wear sun protection, or who limit their outdoor activities.

Studies showed very low levels of vitamin D worldwide among children, the elderly, and women.

A recent survey of 1083 New Zealand general practitioners (GPs) on the advice they give about sun exposure and vitamin D found that almost 90% were concerned that their patients may not be getting enough vitamin D.

The prevalence of Australian vitamin D deficiency was "higher and more persistent than previously reported, ranging from 33% in summer to 58% in spring. The seriousness of the deficiency was also greater than in most other Australian reports." Research is showing more and more just how important vitamin D is for a wide range of processes. Vitamin D supplementation should be part of your regular personal health and wellness plan.

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VITAMIN D3

GUIDE

THE SUNSHINE VITAMIN

The Life Force of Nature



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Info at-a-glance

Optimizing your vitamin D3 levels could help you to prevent at least 17 different types of cancer including breast, pancreatic, lung, ovarian, prostate, and skin cancers. Overall, optimal vitamin D levels can cut cancer risk by as much as 60%, according to one large-scale, randomized, placebo-controlled study

- Theories linking vitamin D deficiency to cancer have been tested and confirmed in more than 200 epidemiological studies, and understanding of its physiological basis stems from more than 2500 laboratory studies.



- The most important factor is your vitamin D serum level. In order to help prevent a wide variety of diseases and health ailments, your vitamin D level needs to be between 50 and 70 ng/ml year-round

- The ideal way to optimize your vitamin D level is through sun exposure or a safe tanning bed. As a very general guide, you need to expose about 40 % of your entire body for approximately 20 minutes to the sun, between the hours of 10 am and 2 pm, when the sun is at its zenith. According to the most recent research, adults need about 8,000 IU's of oral vitamin D3 per day in order to get serum levels above 40 ng/ml.

- Vitamin D3 is far superior to vitamin D2
- Beware: It's now proven that water soluble Vitamin D3 is superior. D'Life, is the only water soluble 'D3' available.
- Why a Sublingual (Intraoral) Spray? It is scientifically proven that the most effective way to take nutrients, to ensure you get maximum absorption is by intraoral delivery (under the tongue). It's not how much you take but how much your body tissues absorb that is important.

Twelve Pillars of Vitamin D Needs...

1. Bone Health

Low levels of vitamin D contribute to rickets, osteoporosis, and bone fractures. It is not news that low calcium intake and poor vitamin D status are key determinants of osteoporosis and fracture risk.

2. Muscle Strength

Researchers have known for years that skeletal muscle is a target organ for vitamin D and that deficiencies lead to muscle weakness. Specifically, a lack of vitamin D3 leads to abnormalities in muscle contraction and relaxation, affecting muscle force production. There is also evidence that adequate levels of vitamin D reduce the degradation of protein in muscle.

3. Lean Body Mass

Vitamin D is essential for the maintenance of muscle, lean body mass, and for avoiding the development of fat in muscle. A vitamin D deficiency can cause both muscle weakness and an increase in fat mass. A 2010 study found that vitamin D shortage is associated with increased fat infiltration in muscle.

4. Treatment of Psoriasis and Skin Disorders

Skin disorders such as psoriasis can be responsive to treatment with vitamin D because it lessens inflammation. Recent studies have shown that patients suffering from a variety of inflammatory conditions including psoriasis, dermatitis, dandruff, eczema, rosacea, and severe acne were often vitamin D-deficient

5. Preventing Multiple Sclerosis

Vitamin D deficiency is known to contribute to bone mineral loss and osteoporosis, but the good news is that adequate vitamin D levels have a protective effect on the risk of multiple sclerosis (MS).

6. Cancer Prevention

Vitamin D has been linked with fighting numerous cancers including lung, breast, colon, and prostate, 17 in all. In the case of lung cancer, supplementing with Vitamin D may help offset elevated levels of an enzyme that is associated with the development of aggressive lung cancer tumors. In a 2011 study, lung cancer patients with high vitamin D levels had an 81% survival rate after five years compared to those with low levels (41percent survival rate).

7. Get Enough Vitamin D3 for Breast Cancer:

Low vitamin D is a huge public health issue and it is linked over and over again with increased breast cancer risk.

8. Asthma Treatment

Higher vitamin D levels are associated with improved lung function, reduced airway hyper-responsiveness, and improved in vitro glucocorticoids. This suggests that supplementation of vitamin D in patients with asthma may result in decreasing asthma severity and improved treatment response

9. Cardiovascular Health

Vitamin D3 deficiency is linked with cardiovascular disease and high levels of vitamin D are needed for heart health. Additionally, for individuals with high blood pressure and low vitamin D levels there was a two-fold risk of cardiovascular incidence.

10. Brain Health- Dementia

Low vitamin D levels are associated with cognitive impairment, specifically in individuals over 75. A 2010 study of 752 women found that those women with vitamin D deficiency had increased rates of significant cognitive impairment. Low levels of vitamin D have previously been associated with neurological concerns and disorders, but this new research indicates the importance of ample vitamin D for optimal brain health.

11. Treatment of Depression and Brain Disorders

The likelihood of having depression and other brain disorders is significantly higher in vitamin D-deficient persons compared to those with adequate levels. It promotes nerve growth, and is an essential enzyme involved in the production of neurotransmitters that play a paramount role in mood regulation.

12. Prevention of Obesity

Low vitamin D levels may make you fat. Research shows that body fat mass is higher in individuals with vitamin D deficiency but a 2010 study suggests that reduced levels actually play a role in the development of obesity.

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