

ASHBY ADVISOR

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- Happy July everybody! This month we-re going to discuss Vitamin D.
- If you remember from school it's the vitamin made in the skin when exposed to sunlight. Right now we should be at the peak of our yearly exposure but with all this rain and cloudy weather it looks like we-re a little behind.
- During this time of the year we tend to make up for winter deficit of vitamin D that comes from being indoors during the winter months, especially further north.
- Vitamin D plays important roles in obviously bone and tooth health, but is also critical in the immune system, slowing inflammation and preventing certain cancers.
- Some important points:
 - o Researchers have noticed a higher incidence of MS (Multiple Sclerosis) in northern states (think lack of sun exposure)
 - o More cases of SAD (Seasonal Affective Disorder) in northern states.
 - o Estimates of the number of people deficient in D in the general population ranges from 20% to almost 60%, (depending on the parameters of the study).
 - o Adequate D levels cut the risk of colon and prostate cancers (think immune function).
 - o It may also prevent numerous other cancers in the body.
 - o Adequate D supplementation in infancy has been shown to reduce the risk of developing Type 1 (juvenile) diabetes by 1/3 (think immune function).
- So how much D do we need?
 - o The US government says 400 iu per day.
 - o Many researchers and health experts are going for 800-1000 iu's per day
 - o In certain circumstances 2000-5000 iu's per day may be helpful.
- There is a blood test for Vitamin D. What are healthy ranges?
 - o Different researches will say between 70-125 nmol/L.
- Sunlight exposure for 15 minutes can give you up to 10,000iu's of (sunbathing).
- Vitamin D is considered the most important nutrient by many researchers for bone health.
- Toxicity is unlikely in doses under 10,000 iu's per day.
- Don't take high doses of Vitamin D if you have kidney disease, take digoxin or have high blood calcium levels.
- Hope you enjoyed this crash course on Vitamin D.

Quote of the Advisor...."Laughter is the shortest distance between two people."