

Traylor Chiropractic Clinics

New Information on Vitamin D

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The book had been closed on vitamin D. All was known; nothing new to add. Then recently, over the last decade, there has been an explosion of new information relating to Vitamin D and our need for it.

Vitamin D is generally made by exposing the skin to noontime sun. The ultraviolet light in sunlight converts a component of cholesterol into Vitamin D and it is reabsorbed into the skin for use in the body. There are some natural food sources like oily fish but the amount of Vitamin D in them is very minor. Most of us get our Vitamin D from fortified milk. Vitamin D was added to milk because it boosts calcium absorption in an effort to reduce rickets in children, a bone softening disease due to lack of calcium.

What researchers are finding is that some Vitamin D is helpful but more seems to be much better. Lower levels of Vitamin D in the blood have been shown to reduce the incidence of rickets but higher levels, amounts not seen in the general population, have been shown to prevent or reduce many serious illnesses including most cancers. This is even more important for women because many cancers that are especially prominent in women like cancer of the breast, endometrium, and ovaries are reduced as much as 80% in women with higher levels of Vitamin D in their blood.

Vitamin D also boosts the immunity of persons with higher blood levels. It may be no accident that the "flu season", influenza, coincides with the months of the year with the least sunshine when people naturally make less Vitamin D.

Researchers are also finding that there is an epidemic of Vitamin D deficiency occurring right now. This is because people are spending less time outdoors in the sun and are increasingly using sunscreen which prevents Vitamin D from forming. It is estimated that as many as 70% of children are deficient resulting in an increase in rickets because mothers' haven't learned in this generation to make their children drink their milk.

This is especially important for African-Americans because their darker skin acts as a natural sunscreen which produces less Vitamin D.

The only answer is to supplement, because you cannot get enough Vitamin D in your diet. Recent studies suggest that optimum blood levels are 40-80 ng/ml, most of the population is 20-30 ng/ml. In order to increase your blood levels you must supplement at least 5000 units per day, children need 1000 units / 25 lbs of weight per day. Vitamin D is inexpensive and readily available without prescription.

This is not the last word on Vitamin D as research is ongoing. So stay tuned and get your blood levels of Vitamin D checked by your doctor, its simple and inexpensive.

Additional information

www.grassrootshealth.org

www.vitamindcouncil.org

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