

Vitamin D - Key to Health

Vitamin D - An Immune System Booster

“Vitamin D Regulates Cell Division and Hundreds of Genes. It is a Hormone.”



Vitamin D is a fat-soluble substance (hormone) that is naturally present in very few foods. In nature its only true source is through exposure to the sun.

Vitamin D promotes calcium absorption for bone health and also is involved in bone growth.

Vitamin D has other roles in the body including involvement in cell growth, neuromuscular and immune function, and reduction of inflammation.

Measure your Vitamin D frequently and supplemented to ensure sufficient levels in the body. Optimal levels are over 45.

Epidemic Insufficiency

The Centers for Disease Control estimate that 90% of Americans are either deficient in or have insufficient levels of Vitamin D. The main reason is concern about sun exposure and skin cancer. In fact, Vitamin D protects the body from all types of cancer. Doctors agree that sensible exposure to sunlight, for the purpose of producing Vitamin D will significantly reduce cancers of all types.

Insufficient Vitamin D (<30) is linked to age-related diseases including cancer, vascular

disease, chronic inflammation, and

Alzheimer's.

Those with adequate Vitamin D contract

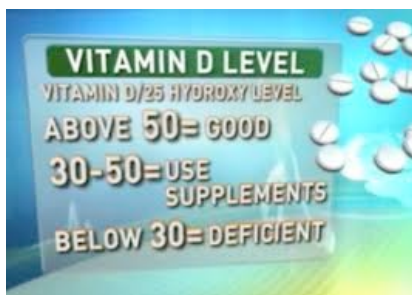
fewer colds and other viral infections. Suggested reading: “Vitamin D Solution” by Dr. Michael Holick.



Vitamin D Holds off Alzheimer's

Researchers realize that Vitamin D is important in preventing Alzheimer's disease. In a 2010 paper titled “Vitamin D and Alzheimer's Disease: Is there a Link?” the authors concluded “Current studies seem to identify a link between low Vitamin D and dementia, particularly AD.”

A 2012 study at UCLA showed



Vitamin D activates key genes and networks to help trigger the immune system to get rid of the Alzheimer's protein, beta amyloid or some precursor that produces both the protein and the disease.

Vitamin D is God's antibiotic brought to you by the Sun. Absorb it in good health.