

AD and Low Vitamin D

Low Vitamin D Tied to More Alzheimer's
"Our Results Confirm Vitamin D deficiency leads to substantially increased AD risk."



The risk of all-cause dementia and Alzheimer disease markedly increased below a threshold of 50 nmol/L (20ng/ml) vitamin D. Vitamin D deficiency and insufficiency may be the #1 cause for immune system decay. Thankfully the solution to improving your health is quite simple. Here is a simple guideline

for properly boosting you vitamin D level:

IU/day	Likely Level
1000	20 ng/ml
2200	30 ng/ml
3600	40 ng/ml
5300	50 ng/ml
7400	60 ng/ml
10100	70 ng/ml
Strive for a level of 50+	

Always Low?

Older patients with very low levels of vitamin D have about a 122% increased risk for dementia compared with those with higher levels, according to a large, prospective, population-based study.

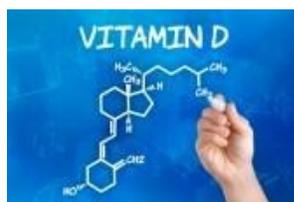
The study provides "robust evidence" of the link between vitamin D and cognition and adds important new information to the association.

Some people cannot raise their vitamin D levels despite their efforts to get healthy sun exposures and supplementation. This is a cause for concern. Why? It may mean that your body is "activating" vitamin D to the so-called "active" form. This form has been shown to inhibit development of autoimmune and inflammatory diseases and may be responsible for much of the beneficial actions of vitamin D.



Research Results Unequivocal - We Need Lots of Vitamin D

Recent research analyses confirm that low vitamin D is associated with prevalent Alzheimer disease (AD) dementia and cognitive impairment. This is cause for concern given the high rates of vitamin D deficiency in older adults and continued uncertainty about the causes of AD and other forms



of dementia. Vitamin D deficiency has also been linked to vascular dysfunction and ischemic stroke risk as well as brain atrophy. However, reverse causation is also possible, as the onset of dementia may lead to dietary changes and reduced outdoor activity, which in turn result in lower vitamin D concentrations. So get some sun, supplement with vitamin D or cod liver oil.