

# Backdoor Reading From Your Parish Nurse

*Asbury United Methodist Church*

*November 2010*

## Time to See the Light on Vitamin D

It's Vitamin D's turn in the spotlight. Studies suggesting the vitamin, known for its crucial role in building bone, plays a role in preventing a host of ailments such as cancers, heart disease, stroke and even diabetes, are coming fast and furious. There are also indications it may help boost immune function.

But most adults and about a tenth of children don't get enough of the vitamin, which is produced through the skin by exposure to sunlight. With people

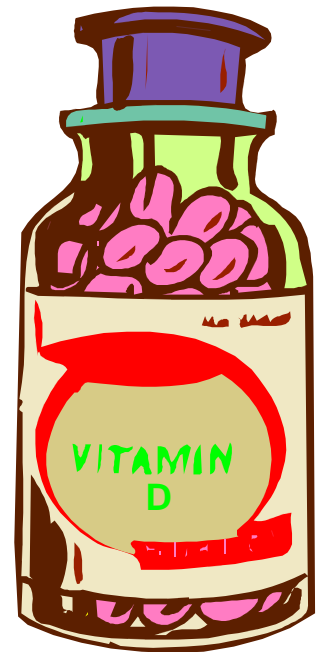
spending less time outdoors and using more sunscreen, Vitamin D deficiency is on the rise. The vitamin is found naturally in a few foods, fatty fish such as salmon and tuna, along with egg yolks and beef liver to name a few.

Vitamin D deficiency has now been linked to breast cancer, colon cancer, prostate cancer, heart disease, depression, weight gain, and other maladies. The Vitamin D Council, a scientist led group promoting vitamin D deficiency awareness

Suggests vitamin D treatment might be helpful in treating or preventing autism, autoimmune disease, cancer, chronic pain, high blood pressure, flu, neuromuscular diseases, and osteoporosis. However, more studies are pending.

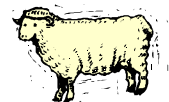
The best known result is its role in helping calcium build strong bones. But that's not all. Vitamin D also plays major roles in the life cycle of human cells.

The recommended form of vitamin D is D3 which is more natural.



It is the natural form of Vitamin D that your body makes from sunlight.

Supplements are made from the fat of lambs wool.



## How Much Vitamin D Do You Need?

The current recommended dose of Vitamin D is 200 IU for people up to age 50, 400 IU for people aged 51-70, and 600 IU for people over 70.

One Vitamin D expert says that's not enough. Both adults and children should take at least 1000 IU per day. The Vitamin D council

Recommends 2000 IU for healthy adults.

As always, it is best to ask your Physician what dose he/she recommends for you.