

Vitamin D: How the Sun Heals

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What Is Vitamin D?

- Although commonly called a “fat-soluble vitamin”, [vitamin D is actually a “prohormone”](#) produced when the sun’s UV rays strike our skin to produce vitamin D.

The Weston A. Price Foundation calls [vitamin D's benefits a miracle](#) and include:

- **Reducing heart disease risk factors** by helping produce "[a substantial decrease in cardiovascular disease, type 2 diabetes and metabolic syndrome.](#)"
- **Helping control blood sugar** as “Higher [vitamin D blood levels]...was associated with [lower risk of diabetes in high-risk patients.](#)”
- **Bone marrow Health** that has included [a 77% reduced risk of cancer in women](#) who increased their daily vitamin D intake by 1100 IU
- **Strength in the elderly** as “supplementing vitamin D 700-1000 IU a day [reduced the risk of falling among older individuals by 19%.](#)”

The BEST Way to Get Vitamin D

- Because of the [numerous risk factors for skin cancer](#) and [the increased time we now spend indoors](#) increases our risks for sunburns when we do go out into the sun, [supplements are the best way to get vitamin D.](#)

Get Your Vitamin D Levels Tested

- [A great article states](#) our genetics cause people absorb vitamin D differently so dose recommendations are not the same for everyone. Pay to get your vitamin D levels tested.
- [The National Institute of Health](#) recommendations range from 400 IU/day in infants to 800 IU/day in the elderly but many [experts promote higher levels](#) (2,000-3,000 IU/day).



Have a Question About This Newsletter?

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Dr. Arnold!