

Vitamin D: The Wonder Vitamin

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December 2009

If you believe everything you read about Vitamin D today, you'll never have to worry about the common cold, H1N1, memory loss, or even cancer, again. What's behind all this? Well, you might find profit seeking companies behind some of this as they capitalize on the numerous studies pronouncing Vitamin D as the panacea for all our ailments.



But you will also find some truth behind it. Recently, research suggests Vitamin D may provide protection from osteoporosis, hypertension (high blood pressure), cancer, and several autoimmune diseases.

(<http://www.mayoclinic.com/> November 14, 2009)

Did you also know Vitamin D could possibly prevent colds and flus?

The researchers from Harvard Medical School and Children's Hospital in Boston (October 2009) determined vitamin D's cold-preventing abilities by examining data collected from nearly 19,000 people over the course of six years.

The researchers found that the participants with low levels of vitamin D were almost 40 percent more likely to catch a cold or other respiratory infection as the people with higher levels of the nutrient.

The key to vitamin D's cold-fighting powers is to get plenty of it before cold and flu season. Building up your reserves may very well mean the difference between staying healthy all winter long and sniffing your way into spring. (Healthy News, October 2009)

What options do you have to increase your intake of Vitamin D?

As little as ten minutes of sunshine three times per week—without sunscreen—is enough to produce the body's daily requirement of Vitamin D. That is why Vitamin D is known as the "sunshine vitamin"; the body manufactures the vitamin after being exposed to sunshine. There are a couple of other ways to get it: diet and supplements.

1. Diet – salmon, mackerel tuna, Swiss cheese, liver, cod liver oil (yum), and fortified milk.
2. Vitamin D supplements – a very inexpensive vitamin and an easy option.

Please remember that the only way to know for sure is to get your blood level tested.