



FRANKLY SPEAKING



Total Life Chiropractic — Health Tip

Vitamin D and Aging... The Sunshine Vitamin

Vitamin D, known as the sunshine vitamin is, as you can guess, obtained from the sun. The UVb rays of the sun help your skin produce vitamin D on contact. The CDC states only 30% of lighter skin Americans and even less darker skin Americans have normal levels of vitamin D. I have seen low vitamin D levels in almost every case tested in patients who do not take vitamin D regularly .

Why? There are a number of things that interfere with the production of vitamin D. These include, **1. wearing clothes.** No, I don't recommend we all walk around naked. **2. Working indoor.** **3. Wearing sunscreen.** **4. Completely avoiding the sun.** Since the best source of vitamin D is the sun, obviously it's a great idea to get as much sun exposure as possible **without burning.** **5. Melanin,** your pigmentation is a natural sunscreen therefore the more pigmented your skin is the less Vitamin D you will create. **6. aging,** as we age our ability to produce vitamin D decreases. A 70-year-old produces four times less vitamin D than a 20 year old. **7. body fat.** The more body fat you have the less vitamin D is available to your body as it is stored in your fat cells. Finally, **8. The sun rays don't penetrate glass.**

Vitamin D is basically a steroid hormone which controls the expression of over a thousand genes, therefore it has a role in over 1000 different processes in your body. Since every cell in our body has receptor sites for vitamin D, it helps every cell function better.

Vitamin D is very important in maintaining the health bones and teeth. It is very important for your immune system and nervous system. Vitamin D helps regulate insulin levels and aids with diabetes management. It supports lung and cardiovascular function. It helps prevent cognitive decline in the elderly. Adequate levels of vitamin D can slash your risk of cancer by 60%. Keeping your levels optimal can prevent at least 16 different types of cancer including pancreatic, lung, ovarian, prostate and skin cancers.

Another and great benefits of vitamin D is how it can help with the aging process by protecting the integrity of your telomere. Telomere are caps on the end of our chromosomes which protects your DNA from damage. Telomere length is a biological marker for aging. As a result of toxicity or deficiency, each and every year of our lives telomere get a little shorter moving us closer and closer to cellular death and ultimately death of the organism. Vitamin D helps protect your telomere.

Two studies using twins found that those with the lowest levels of vitamin D also had the shortest telomere length. This correlated to five years of biological aging.

Vitamin D should be taken every day with greater dosages in the winter when the sun is scarce and less in the summer months when the sun is more available. Remember the sun has to make contact with the vast majority of our body.

If you would like to obtain vitamin D through food sources you would need to eat about 2 cups of sun exposed Portobello mushrooms per day or a large portion of salmon. The sun is your best source and supplementation should be your next choice. **Remember to make sure your vitamin D3 is combined with K2.**

Vitamin D dosage is weight dependent. Some feel that an adequate dose is 40 International Units (IU) per pound of body weight. Ideally you should test your serum levels regularly to determine where you're at and adjust your dosage accordingly. Some people worry about the dangers of vitamin D. Don't! Most everyone needs it and the likelihood of overdose is slim. In fact, data shows that pharmaceutical drugs are 62,000 times more likely to kill you than food supplements.

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