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## BENEFITS OF VITAMIN D

\*Excerpted from “The Vitamin D Solution” by Michael F. Holick, M.D.

**Autoimmune Health:** prevents multiple sclerosis, type 1 diabetes mellitus, Crohn’s disease, and rheumatoid arthritis

**Brain Health:** prevents depression, schizophrenia, Alzheimer’s disease, and dementia

**Bone Health:** prevents osteopenia, osteoporosis, osteomalacia, rickets, and fractures

**Cellular Health:** prevents certain cancers, such as prostate, pancreatic, breast, ovarian, and colon; prevents infectious diseases and upper-respiratory-tract infections, asthma, and wheezing disorders

**Mood-related Health:** prevents seasonal affective disorder, PMS, sleeping disorders; elevates the sense of well-being

**Muscular Health:** supports muscle strength

**Organ Health:** prevents heart disease and stroke, prevents type 2 diabetes, periodontitis and tooth loss, and other inflammatory diseases

## NOTES ON VITAMIN D

The sun is the best source of vitamin D. Vitamin D made from the sun lasts twice as long in the blood as vitamin D ingested from the diet.

Vitamin D test = serum 25(OH)D – Reference range: 30 – 100 ng/ml    Insufficiency: 21 – 29 ng/ml    Deficient: <20 ng/ml

Who should get tested? Anyone with cancer, high blood pressure, osteoporosis, arthritis, any autoimmune disease, PCOS, schizophrenia, depression, migraines, epilepsy, diabetes, fibromyalgia, undiagnosed musculoskeletal pain, low-back pain, joint pain, muscles weakness, chronic fatigue syndrome, poor nerve conduction, poor balance, PMS

Vitamin D supplements: D3 most common – Recommend to take 35IU per lb of bodyweight per day    \*Not to be suggested as a prescription

Medications that can decrease D levels: antiseizure medication, prednisone, immunotherapy, St. John’s Wort, Xenical/Alli, Questran