

Vitamin D — Everyone Needs More

Vitamin D is in the news a lot lately. The National Institute of Health announced that **nine out of ten Americans are below the optimum level.**

The Benefits of Vitamin D

Everyone knows that vitamin D builds strong bones and teeth, but it is also crucial in preventing or alleviating asthma,¹ arthritis,² cancer,³ diabetes,⁴ fibromyalgia,⁵ heart disease,⁵ high blood pressure,⁵ MS,⁶ muscle weakness,⁷ obesity,⁸ osteoporosis,⁹ TB,¹⁰ ADD,¹¹ autism,¹² depression,¹³ schizophrenia,¹⁴ Alzheimer's,¹⁵ and Parkinson's.¹⁶ Vitamin D is especially important for cognitive ability because it increases calcium absorption twenty-fold, and the calcium circulating in our blood is absolutely crucial for a whole range of brain functions.¹⁷

Why Are People Deficient?

Most people are deficient now because we eat less fish and lard, and we spend less time outdoors between 11 am and 1 pm, when ultraviolet B rays can reach us through the atmosphere. People living north of Los Angeles can't make any D in winter, so the D stored in body fat is depleted by the time spring arrives, which is why so many of us get the flu in February and March.¹⁸

Overweight people store D in body fat and therefore need to get more D each day. And people with more skin pigment need up to 10 times more sun exposure to make D.¹⁹

Daily Allowance

Because most of us have dangerously low D in our blood, the FDA's daily allowance of 200 IU is useless. That is a tenth of what D experts say it should be—2000 IU per day.²⁰ Imagine living on a tenth of your income, or eating every tenth day!

Until the FDA raises the daily allowance, fortified food will only supply a small part of the optimum amount, therefore **it's up to each one of us to make sure we get enough D.** Vitamin D3 is more effective than vitamin D2. D3 is made from fish oil, or lanolin (which has no fishy taste; it's usually a powder inside a capsule so you can pull apart the capsule and mix the powder into food).

Getting Tested

Considering how depleted we are, most of us need even more than 2000 IU a day. Ask your doctor for a ***25-OH-D test.*** When the test results came back, the doctor can recommend the exact amount for your daily supplement. Once you are "D replete," maintenance is 500 IU a day per 25 pounds of body weight.

Home Test

You can get a \$40 home 'blood spot' 25-OH-D test that hurts no more than pulling a splinter. Go to ***GrassrootsHealth.org***, click on "D-Action," and scroll down to the "Join Now" button. This is a 5-year study, but you can buy just one test. Results arrive by email.

Questions?

If you use the home test and want free assistance in figuring out your daily supplement of D, call Lauren, (707) 939-9999 or email info@goodschoolfood.org.

Information for Your Health Care Provider:
Lifeguards and farmers can't overdose on D because the body only *makes* what it needs from sunlight. They are the gold standard, with 100 nanograms per milliliter of D. NIH's standard is a third of that, 32 ng/ml. D researchers find the most protection from cancer, diabetes, and heart disease *above* 60 ng/ml.²¹ The blood level of D rises about 1 ng/ml for each 100 - 150 International Units (IU) of D supplementation.²² For example, if the test shows a blood level of 20 ng/ml, a 150-pound person can reach 60 ng/ml by taking 4000 IU a day (40 x 100). A 112-pound person wanting the same 40 ng/ml gain needs 3,000 IU a day. Experts say the largest safe amount is 10,000 IU a day.²³

Citations

1. http://www.sciencenews.org/view/generic/id/8523/title/Food_for_Thought__Childhood_Vitamin_D%2B%23151%3BA_New_Benefit%3F
2. <http://www.medscape.com/viewarticle/466881>
3. <http://www.nutraingredients.com/news/ng.asp?n=72442-vitamin-d-cancer-rda>
4. http://www.projo.com/lifebeat/content/lb_Brody_Vitamin_02-24-08_6B92G2U_v11.1925fe0.html
5. <http://www.sciencedaily.com/releases/2008/01/080107181600.htm>
6. <http://www.ncbi.nlm.nih.gov/pubmed/14718698?dopt=Abstract>
7. <http://www.sciencedaily.com/releases/2007/04/070423080521.htm>
8. <http://www.westonaprice.org/basicnutrition/vitamindmiracle.html>
9. http://www.projo.com/lifebeat/content/lb_Brody_Vitamin_02-24-08_6B92G2U_v11.1925fe0.html
10. <http://www.news.harvard.edu/gazette/2006/03/09/01-tb.html>
11. <http://www.ocu-cell.com/dis-add.html>
12. <http://www.vitamindcouncil.org/health/autism/vit-d-connection.shtml#hd3>
13. <http://www.washingtonpost.com/wp-dyn/content/article/2008/05/16/AR2008051603349.html>
14. http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=14984883&dopt=Abstract
15. <http://www.abc.net.au/news/stories/2008/08/01/2321861.htm?section=justin>
16. <http://www.medicalnewstoday.com/articles/116895.php>
17. <http://www.sunarc.org/papers.htm>
18. <http://www.sciencedaily.com/releases/2008/10/081013171503.htm>
19. http://supremecalcium.com/vitd_research.html
20. <http://www.vitamindcouncil.org/newsletter/2006-nov.shtml>
21. <http://www.allaboutblackhealth.com/lifestyle7.htm>
22. <http://www.ncbi.nlm.nih.gov/pubmed/12081833?dopt=Abstract>
23. http://www.vitamindoc.com/d3african_amer_prt1.html
24. <http://newsroom.ucr.edu/cgi-bin/display.cgi?id=1968>
25. <http://optfunction.com/blog/?tag=vitamin-d>

22. <http://ods.od.nih.gov/factsheets/vitamind.asp>
23. <http://www.ajcn.org/cgi/content/full/85/3/649>