

VITAMIN D3 AND YOUR HEALTH

Most people are vaguely aware that getting enough Vitamin D is important for health, particularly calcium absorption. But did you know that nearly everyone in the United States is woefully deficient in Vitamin D, and that this deficiency can lead to heart disease, high blood pressure, many types of cancer, diabetes, multiple sclerosis, autism, osteoporosis, autoimmune diseases, and frequent infections, colds, and flu (1,2)?

And recent research has shown that low levels of Vitamin D can increase levels of chronic pain, including bone pain, joint pain, muscle pain, and fibromyalgia (3,4).

So how do we ensure that we're getting enough Vitamin D? The best source is from regular but brief sun exposure...probably about 10 minutes a day (fair-skinned people obviously need less than dark-skinned people). But that is often difficult to do, particularly in cold weather; and excessive sun exposure damages the skin and promotes skin cancer. And since the only good dietary source of Vitamin D is from oily fish, our best bet is to supplement.

Another important vitamin to consider is Vitamin K, including both Vitamin K1 and K2 forms. The Rotterdam Health Study, a large-scale, well-controlled clinical trial that tracked 4,800 participants for 7 years, revealed that participants who ingested the greatest quantities of Vitamin K2 in their diet showed better bone density, and less calcification of their arteries (5).

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