



# VITAMIN D

## Vitamin D Deficiency...Why Today?

### *REDOX Highlights*

There has been a surge in the incidence of Vitamin D deficiency in the United States and other industrialized countries. There are several reasons, in spite of fortified foods, sun exposure, and taking supplements, that many people still have persistent problems associated with Vitamin D deficiency.

**TODAY THERE ARE WAYS** of restoring our health resulting in better Vitamin D levels. Using REDOX based health endeavors, and adapting our diets to support eliminating inflammation in the gut, will foundationally alter our body's capacity to restore proper Vitamin D levels.

Historically, children were vulnerable to Vitamin D deficiency and they often developed Rickets (severe deficiency). In 1930, milk was fortified with 400 IU of Vitamin D per liter, and Rickets greatly diminished. Ironically, in the past 30 years the incidence of Vitamin D deficiency has increased again, despite food fortification. Symptoms of Vitamin D deficiency include: fatigue, aches and pains, fatty liver infiltration, depression, light-headedness, osteoporosis and osteopenia. Vitamin D is critical in assisting our body with detoxification, maintaining a healthy blood pressure, and helping to reduce the risk of several kinds of cancer (colon, breast, prostate, and ovarian). Lifestyle factors also leading to Vitamin D deficiency include obesity, sedentary lifestyle, diets devoid of animal foods, and intestine inflammation from unhealthy types of flora.

The solution is beyond just providing supplementation with a Vitamin D capsule. We must look further into our physiologic balance. The nature of Vitamin D itself is linked to the solution. Vitamin D is a fat-soluble vitamin. This means that it is not absorbed by diffusion, but rather through assimilation. This assimilation requires REDOX

molecules, enzymes, and nutritional components like fats in its process. Vitamin D is also converted to its usable form in our skin with UVB light from the sun.

Healthy and sustainable (non prescription) solutions to this trend toward deficiency of Vitamin D are supported by several medical journal articles noted at the end of this newsletter.

Here are several steps to restore normal levels of Vitamin D:

### **1. Support assimilation with a healthy small intestine.**

Inflammation often develops in the lining of the small intestine due to unfriendly bacteria propagated by signals from foods like sugar, wheat flour, preservatives, corn syrup, artificial sweeteners and soda pop. Helping the endothelial cells repair and replace themselves with a better REDOX potential from supplementing balanced REDOX molecules can minimize the inflammation. Probiotics and a diet rich in vegetables, fruits, lean meats and nuts will signal friendly bacteria to propagate and activate genes in our cells. This will assist with vibrant healing and lead to excellent assimilation of Vitamin D.

### **2. Consume foods rich in Vitamin D.**

Salmon, tuna, mackerel, eggs, and cheese are naturally rich in Vitamin D. Many other fortified

foods, like milk, will assist in increasing intake of Vitamin D. You may also need a Vitamin D3 capsule, suggested by your healthcare provider. Be sure to monitor Vitamin D levels in your blood, as fat-soluble vitamins can accumulate and reach toxic levels.

### 3. Adjust our lifestyle

Reducing weight and increasing aerobic activity improves our REDOX balance at a cellular level.

We can assist this process with supplementing REDOX molecules as well. In combination, these suggestions can greatly enhance our quality of life and directly benefit our Vitamin D levels.

*J. Dermatology 2006 Oct;33(10): 662-9*

*Clin. Endo. (Oxf) 2014 Sep; 81 (3): 458-66*

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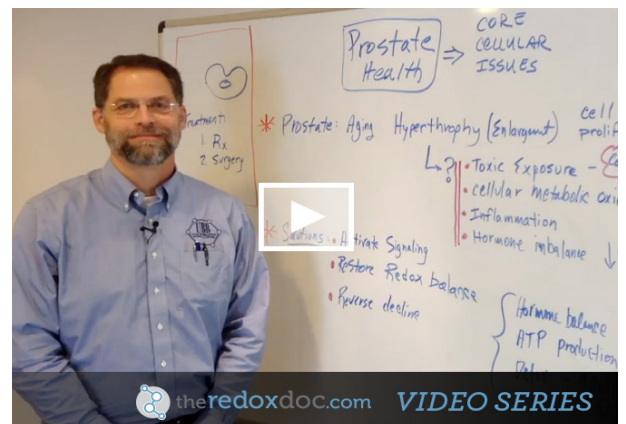
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