



Vitamin D: The Sunshine Vitamin

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Epidemic influenza and some of the viruses that cause the common cold may be prevented by adequate doses of vitamin D. Adequate vitamin D levels are also known to positively influence:

- Heart disease
- Diabetes
- Inflammatory bowel disease
- Rheumatoid arthritis
- Multiple sclerosis
- Osteoporosis

Taking enough vitamin D could help prevent as many as 16 different types of cancer including pancreatic, lung, breast, ovarian, prostate, and colon cancer.

Vitamin D is essential for the efficient use of calcium by the body. Vitamin D plays an active role in insulin secretion and may be beneficial for diabetic conditions. It may also decrease the risk of high blood pressure.

Vitamin D may enhance your immune system; studies show that the incidence of diabetes, multiple sclerosis and rheumatoid arthritis increases from low exposure to the sun, while getting adequate amounts of vitamin D may decrease the risk of these autoimmune diseases.

Vitamin D supplementation during pregnancy may help a child's bone health years later. Researchers in Britain found that children born to mothers with better vitamin D status during pregnancy had healthier bones at 9 years of age. The researchers found that low levels of vitamin D are common in women of childbearing age. They concluded, "Vitamin D supplementation of pregnant women, especially during winter months, could lead to long-lasting reduction in the risk of osteoporotic (bone) fracture in their offspring."

To get adequate doses of vitamin D; sit outside in the sunlight with at least 40% of your body exposed for at least 20 minutes every day or you can take an adequate amount of Vitamin D orally (a dietary supplement).

This article is not intended as medical advice; visit your medical doctor for that. Please stop by our vitamin store and health-learning center and let us show you the many natural products we offer. Until next time, I leave you with this message. You can develop and maintain vibrant health, abundant energy, and mental clarity. All you need is a little knowledge, will power, and determination, lots of patience, and the daily practice of good habits. Eat Well, Sleep Well, Be Well.

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