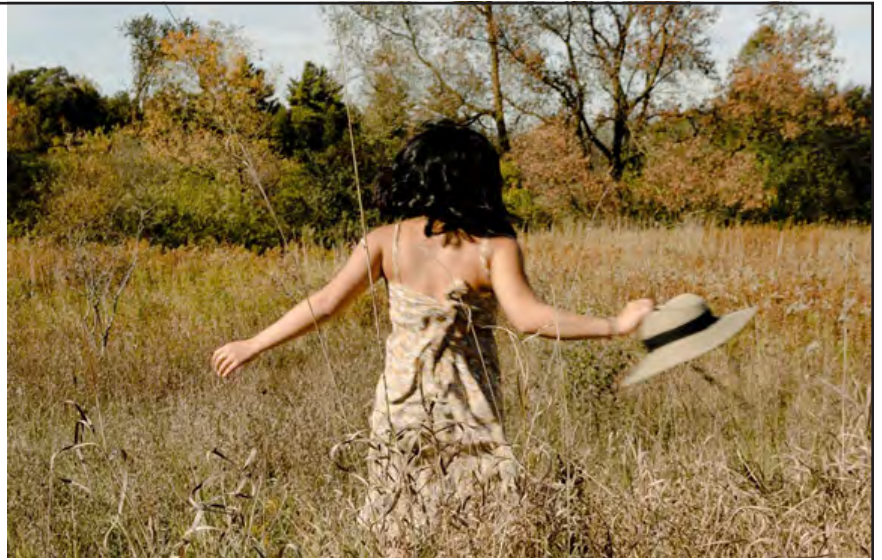


Go outside and get the benefits of Vitamin D



Vitamin D is sometimes called the “sunshine vitamin” because it’s produced in your skin in response to sunlight. Sunlight is the most important source of vitamin D. It’s a fat-soluble vitamin in a family of compounds that includes vitamins D-1, D-2, and D-3. Your body produces vitamin D naturally when it’s directly exposed to sunlight. Vitamin D has several important functions. Perhaps the most vital are regulating the absorption of calcium and phosphorus, and facilitating normal immune system function. Getting a sufficient amount of vitamin D is important for normal growth and development of bones and teeth, as well as improved resistance against certain diseases. If your body doesn’t get enough vitamin D, you’re at risk of developing bone abnormalities such as soft bones (osteomalacia) or fragile bones (osteoporosis). Here are three benefits of vitamin D:

1. Vitamin D fights disease

In addition to its primary benefits, research suggests that vitamin D may also play a role in:

- reducing your risk of multiple sclerosis, according to a 2006 study published in the *Journal of the American Medical Association*;
- decreasing your chance of developing heart disease, according to 2008 findings published in *Circulation*;
- helping to reduce your likelihood of developing the flu, according to 2010 research published in the *American Journal of Clinical Nutrition*.

2. Vitamin D reduces depression

Research shows that vitamin D might play an important role in regulating mood and warding off depression. In one study, scientists found that people with depression who received vitamin D supplements noticed an improvement in their symptoms. In another study of people with fibromyalgia, researchers found vitamin D deficiency was more common in those who were also experiencing anxiety and depression.

3. Vitamin D boosts weight loss

Consider adding vitamin D supplements to your diet if you’re trying to lose weight or prevent heart disease. Some scientists say the calcium and vitamin D have an appetite-suppressing effect. In one study, overweight people who took a daily vitamin D supplement improved their heart disease risk markers. Better yet, go outside into the sunshine and take a daily walk. You will be surprised at how good you feel.



*This healthy living information is provided by
your Doctor of Chiropractic and the
Idaho Association of Chiropractic Physicians (IACP) .*