

Space Coast Integrative Wellness

Newsletter

July 2024/Issue #2



Welcome to the July edition of our health newsletter! This month, we're shining a spotlight on a crucial but often overlooked nutrient: Vitamin D. Known as the "sunshine vitamin" Vitamin D is essential for overall wellbeing, and understanding its importance can significantly enhance your health.

The Vital Role of Vitamin D in Your Health

What is Vitamin D?

Vitamin D is a fat-soluble vitamin that plays a critical role in maintaining several bodily

functions. Unlike other vitamins, Vitamin D can be synthesized by the body when the skin is exposed to sunlight. It is also found in a few foods and available as a dietary supplement.

WHAT IS VITAMIN D?

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WHY IS VITAMIN D
IMPORTANT?

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SIGNS OF VITAMIN D
DEFICIENCY

—

HOW TO ENSURE ADEQUATE
VITAMIN D LEVELS

Why is Vitamin D Important?

1. Bone Health:

Calcium Absorption: Vitamin D facilitates the absorption of calcium and phosphorus, essential for building and maintaining strong bones and teeth.

Preventing Osteoporosis: Adequate levels of Vitamin D can help prevent osteoporosis and fractures, particularly in older adults.

2. Immune System Support:

Boosting Immunity: Vitamin D enhances the pathogen fighting effects of monocytes and macrophages — white blood cells that are critical to the immune defense — and decreases inflammation.

Autoimmune Diseases: Sufficient Vitamin D levels are associated with a lower risk of autoimmune diseases, such as multiple sclerosis and rheumatoid arthritis.

3. Mood and Mental Health:

Combating Depression: Research suggests that Vitamin D might play a role in regulating mood and warding off depression.

Cognitive Function: There's growing evidence linking optimal Vitamin D levels with better cognitive health and a lower risk of neurodegenerative diseases.

4. Chronic Disease Prevention:

Heart Health: Vitamin D is linked to a reduced risk of cardiovascular disease.

Diabetes Management: It may improve insulin sensitivity, thus playing a role in managing diabetes.

Signs of Vitamin D Deficiency



Symptoms: Fatigue, bone pain, muscle weakness, mood changes, and frequent infections.

At Risk Groups: Older adults, people with limited sun exposure, individuals with darker skin,

and those with certain medical conditions.



How to Ensure Adequate Vitamin D Levels

1. Sun Exposure:

Optimal Timing: Aim for 10-30 minutes of midday sun several times per week, depending on your skin sensitivity and geographic location. Some vitamin D needs can be achieved through skin exposure to sunlight but depends on the time of day, age, how much skin is exposed, and skin tone. Skin can make an average of 10,000 to 15,000 units of vitamin D in one pinking sun exposure with arms and legs exposed and without sunblock. Sunblock with an SPF greater than 15 blocks 100% of vitamin D production in the skin.

Seasonal Considerations: In winter or regions with limited sunlight, consider alternative sources of Vitamin D.

2. Dietary Sources:

Foods Rich in Vitamin D: Include fatty fish (like salmon and mackerel), fortified foods (such as milk and cereals), and egg yolks in your diet.

Food	Standard Serving Size	Average Vitamin D Content (in international units, IUs)
Cod liver oil	1 tablespoon	1360
Salmon (pink, canned)	3 ounces	465
Salmon (sockeye, cooked)	3 ounces	447
Sardines (canned)	3 ounces	164
Tuna(canned in water, drained)	3 ounces	154
Milk (whole, 3.25% milkfat, fortified)	1 cup	124
Orange juice (fortified)	8 ounces	100
Beef liver (cooked)	3 ounces	42
Egg (cooked)	1 large	41
Cereal (fortified)	1 cup	40

Supplements: If you're at risk of deficiency, a Vitamin D supplement might be necessary. Consult with your healthcare provider for personalized advice.

The Recommended Dietary Allowances (RDAs) for vitamin D are as follows:
international units (IUs) per day
• Females, ages 19-70: 600
• Females, ages 70+: 800 IUs per Day
• Males, ages 19-70: 600 IUs per DAY
• Males, ages 70+: 800 IUs per day

3. Regular Monitoring:

Blood Tests: Periodic testing can help ensure your Vitamin D levels are within the optimal range.

- Different mechanisms regulate Vitamin D derived from diet versus cutaneous/skin derived synthesis or adipose stores.
- Genetic polymorphisms for Vitamin D Receptors (VDR) may affect the ability to raise serum levels.¹

- While correlations have been made between low serum vitamin D and various diseases, a causal link has not been made.²
- Vitamin D (25(OH)D3) optimal blood level for immune support is 50-80 ng/mL.³
- Most patients with vitamin D toxicity have levels greater than 150 ng/mL. ⁴
- Vitamin D levels under 100ng/mL are not considered harmful. ⁵
- There is currently no functional biomarker of vitamin D, although vitamin D status impacts serum PTH and calcium.

Conclusion

Maintaining optimal Vitamin D levels is vital for your overall health. From supporting bone strength and immune function to enhancing mood and protecting against chronic diseases, Vitamin D is indispensable. This summer, make a conscious effort to enjoy the sunshine safely, incorporate Vitamin D rich foods into your diet, and consider supplements if necessary. Your body will thank you!

Stay healthy and well informed,
Space Coast Integrative Wellness

References:

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Are you ready to get started today?

Thank you for joining us this month. We hope you found this introduction to functional medicine insightful and inspiring. Stay tuned for more health tips and wellness insights in our next newsletter!

Give us a call today to book your next consultation! (321) 233-5500

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