



THE CENTER FOR MANUAL MEDICINE

"We Help You Help Yourself"

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Vitamin D The Sunshine Vitamin

New research shows that Vitamin D has broader effects for health than was originally suspected. Recent studies show that vitamin D can also help preserve strength and aid in the prevention and treatment of several chronic diseases such as cancer, depression, heart disease, multiple sclerosis, diabetes, and high blood pressure. The Archives of Internal Medicine states that 50-75% of all adults are deficient in Vitamin D.

Sunlight initiates a chain of events that starts the production of Vitamin D. Just 30 minutes of summer sunlight exposure can generate 10,000 – 20,000 IU of Vitamin D. However, most people get a daily intake from food and sun exposure well below optimal intake levels, especially in the winter. The amount of sun exposure, sun screen, time of year, and distance from the sun all play a role in the vitamin D in our bodies. Research indicates that for 4-6 months out of the year the sun cannot produce substantial vitamin D for those living at our latitude in Kansas. Age and skin pigment also affect how efficiently our bodies produce Vitamin D. Adults over 60 and darker complexions are at the highest risk of deficiency.

Health Factors

Bone Health / Osteoporosis: Over 88 % of individuals treated for osteoporosis had low vitamin D levels. Low levels of Vitamin D are associated with increased pain, disability, and fracture risk.

Muscle Strength: Vitamin D correlates with leg strength in people over 60 years of age. Research showed that women performed dramatically better on strength tests and had only about half as many falls while taking vitamin D compared to those not taking vitamin D.

Fibromyalgia: Muscle and bone aches are symptoms of vitamin D deficiency. It is thought that 40-60% of patients with fibromyalgia may instead have a vitamin D deficiency.

High Blood Pressure: Proper Vitamin D levels help maintain healthy blood pressure.

Autoimmune Diseases: Adequate vitamin D may inhibit the development of autoimmune diseases, including Multiple Sclerosis, rheumatoid arthritis, type 1 diabetes, etc... The hormone from vitamin D has been shown to inactivate a type of immune cell that drives autoimmune disorders.

Diabetes Type II: Diabetes Type II is more common in those with low blood concentrations of vitamin D. Vitamin D is important in both the production of insulin and in the effectiveness of insulin. Normalizing vitamin D has been shown to improve insulin sensitivity and lower blood sugars by 20-40 mg/dL.

Cancer: Colon, prostate, and breast cancer risks may be lowered by as much as 50% with proper vitamin D intakes.

Depression: If you experience anxiety, depression, sadness, irritability, increased carbohydrate cravings, or an increase in appetite during the winter months you could have Seasonal Affective Disorder or SAD. SAD can be relieved with optimal levels of vitamin D.

Other symptoms: Fatigue, insomnia, sweating, diarrhea, muscle aches, and nervousness have all been related to vitamin D deficiency.

Recommendations: In the past 400 IU was recommended daily intake. Recent research has found this grossly inadequate. Recommended intake is at least 1000 IU of vitamin D per day and can be 5-10 times this amount in more severe cases. To ensure optimal levels a vitamin D blood test can be done by your primary care physician. If you chose to opt out of a blood test then a moderate dose of vitamin D with your Multi Vitamin and Calcium is still recommended. If you have any questions talk to one of the qualified therapist at CMM.

The Center for Manual Medicine Vitamin D supplements

Vitamin D— 365 softgels of 1000IU or 2000 IU vitamin D. Vitamin D is emerging as an important nutrient for overall health, including bone support, metabolic function, and kidney health. **\$10.00**

Vitamin D Drops— 900 Drops of 2000 IU vitamin D. Important nutrient for overall health, including bone support, metabolic function, and kidney health. **\$10.00**

Vitamin D “Baby” Drops— 900 Drops of 400 IU vitamin D. American Academy of Pediatrics recommends all infants receive 400 IU per day. **\$10.00**

Cal/Mag/D— 500 mg of highly absorbable calcium citrate-malate, 250 mg of elemental magnesium & 700 IU of vitamin D3. 300 capsules (\$4.60 / mo.) **\$15.00**