

VITAMIN D's HIDDEN ROLE IN YOUR HEALTH

“You probably already know that vitamin D builds strong, healthy bones. But that’s only part of the story . . . vitamin D is essential for all-around health. Without it, cells could not perform their functions and the brain would not fully develop. . .

“In the 1970s and ‘80s, the medical establishment led by dermatologists, sounded an alarm over the rising number of malignant melanomas in the United States. . . Since doctors believed that most skin cancers were the result of too much exposure to UVB rays from the sun, they launched a campaign to convince people to protect their skin from the sun’s rays. . . Unfortunately, instead of correcting the problem, they only made it worse.

“Cases of melanoma actually rose in significant numbers. Medical experts blamed the increase on the fact that people were spending more time in the sun because they felt protected by sun-blocking creams. Only later did new research reveal that the sun’s UVA rays, which were not blocked by most sun blocks, were just as carcinogenic as UVB rays.

SUN EXPOSURE AND VITAMIN D

“. . . When sun strikes our skin, the penetrating UVB rays trigger biochemical reactions in the deeper cells that generate huge amounts of vitamin D. . . **So by making people vitamin D deficient with their medical wisdom to avoid sun exposure, they inadvertently *increased* people’s risk of developing all forms of skin cancer, including the deadly malignant melanoma.**

“Vitamin D plays a role in reducing major medical problems, including heart disease, cancer, and osteoporosis. Medical experts have long known that vitamin D is essential for promoting calcium absorption in the intestinal tract and helping the body build and protect bones. . .

Nicknamed ‘the sunshine vitamin,’ the major source is rays from the sun, which the body uses to make vitamin D. But getting enough sunshine to produce our own vitamin D has been strongly discouraged, and as a result, the average person’s level of vitamin D has plummeted.

“There are a number of safe ways to use the sun to make vitamin D, without increasing your risk of skin cancer and skin aging, which I will later outline. But first, I will share with you some of the new things we have learned about vitamin D – some that will surprise you.

WHAT IS VITAMIN D?

“Vitamin D is a very complex substance. For over a half a century vitamin D was thought only to mineralize bones. But studies indicate that it does much more:

- Regulates calcium in all cells (especially brain cells)
- Protects the immune system
- Regulates cell growth and cell death
- Provides antioxidant and antiviral benefits

“Since foods contain very little vitamin D, the body’s major source is from that manufactured in the deeper layers of the skin [from sunlight]. The UVB wavelength from sunlight activates 7-dehydrocholesterol (7-DHC), transforming it into a precursor form of vitamin D-3. It then changes to active D-3 and enters the blood stream where it is distributed all over the body.

“Vitamin D from foods is metabolized in the liver and the kidneys to form the active vitamin D-3. Many forms of commercial vitamin D supplements are not in the active form. So, when you buy vitamin D supplements make sure it is vitamin D-3.