

VITAMIN D

“THE SUNSHINE VITAMIN”

I am sure by now you have heard or read all kinds of stories about vitamin D. There is so much information out there, that you don't know what is true and what is not. The first thing you need to understand is that vitamin D is technically not a “vitamin”, it is a hormone that targets over 1000 genes in the human body. Research has found vitamin D deficiency as a major factor in at least 17 varieties of cancer, as well as heart disease, stroke, depression, chronic pain and the list goes on and on.

Vitamin D is produced by your skin in response to exposure to ultraviolet radiation. The healing rays of natural or artificial sunlight (that generate vitamin D in your skin) cannot penetrate glass. So you don't generate vitamin D when sitting in your car or home. It is nearly impossible to get adequate amounts of vitamin D from your diet. Sunlight exposure is the only reliable way to generate vitamin D in your own body.

The sunscreen industry doesn't want you to know that your body actually needs sunlight exposure because if you knew that you wouldn't buy so many of their products. Even a weak sunscreen (SPF=8) block your body's ability to generate vitamin D by 95%. So every time you lather on that sunscreen you could be creating a critical vitamin deficiency in your body.

It is recommended that everybody get 20-30 minutes of sunlight exposure every day. If you can't get it naturally, then get to the tanning salon. Winter months are some of the busiest times in the indoor tanning industry. If you live in a climate that the sun isn't shining every day, you go indoors to get your sun exposure. Not only will you be doing something good for your health, you will look great and feel better.

**“Sunlight is more powerful than any drug;
it is safe, effective and never needs a prescription”**