

## **The Many Roles of Vitamin D**

Vitamin D is gaining new appreciation as more research is done on its multiple functions. The current RDA has been increased from 200 to 400 units for babies, children and teens, while it remains 200 IUs for adults under 50, 400 units for those between 50 and 70, and 600 IUs for those over 71. However, these recommendations are based on the amount that will prevent overt disease, but are still low in light of recent research findings. An article in the NY Times cited “mounting research about potential benefits from vitamin D besides keeping bones strong, including suggestions that it might reduce the risk for cancer, diabetes and heart disease.” Virtually every cell in the human body has a receptor for it.

Vitamin D plays a role in:

### **1. the skeletal system**

- \* calcium metabolism
- \* strength of bone and cartilage
- \* teeth and gum health

### **2. glucose metabolism**

- \* role in insulin production
- \* improves glucose tolerance

### **3. cardiovascular**

may reduce:

- \* lipid peroxidation
- \* certain types of hypertension

### **4. Immune System**

may reduce:

- \* Inflammation
- \* autoimmune reactions in MS, Type 1 Diabetes, RA, psoriasis, IBS, thyroiditis, lupus
- \* cancer risk and development

may enhance NK cell activity

### **5. May help alleviate PMS and Seasonal Affective Disorder**

### **6. Adrenal Support**

- \* supports adrenal synthesis
- \* deficiency may cause fatigue and fibromyalgia like symptoms

It is very important to supplement Vitamin D with Vitamin K as an essential co-factor. These 2 vitamins are included together in **Vitamin D Synergy**. Also, there are certain situations in which additional Vitamin D should not be given, so consult your health professional for guidance.

You can pick up Vitamin D Synergy in my office, or order it directly from Moss Nutrition at [www.mossnutrition.com](http://www.mossnutrition.com) or 800-851-5444. Just mention that you are my client.

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