

12 VITAL FACTS ABOUT VITAMIN D

1. The healing rays of natural sunlight cannot penetrate glass. This means that you cannot generate vitamin D while sitting in your car or at home.

2. It's nearly impossible to get adequate amounts of vitamin D through diet alone. Exposure to natural sunlight is the only reliable way to generate vitamin D in your body.

3. The further away you live from the equator, the longer sun-exposure times you need to in order to generate sufficient vitamin D. Canada, the UK and most American states are considered far from the equator.



4. People with dark skin may need anywhere from 20 - 30 times as much exposure to sunlight as fair-skinned people, in order to generate the same amount of vitamin D. That's why prostate cancer is epidemic amongst black men - it's caused by a simple, yet widespread sunlight deficiency.

5. Vitamin D is crucial for calcium absorption in the intestines. Without sufficient vitamin D, your body cannot absorb calcium, rendering calcium supplements useless.

6. A chronic deficiency in vitamin D cannot be reversed overnight. It takes months of supplementation and sunlight exposure to rebuild the body's bones and nervous system.

7. Even weak sunscreens (SPF:8) inhibit your body's ability to generate vitamin D by 95%. This is the reason sunscreen products actually cause disease; they lead to a critical vitamin D deficiency in the body.

8. It's impossible to generate too much vitamin D in your body via sunlight exposure. Your body will self-regulate and only generate what it needs.

9. If it hurts to press firmly on your sternum, you may be suffering from chronic vitamin D deficiency right now.

10. Vitamin D is 'activated' in your body by your kidneys and liver before it can be used. Thus, having kidney disease or liver damage can greatly impair your body's ability to activate circulating vitamin D.

11. Your risk of developing serious diseases such as diabetes and cancer is reduced by 50%-80% through simple, sensible exposure to natural sunlight 2-3 times per week.

12. Super antioxidants greatly boost your body's ability to handle sunlight without burning. Astaxanthin is one of the most powerful 'internal sunscreens' and can allow you to stay under the sun twice as long without burning. Other powerful antioxidants with this ability include super fruits like acai berries, pomegranates and blueberries.

Mike Adams. "Vitamin D myths, facts and statistics." Natural News, January 1, 2005.

http://www.naturalnews.com/003069_vitamin_D_deficiency.html