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Is low VITAMIN D causing you pain and fatigue?

Vitamin D, that supplement we get from the sun, is a common deficiency. It is estimated that 1 billion people worldwide have levels below normal. That is 1 in 7 people. Reasons your body doesn't get the D it needs include, little to no sun exposure or sun blocking agents like sunscreen, Digestive diseases like celiac and IBS, older age, and darker skin.

To get your D naturally, AKA from the sun, you would need to spend 20 minutes everyday in direct sunlight with at least 40% of your skin exposed without sunscreen. Vitamin D is brought in through UVB rays. For most Americans this isn't a realistic expectation. This is also why so many of us are deficient.

But why is Vitamin D so important?

Vitamin D play a critical roll in balancing the bodies minerals like Calcium and phosphorus in addition to bone metabolism. This powerhouse vitamin also reduces inflammation, one of the leading reasons so many feel "icky" day to day. It improves immunity and function as well as helping to metabolize blood sugar. Vitamin D also functions like a Hormone with every cell of your body having a receptor for this nutrient.

Vitamin D is a fat-soluble vitamin, meaning it is absorbed along with fats in the diet and stored in the body's fatty tissue and the liver.

How do you get more?

If you want to eat in a way that promotes vitamin D, include fatty fish (Salmon, Sardines, and Mackerel) and fortified foods like milk. Vitamin D is not water soluble and absorbs better when paired with high fat foods, things like nuts, eggs and avocados.

As we age our kidneys are less able to do the job that is needed when it comes to converting Vitamin D into its active form. Our skin also loses its ability to absorb and convert D. Certain medications and supplements can even contribute to a lower absorption. Laxatives, steroids and cholesterol medications can flush it out of your system.

So how do you know if you could be suffering from a low level of Vitamin D? Here are some of the most common symptoms of Low Vitamin D levels.

- Getting sick often
- Feeling fatigued
- Bone pain or back pain
- Depression
- Hair loss
- Muscle pain

The dosing of vitamin D depends on the severity of the deficiency. However, a good maintenance dose is between 1000 to 2000 international units. Because vitamin D is fat-soluble, toxicity is possible although rare, please consult your provider before beginning supplementation.

MEMBERS: As always, your provider is just a phone call or text message away. It's better to be safe than sorry. Reach out if you are worried or if this protocol isn't helping.