

# HEALTH RESTORATION

## VITAMIN D

### WHO NEEDS IT? YOU DO!

Vitamin D may be called a vitamin, but it really functions as a hormone! Who needs it? You do! It is responsible for over one hundred fifty known biological functions. It has always been known for enhancing calcium absorption in the small intestine, as well as phosphorous and magnesium. But we now know that all cell membranes have receptor sites for Vitamin D. It was once thought that very few people had Vitamin D deficiency, because we don't see anybody with Rickets Disease (a bone deformity illness) anymore. But now, it has been found that the majority of people have a deficiency, even in Florida, even many that live at the equator. Vitamin D is our daytime hormone balanced by Melatonin, our night time hormone. Vitamin D is involved in our immune response, cardiovascular health, and insulin utilization, and it is anti-cancer! Vitamin D deficiency can cause depression. Deficiencies have been linked to multiple sclerosis and atrial fibrillation. It controls over two hundred genes! Now, there is an easy way to determine your levels with just a finger stick.

Why are our Vitamin D levels so important? Like all other hormones, if you are in the lowest quartile of 25(OH)D levels (under 19.8 ng/mL), you have an independent risk factor for all-mortality. What does that mean? You are going to die sooner than later of something if your Vitamin D levels are too low. RDA levels are set at 440 iu/day. I can tell you if that is how much Vitamin D you are getting, you are definitely in the bottom twenty five percentile. It has been shown one can take up to 40,000 iu/day without toxicity. It has been my experience that most people need between 10,000-20,000 iu/day to bring them to optimal levels. Most reference range lab values are now up to 30 - 100. Like all other hormones, you want to be in the top quartile. That would be 80-100 or more.

Not all supplements are of the same quality. You need to be taking D3. It is not a prescription drug. The 50,000 iu once each week prescription you are getting from your MD is a fake! It is an extraterrestrial synthetic molecule to your body! It is made from radiating fungus and plant matter! It has been altered to make it a prescription drug. You cannot patent a natural substance. This is similar to what the pharmaceutical industry has done with fish oil. Please take D3, not D2. We prefer a sublingual delivery system with liposome technology of vitamin D3 supplementation coupled with K2 as both receptors occur next to each other in all the cells, and have many common *synergistic* functions. This combination and unique delivery system greatly improves absorption and utilization by the cells.