



# **Vitamin D**

**Do not underestimate it's  
importance to Overall Health**

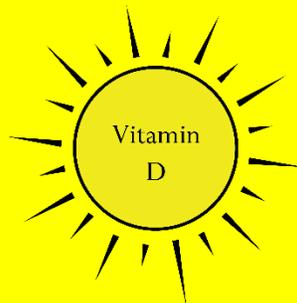
## Why should I care?

Vitamin D deficiency has been linked to diabetes, hypertension, osteoporosis, some cancers, multiple sclerosis, infectious diseases such as tuberculosis, arthritis, depression, autoimmune diseases, and even seasonal flu. Sounds pretty important to me...what about you?

## Are you deficient?



Understand that you do not get enough vitamin D from food sources, even fortified ones. One of the best sources of vitamin D, if not the best, is the sun. We have been told for years to avoid the sun, so if you avoid the sun you are probably vitamin D deficient. Also, if you live in a location that experiences the 4 seasons, or where I live, 2 seasons... Winter and Construction season ☺, you probably are D deficient.



It is well known that other than from the sun, obtaining enough vitamin D is unlikely without supplementation. Some doctors now do not test for vitamin D in patients (it is expensive), rather, they just recommend to all their patients to supplement vitamin D.

However, if you do not test it is difficult to know how much to take. It is felt by some professionals, if levels are low when tested that a protocol of high dose vitamin D3 (up

to 8000IU in some cases) are needed for a period of time. Once the levels improve, then normal seasonal supplementation dosages (2000IU – 3000IU) should suffice.  
\*\*Always consult your doctor before adjusting your supplement dosage\*\*.

I have had my D checked and it fell into the excellent range. I will note that I do not avoid the sun. I avoid burning but try to get sun on large skin surfaces as often as possible. In the winter I supplement with 2000 – 3000 IU's/day. To date my numbers are well within the healthy ranges.

## What “D” should I take?

Most of the information I have referenced about vitamin D has come from the Primal Health Coach course content, Undoctored Blog <https://blog.undoctored/> and a recent Harvard article <https://www.hsph.harvard.edu/vitamin-d/>

Most sources of vitamin D3, which is the D supplement recommended not D2 which isn't the human form. There is no good reason to **not** take the human form D3. The recommended source is oil-based gel capsules or drops. Tablets are known to be ineffective. Some very high tablet dosages yield very little benefit due to the difficulty with absorption. I take drops myself [Link to source](#)

It is important to have your vitamin D levels checked for baseline numbers in order to know how much supplementation is required. I have learned that the numbers recommended are usually just enough to prevent deficiency (30ng/ml), not improve health. A healthy recommendation level of 25-hydroxy vitamin D blood level, is 60 - 70ng/ml.

It is recommended to take vitamin D in the morning (some people experience insomnia) and do not take it with calcium. Calcium supplementation has been associated with increased cardiovascular risk and according to some sources, has been proven to be almost ineffective for prevention of osteoporotic fracture and should never be taken with vitamin D supplements.

Get luck, keep moving and get outside 😊



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