

THE Wellness Minute

Immunity Series: 3.1

Dr. Greg Anderson, Chiropractor

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Orcutt Office (805) 934-5761

Buellton Office (805) 883-8083

Vitamin D₃ & Your Immune System

I've Heard That Vitamin D is Now Viewed as a Hormone and Not a Vitamin, Is That True?

You may find it surprising that vitamin D is so important for your health, especially if you're still under the impression that it's mostly a nutrient for your bones. Most people also think that vitamin D is really a vitamin, but in reality, the active form of vitamin D is actually one of the most potent *hormones* in your entire body, and regulates more genes and bodily functions than any other hormone yet discovered. Vitamin D is produced as a pro-hormone in your skin after sunlight exposure, and is then converted to the potent hormone form.

What about Vitamin D and the Immune System?

Vitamin D has a remarkable role to play in your health, influencing nearly 3,000 of your 25,000 genes, and playing a critical role in your immune response... a role far superior to the synthetic (and often harmful) immune responses that vaccines elicit. Vitamin D could rightly be described as a "miracle nutrient" for your immune system, as it enables your body to produce well over 200 antimicrobial peptides, which are indispensable in fighting off a wide range of infections.

Since Vitamin D is necessary to absorb calcium from the gut into the bloodstream it becomes important to the immune system in this way. It was discovered recently that the way that individual cells in your body make their

first cry for help when under attack or damaged is through a process called the "calcium flash". In order to have a fully functioning immune system it is necessary to have adequate calcium in the cells of the body. Vitamin D and magnesium are needed for adequate calcium absorption.



What Do We Know About Vitamin D and the Development of Cancer?

The PubMed database (the place where your doctor does his/her research) shows 63 studies indicating that vitamin D deficiency is a significant risk factor in the initiation of cancers of the colon, breast, ovaries and prostate gland.

How Widespread is Vitamin D Deficiency?

According to a 2009 study published in the Archives of Internal Medicine it is estimated that 75% of U.S. adults and teenagers are Vitamin D deficient. Did you get your 20 minutes of sun exposure today without sunscreen? If not, you'd better supplement with Vitamin D.

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