

The Truth About VITAMIN D

Dr. Tyler Hamel DC, ACN

Many patients have asked about Vitamin D and if they should or should not take it. Vitamin D deficiency is an epidemic, there is a very high percentage of people, kids, adults and elderly that are severely deficient in Vitamin D. Some recent research has brought about interesting information, here is what you need to know.

- Vitamin D is key in the healing and repair process, when people have chronic neck pain, back pain, Sciatica, shoulder pain that isn't going away no matter what this can be a contributing factor.
- Studies show that most individuals getting orthopedic surgery for neck, back, shoulder, hip and more are deficient in Vitamin D.
- Have you noticed the occurrence of injuries in professional sports lately, one NFL team that was tested had 80% of their players deficient in Vitamin D, less than 30 and some less than 20 on their blood test.
- The optimal level of Vitamin D on a blood test is between 50-80 ng/ml, the blood test to get is 25-hydroxy vitamin D. Why be less than optimal when you can be optimal?
- Vitamin D plus a healthy diet gives us optimal bone health, are we getting enough Vitamin D or nutrients from our diet?
- Vitamin D effects the microbiome in our gut, which effects our digestion.
- The more you exercise the more vitamin D you need.
- Most chronic pain and inflammation has Vitamin D deficiency as a contributor.
- Patients suffering with arthritis, osteoporosis, fibromyalgia, rheumatoid arthritis, low trauma hip fractures, autoimmune conditions...most are deficient in Vitamin D.
- When Vitamin D stores are exhausted it will increase the chance of the person getting sick.
- Heart problems, (Atrial Fibrillation), can be caused by low Vitamin D and Magnesium.
- Vitamin D helps to decrease inflammation and helps keep blood vessels healthy.
- Statin drugs for cholesterol will deplete Vitamin D.
- Vitamin D helps to regulate the immune system, may help with more serious Thyroid conditions.
- Recommended dosage of Vitamin D to take, Dr. Hamel recommends 5000 IU per day for maintenance, if below 20 ng/ml on blood test do 10000 IU per day.
- To help boost immune system and get over being sick, take 12000 IU per day during and one month after being sick.
- The great thing about Vitamin D is that it is very inexpensive, just make sure you get a good quality supplement.
- If you think you are getting enough Vitamin D because you drink milk or you are out in the sun for hours each day, guess again; this rarely is the case. Many golf patients of mine are Vitamin D deficient, being in the sun 3-4 days a week.

I hope this helps educate you on Vitamin D and the benefits of having enough, if you have any questions please call our office, we would love to help in any way, call 281-360-8387.