

VITAMIN D

by **dr. lisa hunt** | photo by **dawn kelly photography**

Did you know that Vitamin D is actually considered to be a hormone and is produced in our bodies? Its chemical structure is very similar to cholesterol. Our bodies produce Vitamin D through the absorption of the sun's rays. It is also available through some foods such as: sardines, salmon, eggs, sunflower seeds and liver, though in much smaller amounts. Vitamin D receptors are located in the brain, bones, intestines, kidneys, adrenals and thyroid glands.

Vitamin D has a multitude of functions: needed for bone and teeth growth; needed for thyroid function; helps calcium absorption; necessary for the release of insulin for the pancreas; regulates gene expression; and, essential for blood clotting.

Vitamin D also has an effect on multiple disease states: chronic musculoskeletal pain; diabetes; multiple sclerosis; cardiovascular disease; and, cancer of the breast, prostate and colon.

Currently there is a worldwide epidemic of Vitamin D deficiency, especially in infants, pregnant women, the elderly and those who avoid sunlight or have malabsorptive diseases. Dietary sources of Vitamin D are not adequate enough to meet daily requirements. Some of our daily needs are produced by exposure to UVB radiation from the sun. However, several factors can impede this production such as clothing, dark skin pigmentation, sun screen and pollution.

When UVB sun exposure is inadequate, a minimum of 1000 IU of Vitamin D is needed per day. Symptoms of Vitamin D deficiency include bone pain or muscle weakness. However, most symptoms are subtle and often unnoticed.

Therefore, having your Vitamin D levels checked is an essential part of a healthy lifestyle. ■

For more information on Vitamin D, please visit DrLisaHunt.com.

Dr. Lisa Hunt



Lisa J. Hunt, D.O., is the Medical Director of Valley Wellness Center in Modesto whose mission "is to build on every level of your health to achieve the best quality of life." She is board certified in Family Medicine and Holistic and Integrative Medicine. She specializes in anti-aging treatment, natural thyroid replacement, menopause/andropause therapy (including bio-identical hormone replacement), strengthening the immune system, neurotransmitter analysis/replacement and nutritional support guidance.

Vitamin D

Vitamin D deficiency is associated with chronic musculoskeletal pain, type 1 and type 2 Diabetes, multiple sclerosis, cardiovascular disease, cancer of the breast, prostate and colon. The "Sunshine-Vitamin" is also responsible for several functions in our bodies including: calcium absorption, blood clotting, release of insulin in the pancreas and many more. Symptoms of Vitamin D deficiency are often subtle and unnoticed. **Call Valley Wellness today to have your Vitamin D levels checked!**

*****ACCESS TESTING FOR VITAMIN D, SPRING SPECIAL \$80*****

DR. LISA HUNT

AT VALLEY WELLNESS CENTER

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