

Fact Sheet On Vitamin D



Kerri Knox
Registered Nurse

Fact Sheet on Vitamin D

DISCLAIMER: This Fact Sheet Does Not Constitute Medical Advice. This sheet is a compilation of recommendations by top researchers. These recommendations may or may not apply to your individual health condition. The information should be used in conjunction with the guidance and care of your physician. Please see a health professional before taking any supplements and inform him of any medications and medical conditions that you may have.

Introduction to Vitamin D

Vitamin D is finally being rediscovered as the health giving nutrient that it is. It seems that every day there is a new study about a new benefit that vitamin d has on your health. While doctors today are only beginning to see it's importance, doctors a hundred years ago were using vitamin d as the **MAINSTAY** of their hospitals. Sanitoriums boasted great success **CURING** people of 'incurable' illnesses such as tuberculosis- using only the power of the sun and its life giving vitamin d.

Today, as doctors warn to stay out of the sun and chronic illnesses are becoming more and more prevalent, vitamin d is again in the spotlight. From **MOUNDS** of studies, we are discovering that up to 85% of people in western countries- including teenagers and pregnant and lactating women- are Vitamin D deficient; sometimes severely so! And with this severe vitamin d deficiency, we are only now realizing the connection between vitamin d deficiency and almost every illness imaginable, such as:

- Breast Cancer
- Colon Cancer
- Diabetes
- Multiple Sclerosis
- Osteoporosis
- Chronic Pain
- Dental Problems
- Depression
- Higher Rates of Colds and Flu
- High Blood Pressure

But doctors are **EXTREMELY** slow to do anything about all these new findings about Vitamin D. This paper is an attempt to summarize the practical aspects of taking Vitamin D properly and safely. Resources are given at the end so you can learn more about why you'll want to take Vitamin D forever.

Sincerely,

Kerrí Knox, RN

<http://www.easy-immune-health.com>

<http://www.side-effects-site.com>

Who Should And Should Not Take Vitamin D

Who SHOULD Take Vitamin D		You Should NOT take Vitamin D if:
Your Age	All ages from Newborn to the Elderly	<ul style="list-style-type: none"> • You have a High Calcium Level • You have hyper-parathyroidism (this is NOT the same as hyper-thyroidism) • You are tanned and bronzed all over from being in the sun • Your Vitamin D Level is within the recommended levels and you did not take Vitamin D to get it there • You have calcifications
Your Gender	Male or Female Pregnant, lactating or not	
Your weight	Normal, thin or obese	
Your medical Conditions	<p>Whether you have no medical conditions or any medical conditions. See right column for list of medical conditions that should NOT take vitamin D.</p> <p>For all other conditions it is fine- INCLUDING kidney failure and dialysis with NORMAL calcium levels.</p>	<ul style="list-style-type: none"> • High Calcium Levels • ActiveHyper-Parathyroidism • Sarcoidosis • Tuberculosis • Calcifications • Allergy to Vitamin D

Should You Take Vitamin D?

As you can see, there are only a very few reasons that you should NOT be taking Vitamin D. If you are not taking vitamin d and you don't have one of the above conditions, you are probably shortchanging your health. There are just so many good reasons to take vitamin D. But everyone should have a vitamin d level before starting therapy.

Why?

Because most people are SHOCKED at how low their levels are, and unless you know your vitamin d level, it is almost certain that you will not take enough Vitamin D and shortchange your health.

Vitamin D Levels

<p>Who Should Get Their Vitamin D Levels Tested</p>	<ul style="list-style-type: none"> Ideally Everyone should be tested every 3 months until levels are within the recommended ranges for 2 consecutive tests. After that, once per year with your annual physical
<p>How to get your Vitamin D Level Tested</p>	<ul style="list-style-type: none"> Get an In-Home Blood Spot Test mailed to you from the Vitamin D Council . No blood draw, no visit to the laboratory. Ask Your Physician specifically for a: <ul style="list-style-type: none"> 25 (OH)D Level - Also called a Hydroxyvitamin D Level
<p>What Should Your Vitamin D Level Be*</p> <p>(*please ignore the levels on the lab sheet from the doctor's office or hospital as these not up to date)</p>	<ul style="list-style-type: none"> 50 to 80 ng/ml (nanograms per milliliter) OR 158 -252 nm/L (nanomoles per liter)**! <p>**From Dr. Cannell of the Vitamin D Council</p> <p>! Look to see which units your lab uses</p>
<p>Excess Vitamin D and Overdoses</p>	<ul style="list-style-type: none"> Excess Vitamin D: Having your level Greater Than 80 ng/ml OR 252 nm/L Is considered Excessive. Toxic Levels: Most sources say that your Vitamin D level need to be over 150 ng/ml in order for toxicity to occur. Other sources believe it is as high as 250 ng/ml <p>If you stay within the recommended Vitamin D Dosages and get your levels tested every 3 months until they are within the normal range, then your chance of a Vitamin D Overdose is virtually non-existent!</p>

Vitamin D Deficiency Treatment

<p>Standard Vitamin D Deficiency Treatment</p> <p>For levels less than the recommended 50 to 80 ng/ml</p>	<ul style="list-style-type: none"> • 50,000 IU's per week * <li style="text-align: center;">OR • Up to 10,000 IU's per day** <p>*Dr. Michael Holick ** 'The Use of Vitamin D in Clinical Practice'</p>
<p>What FORM of Vitamin D Should You Take</p>	<ul style="list-style-type: none"> • Vitamin D3 – also called Cholecalciferol – Prescription Vitamin D is called Ergocalciferol or Vitamin D2 • Do NOT take Prescription Vitamin D2 *** <p>***'The case against ergocalciferol (vitamin D₂) as a vitamin supplement'</p>
<p>What about Overdosing !?</p>	<p>There has NEVER been a recorded case of overdose in an adult on dosages of 10,000 IU's per day or less taken for YEARS at a time.</p> <p>Children with rickets will get a dose of 600,000 IU's all at once! And in East Germany for over a decade, it was routine to give all newborn babies a dose of 600,000 IU's all at once.</p>

Vitamin D Maintenance Dosage*

This means this is a daily dose once your level is within the recommended levels

Children *	Less than 1 Year old	<ul style="list-style-type: none"> • A total of 1000 IU's per day from all sources • 1000 IU's per day if breastfed and mother is taking less than 4000 IU's per day • None if breastfed and mother is taking 4000 IU's per day or more
	1 Year to 10 Years	<ul style="list-style-type: none"> • 1000 IU's for every 25 pounds of body weight
	10 Years or Older	<ul style="list-style-type: none"> • See adult Guidelines
<ul style="list-style-type: none"> • Teenagers and Women 		<ul style="list-style-type: none"> • Enough to keep Vitamin D Levels 'around' 50 ng/ml (158 nm/L) * – usually between 3800 to 5000 IU's per day
<ul style="list-style-type: none"> • Men 		<ul style="list-style-type: none"> • Enough to keep Vitamin D Levels 'around' 50 ng/ml (158 nm/L)* - usually about 5000 IU's per day
<ul style="list-style-type: none"> • The Elderly 		<ul style="list-style-type: none"> • Enough to keep Vitamin D Levels 'around' 50 ng/ml (158 nm/L)* - usually between 3800 to 5000 IU's per day
<ul style="list-style-type: none"> • Pregnant and Lactating Women 		<ul style="list-style-type: none"> • Between 4000 to 7000 IU's per day. 4000 IU's per day showed half as many pregnancy complications as 400 IU's per day while 6700 IU's put sufficient vitamin d in breastmilk to meet mother's and baby's needs!*
<p>What about Overdosing! These dosages are almost TEN TIMES the RDA for Vitamin D?!</p>		<ul style="list-style-type: none"> • There has NEVER been a recorded case of overdose in an adult on dosages of 10,000 IU's per day or less taken for YEARS. • Vitamin D Overdose is Extremely Rare

*Recommendations from Dr. Cannell of the Vitamin D Council Website

Side Effects of Vitamin D And What to Do About Them

Symptoms	What to Do About Them
<p>Allergic Symptoms</p> <p>Itching Rash Hives Difficulty Breathing</p>	<ul style="list-style-type: none"> • If severe. This could be a true allergic reaction. Stop taking Vitamin D and notify your doctor. You may need to sunbathe to get your vitamin d or get an: In Home Vitamin D Producing Tanning Bed • If mild and there is no difficulty breathing. You may be allergic to an ingredient in the capsules. Try a different brand with different ingredients.
<p>Magnesium Deficiency Symptoms</p> <ul style="list-style-type: none"> • Headache • Muscle Cramps • Heart Palpitations • Anxiety • Insomnia • Constipation 	<p>Magnesium is used up to convert Vitamin D into its active form in the blood. If you have these symptoms, then adding a magnesium supplement will often remedy these symptoms. You can take:</p> <ul style="list-style-type: none"> • Dr. Mercola's Whole Food Multivitamin with 5000 IU's of Vitamin D and 500 mg of Magnesium <p>OR</p> <ul style="list-style-type: none"> • Use Topical Magnesium Cream or Oil • See how to take magnesium on the Magnesium Dosage Page here.
<p>Possibly Rancid Oil in the Supplement</p> <ul style="list-style-type: none"> • Bad Taste in the Mouth • Metallic Taste • Mild Rash • Feel bad or just 'not right' • Get Sleepy • Frequent Urination 	<p>It's Likely that the oil used to pack the vitamin d has gone rancid. Even if the capsule has a 'freshness date', there is no way to know how long the oil was sitting in storage before it was packed.</p> <ul style="list-style-type: none"> • Get a 'Dry' Supplement that doesn't have oil. Like this High Quality 5000 IU Vitamin D Supplement

Symptoms	What to Do About Them
<p>Pain</p> <ul style="list-style-type: none"> • Bone Pain • Any Worsening Pain • Deep Aching • Low Back Pain • 'Kidney' Pain 	<p>This worsening pain likely means that your bones are depleted of calcium from having been Vitamin D Deficient for a VERY long time and you probably need vitamin d even MORE than the average person!</p> <ul style="list-style-type: none"> • Don't panic or worry • Take your vitamin d when you can get some rest for a day or two • Take pain relievers as needed • Take warm Epsom salt baths (which will give you extra magnesium too) • Be gentle with yourself and know that in a few days to a few weeks the pain will be over and your vitamin d deficiency will be improved
<p>Gastrointestinal Problems</p> <ul style="list-style-type: none"> • Nausea • Vomiting • Heartburn • Upset Stomach 	<ul style="list-style-type: none"> • Take your Vitamin D with food • Make sure that the oil in your supplements aren't rancid by getting supplements packed "Dry"- meaning without oil like this High Quality 5000 IU Vitamin D Supplement
<p>Overdose vs Side Effects</p>	<p>None of the above symptoms mean that you have overdosed on vitamin d. If you have taken less than 10,000 IU's per day for a long period of time OR less than ONE MILLION IU's, then these symptoms are SIDE EFFECTS of vitamin d and they are not OVERDOSE SYMPTOMS!</p> <p>If you think that you HAVE overdosed, then immediately go to your doctor or the emergency room and get a Vitamin D Level and a Serum Calcium Level.</p> <p>Overdose on vitamin d is extremely rare and adverse reactions are not the same as overdose.</p>

Vitamin D Resources

<p>Purchase Vitamin D3 Supplements</p>	<ul style="list-style-type: none"> • 5000 IU Vitamin D3 Supplements • Vitamin D in Spray Form- Great for kids or for those who don't like swallowing pills • High Quality Multivitamin with: 5000 IU's of Vitamin D 500 mg of Magnesium all in one Multivitamin
<p>Comprehensive Vitamin D Reports. Excellent resources for doctors or for those who want to know the 'technical details' and science.</p>	<ul style="list-style-type: none"> • 'Vitamin D, a Neglected Analgesic' - Free PDF report on the extensive studies that show vitamin d as a pain reliever • 'The Use of Vitamin D in Clinical Practice' – Free PDF report by doctors for doctors.
<p>Get Your Vitamin D Without Taking Supplements</p>	<ul style="list-style-type: none"> • Vitamin D Producing In Home Tanning Beds. Not all tanning beds produce Vitamin D. And some produce dangerous EMF's. Don't use a tanning bed until you know the difference
<p>Vitamin D Testing without your doctor</p>	<ul style="list-style-type: none"> • Vitamin D Council's In Home Blood Spot Testing. Mailed right to your home.
<p>Further Your Vitamin D Knowledge</p>	<ul style="list-style-type: none"> • Dark Deception - Book. Learn what 'they' don't want you to know about vitamin d and health • Vitamin D and Solar Power for Optimum Health- Rediscover the Sun's Healing Power
<p>For More Information And to get your questions answered</p>	<ul style="list-style-type: none"> • http://www.easy-immune-health.com

Sunlight and Vitamin D

Should you Still Take Vitamin D if you get sunlight? The answer is a vigorous "maybe". There are MANY factors that don't allow people to get all the vitamin d that they need- even from extensive sunlight. And the best 'Rule' is to get your vitamin d level taken and see if you have been getting adequate vitamin D.

But the truth is that the **VAST** majority of people do **NOT** get enough vitamin D from ANY source. A study done on young people living in Hawaii who exposed their skin to 11 hours of sunlight a week were STILL Vitamin D Deficient!

Factors Affecting Vitamin D Absorption From Sunlight	
Factor	How It Affects Absorption
How Much Vitamin D Do you Get from the sun	Full body high sunlight summer sun exposure JUST to the point before one burns can give you UP TO 20,000 IU's of Vitamin D Per day- depending upon the factors below
Skin Tone	<ul style="list-style-type: none"> • Light skinned people get MORE vitamin d from sun • Dark skinned people get less. Very dark skinned people may need up to 10 times more sunlight to make the same amount of Vitamin D as very light skinned people.
Age	<ul style="list-style-type: none"> • Younger people are able to absorb MORE vitamin d • Older people get less
Geographic Location (This section refers to Northern Hemisphere. The opposite is true in the Southern Hemisphere)	<ul style="list-style-type: none"> • People who live in more southern areas can get vitamin d year-round on sunny days. • People in Northern areas above 37 degrees latitude get ZERO vitamin d in the winter- even with extensive sun exposure
Daily Bathing	Bathing before or after sun exposure will wash away the oils on the skin where Vitamin D is made (really!)
Composition of Skin	<ul style="list-style-type: none"> • Those with Oily Skin Can Make More Vitamin D • Dry Skin will make less vitamin D
Sunscreen Use	Effectively blocks nearly all vitamin d productions while most do NOT block the rays that cause skin DAMAGE!

Vitamin D Fact Sheet

This report is intended for FREE distribution. It may be used or redistributed for any purpose as long as it is left in its entirety and is not changed or altered in any way.

All information contained herein is copyright © 2010
by Kerri Knox, RN and Easy Immune Health. All rights reserved.

No information contained in this publication may be copied, published, broadcast, posted on the internet, or otherwise used for any purpose whatsoever without the prior written consent of Kerri Knox, RN and Easy Immune Health. It may, however, be distributed in print or on the internet as long as it is kept intact in pdf form with all links and credits intact. All persons violating this will be prosecuted within the fullest extent of the law. All rights reserved, including without limitation, the right to reproduce this material or parts thereof in any form.

Published by

Kerri Knox, RN and Easy Immune Health
2443 Fillmore St. #259 San Francisco, Ca 94115

Disclaimer

The use of this material is not a substitute for legal, health or professional advice. Kerri Knox, RN is not a doctor and cannot know your individual health status. This Fact Sheet Does Not Constitute Medical Advice. This material is a compilation of recommendations by top researchers. These recommendations may or may not apply to your individual health condition. Please see a health professional before taking any supplements and inform him or her of any medications and medical conditions that you may have.

Consult competent professionals to answer your specific questions. The information presented in this work is in no way intended as medical advice or as a substitute for medical counseling. The information should be used in conjunction with the guidance and care of your physician. Your physician should be aware of all medical conditions that you may have, as well as the medications or supplements you may be taking. If you are pregnant or nursing, please consult with your doctor.

The author and publisher specifically disclaim all responsibility for any liability, loss, or risk, personal or otherwise, that is incurred as a consequence, directly or indirectly, of the use and application of any of the contents in this publication.

**YOU DO HAVE EXPRESS PERMISSION TO
FORWARD AND DISTRIBUTE THIS REPORT
For Any Purpose as long as it is not sold or changed in any way**

**This Report is Provided Free of Charge
Courtesy of www.easy-immune-health.com**