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#1 Vitamin D

Danger You

MUST Know



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Holistic Doctor & Olympic Decathlete



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The #1 Deficiency?



- Critical Importance

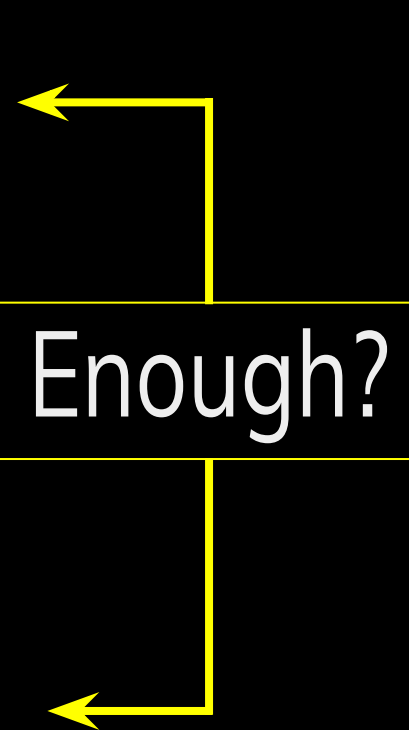
"Biomarker of chronic disease and frailty."

What It Does



- Classic Role
 - Ca, P & Bone
 - Rickets (1920)
- Non-Classic Role
 - Immune Funct.
 - Apoptosis
 - Inflammation
 - Neurogenesis
 - Last 10 Years

Enough?



Wait - There's More!



- Cell Proliferation
- Cell Differentiation
- Genomic Stability
- Malignancies
- Autoimmune Disease
- Neurodegenerative Diseases
- Schizophrenia
- Depression



Important?

"Biomarker of chronic disease and frailty."

Cause or Result

Worldwide Deficiency



- Deficient (42 - 97 %)
 < 20 ng/dl < 12.5 ?
- Insufficient
 < 30 ng/dl
- Optimal?



How Do We Get It?

- Skin Production
 - Air Pollution
 - Clothing
 - Pigmentation
 - Latitude
 - Season/Time of Day
 - Age
 - Insulin Resistance
- Diet / Supplementation

Absorption



- Dietary Sources?
 - Very Few
- Supplementation
- Digestive Enzymes
- Dietary Fat
- ↑ 50% w/ Biggest Meal

Transport



- Vit. D Binding Protein
- ↓ VDBP → ↓ Vit D Activity
- ↑ Risk of Malignant Tumors
- Breast, Prostate, Colon
- Associated with ↓ VDBP
- Taking 1100 IU's
 - ↓ Risk by 60-77%



Getting Into The Cell

- Vitamin D Receptor (VDR)
 - Kidney Cells
 - Immune Cells
 - Bone Cells
 - Substantia Nigra & Hypothalamus
 - Neuropsychiatric
 - Neurocognitive
 - Endocrine

Diabetes



- VDR linked to T1D & T2D
 - ↓ Insulin Release
 - ↓ Insulin Resistance
 - ↓ Immune Regulation



Cofactors

1. Healthy Food
2. Exercise
3. Vit. D Intake
4. Magnesium
5. Omega 3's
6. Zinc
7. Boron
8. Vit. K2

How Much To Take?



- 600 IU (15 μ g)
- 2,000 IU (Max)
- Enough?
- 2,000 IU Okay?
- 5,000 IU Deficient?
- 10,000 IU ?
- Blood Levels

Optimal Levels



- 20 ng/dl	(50 nmol/l)
- 30 ng/dl	(75 nmol/l)
- 50 ng/dl	(125 nmol/l)
- 80 ng/dl	(200 nmol/l)
> 100 ng/dl	(250 nmol/l)
> 150 ng/dl	(375 nmol/l)

Vitamin D



1. Too Important
Not To Know
2. Measure
3. Supplement
4. Monitor



Wellness For Life

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About Dr. Ekberg and Wellness For Life

Wellness For Life was Founded by Dr. Sten Ekberg D.C, a pioneer in the field of health care. Through his unique approach to health care, Wellness For Life has become the **industry leader** when it comes to **true health care** and **health restoration**.

Being able to provide a broader more complete range of services under one roof is the **true meaning of personalized care plans**. While many claim to address the cause, we will demonstrate how we go to greater lengths than anyone else when it comes to identifying and handling the root of the problem.

By getting the equivalent of multiple services under one roof - the result is often better than the sum of the parts: Think of us as:

- Primary Health Care Provider
- Integrative Medicine
- Chiropractor
- Family Doctor
- Concierge Health Service
- Health Education
- Functional Medicine
- Diet Counseling
- Herbal Specialist
- Nutrition Counseling
- Alternative Medicine
- Functional Neurology
- Blood Chemistry Analysis
- Complementary Medicine
- Supplement Expert
- Health Coaching
- Brain Based Care
- Homeopathy
- Naturopathy
- Sports Medicine
- Holistic Doctor

Top Requested Services

- **Telehealth** (Virtual Visits)
- **Nutrition Response Testing** (Body Restoration)
- **Chiropractic** (Nervous System Balancing)
- **BrainTap** (Stress Management)
- **Massage** (Relaxation and Circulation)



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