



VITAMIN D

OPTIMAL LEVELS



What Is Vitamin D?

Vitamin D is a fat-soluble nutrient produced in the skin with sunlight



Why It Matters

- Bone strength
- Immune function
- Muscle and emotional health
- Chronic disease prevention



How It's Measured

By blood levels of 25hydroxyvitamin D [25(OH)D]

Status	ng/mL
Deficient	<20
Sufficient	20 - <30
Optimal	40 - 60

Practical Steps to Maintain Healthy Levels

- Get regular sun exposure
- Eat vitamin D-rich foods
- Consider supplements
- Monitor your levels



Vitamin D Diet Benefits Of Vitamin D For Optimal Health

**Editors Of Prevention Magazine, Kim
Galeaz**



Vitamin D Diet Benefits Of Vitamin D For Optimal Health:

Perfect Health Diet Paul Jaminet, Shou-Ching Jaminet, 2012-12-11 The simple science based Paleo perfected Vogue diet that promotes effortless weight loss and peak health written by two Harvard scientists In Perfect Health Diet Paul and Shou Ching Jaminet explain in straightforward terms how anyone can regain health and lose weight by optimizing nutrition detoxifying the diet and supporting healthy immune function They show how toxic nutrient poor diets sabotage health and how on a healthy diet diseases often spontaneously resolve Perfect Health Diet makes weight loss effortless with a clear balanced and scientifically proven plan to change the way you eat and feel forever *Vitamin D For Dummies* Alan L. Rubin, 2011-05-12 Your plain English guide to the many benefits of Vitamin D Vitamin D is in the news every day as new tests and studies reveal encouraging information about its power in maintaining good health and preventing major illnesses No longer thought to just play a role in calcium intake and bone growth Vitamin D has a host of other functions in the body playing a role in prevention of serious diseases including cancer diabetes and heart disease as well as boosting immunity improving athletic performance losing weight and more This hands on plain English guide is perfect for anyone looking for helpful advice and information on the nutrient of the decade Coverage of how Vitamin D works and how much is needed for disease prevention How and where to get sufficient amounts of the right kind of Vitamin D from both your diet and nutritional supplements The best ways to maintain healthy levels of Vitamin D If you're looking to learn more about the many benefits Vitamin D can have on you and your family you'll find everything you need right here Dietary Components and Immune Function Ronald Ross Watson, Sherma Zibadi, Victor R. Preedy, 2010-07-30 Dietary Components and Immune Function focuses on immune modulation immune mediated disease resistance immune changes due to AIDS immune modulated cancer therapy and autoimmune diseases as modified by dietary supplement bioactive foods and supplements The potential value of such approaches in maintaining wellness and preventing disease are addressed by examining their effects in vitro and in vivo on innate and adaptive immune responses Emerging fields of science and important discoveries relating to early stages of new nutraceuticals in cancer prevention prior to clinical trials are also covered This volume represents a single source of material related to nutraceuticals and their constituents as they relate to cancer therapy and prevention As such the book will be essential reading for nutritionists pharmacologists health care professionals research scientists cancer workers pathologists molecular or cellular biochemists physicians general practitioners as well as those interested in diet and nutrition in disease resistance via immune regulation *4 Weeks to Maximum Immunity* Editors Of Prevention Magazine, Kim Galeaz, 2008-04-15 Publication of Prevention's Maximum Immunity couldn't be more timely As health experts are ever more loudly sounding the alarm about the dangers of a flu pandemic and the general rise in treatment resistant disease strains men and women increasingly find themselves juggling hectic stressful schedules that deplete their immune defenses Now Prevention the magazine widely recognized as the premier source for cutting edge authoritative health

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Advancing Medicine with Food and Nutrients, Second Edition Ingrid Kohlstadt, 2012-12-10 Food and nutrients are the original medicine and the shoulders on which modern medicine stands But in recent decades food and medicine have taken divergent paths and the natural healing properties of food have been diminished in the wake of modern technical progress With contributions from highly regarded experts who work on the frontlines of disease management the bestselling first edition of Advancing Medicine with Food and Nutrients Food and Nutrients in Disease Management effectively brought food back into the clinical arena helping physicians put food and nutrients back on the prescription pad Board certified in General Preventive Medicine Ingrid Kohlstadt MD MPH has been elected a Fellow of the American College of Nutrition and a Fellow of the American College of Preventive Medicine Guided by Dr Kohlstadt this authoritative reference equips clinicians with the information they need to fully utilize nutritional medicine in their practice New in the Second Edition Toxic exposures such as molds microbial infections xenoestrogens heavy metals and inert nanoparticles Food safety issues precautions for patients with preexisting medical conditions adequate labeling of food allergens such as gluten potential adverse effects of artificial sweeteners consequences of applying ionizing radiation to food food borne mycotoxins critical food restrictions following bariatric surgery precautions for preparing food in the home Consumer advocacy issues on navigating claims of medical foods and dietary supplements Physical forces on nutritional needs such as ultraviolet light initiating vitamin D synthesis non ionizing radiation s effects on brain glucose metabolism and excess body fat s effects on inflammation and hydration Preventive medicine and how to preserve resiliency at the individual and public health levels Written by doctors for doctors Advancing Medicine with Food and Nutrients Second Edition reunites food and medicine Buttressed with new evidence leading physicians on the frontlines of disease management apply the latest scientific advances to the clinical practice of medicine Each chapter offers adjuncts to standard care fewer side effects

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