

Are you producing enough Vitamin D3?

In today's technological age more and more people are staying indoors in front of their electronics and not outdoors. Fear of developing skin cancer has also contributed to less sun exposure in today's population. This in turn denies our body of sunlight which our body needs to produce Vit D3 also known as cholecalciferol naturally. It has been shown that sun exposure of at least 15-20 min of approximately 40% of exposed skin (face, arms and legs) is sufficient to help reduce Vit D deficiency. People who have a higher concentration of melanin in the skin also produce less Vit D from the sun. Use of sunblock, glass from windows and clothing all affect exposure to the UVB rays needed for our skin to produce this vitamin.

Most of the Vit D3 needed for the body comes from direct sunlight or supplementation but there are some dietary sources available such as egg yolks, fatty fish, beef liver and foods fortified with Vit D. If people are not getting enough Vit D rich foods and are indoors most of the time, especially in the winter months, then a large portion of the population may be Vit D deficient. Individuals who have intestinal conditions such as Crohn's or Celiac disease may not have the ability to absorb Vit D from foods and thus are more prone to having a deficiency of Vit D.

Vit D is important in many functions of the body including bone health, immune health and cell regulation. The role Vit D plays in bone health is that it regulates levels of Calcium and Phosphorus in the blood. It also aids in the reabsorption of Calcium in the intestines which would otherwise be excreted by the body as waste. With a lack of Calcium in the body, an individual may be prone to bone mineral loss and thus increase their chances of developing osteopenia or osteoporosis and in extreme cases rickets.

Vit D insufficiency may affect the secretion of insulin which in turn affects glucose tolerance. Some studies have shown that diabetics have a lower amount of Vit D concentration in the blood than non-diabetics.

Some observational studies have shown that people who have a lower concentration of blood Vit D are more susceptible to upper and lower respiratory

tract infections. Having an adequate amount of Vit D therefore may increase the body's natural defence against infection.

Studies conducted out of Oxford University and New Jersey Medical School suggests that there is a strong correlational link between adequate Vit D levels and the protective mechanisms of developing Multiple Sclerosis. Another study out of the Netherlands has shown that supplementing with Vit D may reduce the symptoms associated with individuals who already have MS.

As you can see, there are many factors that Vit D is associated with your body and having adequate amounts can improve your health. Vit D insufficiency can easily be detected in your blood and having a simple blood test may give you some insight to see if you are in need of Vit D supplementation. Vit D3 supplements is the easiest way to increase your blood levels. Vit D3 is a fat soluble vitamin and if you are taking a Vit D3 tablet you must consume it with a source of fat. The simplest way to dose Vit D3 is a liquid form which is already emulsified in fat, therefore your body can easily absorb the vitamin into the body. It is recommended to talk to your Naturopath, Chiropractor or Medical doctor for proper dosing or if Vit D supplementation is right for you.

Dr. Brad Fujimoto - Chiropractor, Clinic Director Momentum Health Creekside



Dr. Brad Fujimoto grew up in the quaint town of Fernie British Columbia. After high school he then pursued further education at the University of Lethbridge where he obtained a Bachelor of Science degree. Dr. Brad then ventured to Toronto where he studied at the Canadian Memorial Chiropractic College and received his Doctor of Chiropractic in 2005. After graduating, Dr. Brad came to Calgary and practiced with Advantage Health and Symon's Valley Chiropractic for several years before joining the Momentum Health team. Dr. Brad is passionate about the health and wellbeing of his patients and takes the time to educate them of their ailments. He has many tools that he encompasses in his practice such as medical acupuncture, nutritional counselling, soft tissue therapy and many other modalities that will bring his patients back to optimal health. Dr. Brad is a registered member of the Alberta College of Chiropractors and the Canadian Chiropractic Association. Dr. Brad welcomes new patients and former patients alike and is looking forward to helping his patients feel their best.