



HEALTH AND HEALING

Getting enough Vitamin D?

by **Mike Ventresca**
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Recently, Vitamin D has received an extreme makeover in the news. In just a few months, it seems like Vitamin D has gone from a mild-mannered bone builder to a nutritional superstar—and for good reason. Almost weekly, studies are emerging about



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Vitamin D's role in protecting our health, and it goes way beyond its ability to help build strong bones. Cancer, diabetes, autoimmune diseases such as multiple sclerosis and rheumatoid arthritis, and even heart disease and depression are diseases that Vitamin D may offer protection against. These new findings have many health experts questioning the adequacy of current Vitamin D recommendations.

For example, a recent study in the *Annals of Rheumatic Diseases* found that women with low Vitamin D levels were more than 1.5 times as likely to have chronic pain than women with the highest levels. Another study from the journal *Cancer Epidemiology, Biomarkers & Prevention* found that participants with the highest levels of Vitamin D were 55% less likely to die from fatal cancer than those with the lowest levels

Perhaps even more important, some experts believe that as many as 60% of people in northern climates may be Vitamin D deficient. That is why so many doctors, including Oprah's popular guest Dr. Oz, are now recommending we take a minimum of 1000 units per day with some experts recommending twice as much. According to Dr. OZ, 1,000 units of Vitamin D a day will benefit the body in a variety of ways including heart health, immune function and cancer prevention to name a few.

If you're looking to increase your Vitamin D, I recommend MegaFood's Vitamin D-3. Unlike most other brands that use lanolin from sheep's wool as their raw material, MegaFood's Vitamin D-3 tablets are from food, which means superior absorption. Personally, I take one tablet of MegaFood's D-3 1000IU every day.

Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. They are open Monday through Friday from 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday Noon to 5 p.m.

These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease. If you have any concerns about your own health, you should always consult with a healthcare professional.



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