



Natural Solutions That Work

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Vitamin D

Importance and Absorption

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How Vitamin D works

Fun Fact: Vitamin D is a nervous system communication hormone between the cells.

Cells know they are supporting each other and Vitamin D regulates their activity. If Vitamin D is low, certain cells will go into a hyper production of new cells looking for each other. Think of a tumor growing. There are Vitamin D receptors in the **breast, prostate, and the lower colon.**

Vitamin D **transports thyroid hormones** from the cell wall into the cell nucleus. If Vitamin D is low, the thyroid hormones are not going to stimulate the cell to function. You may experience low thyroid symptoms from low Vitamin D.

Vitamin D **boosts your immune system** so you will not be as susceptible to viruses. This is why cold season typically occurs as the seasons change.

The Importance of Vitamin D

- Vitamin D regulates calcium absorption for **bones.**
- Vitamin D is a mood elevator. **Seasonal Affective Disorder** is a result of low Vitamin D.
- Vitamin D **protects** injured heart tissue from scarring.
- Taking Vitamin D is important with the lack of sunlight during the **winter months.** That is half the story. You need to know your Vitamin D blood levels to dose properly. This can be done through a Vitamin D Test.

Absorption

Vitamin D can have a difficult time being absorbed. Boston Medical College found that people with weak intestines (**digestive disturbances and Leaky Gut Syndrome**) did not absorb Vitamin D. We use the Vitamin D that was recommended from Boston Medical College's research and the lab value range between 50 and 80.

Know your Vitamin D number