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Vitamin D

Importance and Absorption

Vitamin D is a nervous system communication hormone helping tissue and organs stay healthy.

Receptors are present in the **breast, prostate, and lower colon**. Your whole body needs vitamin D, not just the bones.

Vitamin D **transports Thyroid hormones** from the cell wall into the nucleus of the cell. If Vitamin D is low the thyroid hormone may not be able to stimulate the cell to function properly resulting in low thyroid symptoms.

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. When vitamin D is low your white blood cells cannot communicate quickly enough to knock out a virus.

- 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 brain** function.

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 easily. We use a specialized vitamin D oil that has a very high absorption rate.

Test Your Vitamin D
Know Your Optimal Level

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References for maintaining and optimal Vitamin D level.

1,25-Dihydroxyvitamin D₃ induces morphological and biochemical markers of apoptosis in MCF-7 breast cancer cells☆

Maura Simboli-Campbell, Carmen J. Marvaez, Martin Tenniswood, JoEllen Welsh
Journal of Steroid Biochemistry and Molecular Biology
Volume 58, Issue 4, July 1996, Pages 367-376

Reduced vitamin D receptor (VDR) expression and plasma vitamin D levels are associated with aging-related prostate lesions

Gabriel H. Campolina-Silva, Bruna T. Maria, German A.B. Mahecha, Leda A. Oliveira
The Prostate 05 March 2018 <https://doi.org/10.1002/pros.23498>

Holick MF. **Optimal Vitamin D status for the prevention and treatment of osteoporosis.** *Drugs Aging* 2007; 24(12):1017-29.

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Oct;8(5):393-8. 3. Zipitis CS, Akobeng AK. **Vitamin D supplementation in early childhood and risk of type 1 diabetes: A systematic review and meta- analysis.** *Archives of Disease in Childhood* 2008 Jun; 93(6): 512-7.

4. Cantorna MT, Zhu Y, Froicu M, Wittke A. **Vitamin D status, 1,25-dihydroxyVitamin D₃, and the immune system.** *Am J Clin Nutr* 2004 Dec; 80 (6): 1717S-1720S.

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Saliva Testing and other lab work done at this office is considered nutritional testing by most, if not all insurance companies. There is typically no reimbursement for this type of testing. Anthem and Medicare specifically will not pay for laboratory testing done at this office.

Dr. McGuckin is a licensed chiropractic physician who uses diet and nutritional support to help your body repair. Dr. McGuckin works with your current doctor(s), and does not intend to be a replacement for your primary care physician. Dr. McGuckin requires all patients to have a primary care physician to cover emergencies and routine care.

Testing and nutritional supplement recommendations are not a substitute for, or in place of, any medications or recommendations made by your medical doctor(s) or other licensed healthcare professionals, and that no medications should be discontinued or initiated without the advice of your medical doctor or other healthcare provider(s) you are seeing.