

Now that I am settled into my new schedule, I am starting my online newsletter. I'll be sharing new information on supplements and testing that I have used with my own patients for the past 15 years with great success. I'm confident that this info will have a positive effect on you, too.



To your health and happiness,
— Diana Schwarzbein, MD

VITAMIN D - The Latest & Greatest

I've chosen Vitamin D as my first topic for the following reasons:

- 1) When I recently reviewed blood tests on patients, I was shocked to find that no one, not even active folks living in sunny California, came back with normal Vitamin D levels.
- 2) Recent research on cancer prevention suggests that taking 1000 to 3000 IU of Vitamin D daily decreases the rates of colon, prostate, breast and other cancers. Most people get nowhere near these amounts.
- 3) Vitamin D is actually a hormone rather than a vitamin. The body must manufacture it and, unfortunately, production decreases with age. With all the baby boomers out there now, no wonder levels are lower than they should be.
- 4) Research shows Vitamin D is vital in the treatment of insulin resistance conditions, including some forms of high blood pressure, cholesterol issues, heart disease and diabetes. It's also an anti-inflammatory hormone and good for treating irritable-bowel problems and arthritis.



5) As a clinical regimen, I recommend taking 1000 to 3000 IUs daily Monday through Friday and taking a "hormone holiday" each week on Saturday and Sunday. Patients who take Vitamin D report an increased sense of well-being, improved sleep pattern and weight loss. Those familiar with my work will know that weight loss isn't a focus of mine, so this is a bonus. You must be healthy to lose weight, not lose weight to be healthy!

Vitamin D is made from cholesterol with the aid of sunlight in the skin, liver and kidneys. The use of sunblocks decreases production of Vitamin D. Also, active Vitamin D levels will decrease with liver or kidney disorders, a low-cholesterol/fat diet, and/or the use of drugs that decrease cholesterol production or inhibit its absorption from the intestines into the body. Stress also contributes to decreased Vitamin D production. The stress hormone cortisol is made from cholesterol. Therefore, a body experiencing any type of stress will, preferentially, use cholesterol to manufacture cortisol, depleting the amount left to make sufficient amounts of Vitamin D. Lastly, cell aging leads to decreased Vitamin D production. Contrary to popular belief, creation of this vitamin/hormone requires more than a few hours of sunlight. A body must also be capable of manufacturing it. With so many of us over the age of 45, no wonder measured levels of Vitamin D are declining.

What about getting Vitamin D from foods? Unfortunately, few foods contain Vitamin D, which is why we fortify dairy with it. Fish and egg yolks are the only foods that have this hormone in any significant quantity. Because milk is high in sugar, I suggest you drink it only if you have a healthy metabolism and show no sign of casein allergy or lactose intolerance. I discourage cheese for similar reasons. It is high in saturated fat and casein. Egg yolks are a good source of Vitamin D, but need to be eaten daily to be beneficial. This is also discouraged.

There really is no good alternative to producing Vitamin D. You must either make enough on your own or take it as a supplement.

SUMMARY

- 1) Production of Vitamin D in the body is affected by
 - Stress
 - Sunblocks or lack of adequate sunshine
 - Liver or kidney problems
 - Cholesterol lowering medications
 - Aging
- 2) Vitamin D is a hormone, not a vitamin. It is, therefore, contained in few foods. The body must produce it or replenish it in a reliable supplement form.
- 3) Current research touts Vitamin D as a defense against breast, colon, prostate and other cancers.
- 4) Current research promotes Vitamin D to improve insulin resistance.

RECOMMENDATIONS

Take 1000 to 3000 IUs of Vitamin D Monday through Friday every week and stop on Saturday and Sunday. You'll probably want to take more Vitamin D in the winter, and less in sunnier months. If you are at all concerned with starting this vitamin/hormone regimen, please have your health care provider order a 25-OH Vitamin D3 level. A good result is between 60 to 80 ng/ml.

To order a high-quality Vitamin D through www.schwarzbeinprinciple.com, visit the supplement section of the website.

DR. SCHWARZBEIN'S - Latest Book

This book gives you an easy and practical application of the information Dr. Schwarzbein has presented in her first two books. You'll find easy to follow, week-by-week steps to implement the Schwarzbein Principle. Published January 2005

