

Are you getting your sunshine vitamin?

Did you know that only ten minutes outside with exposure to the face and hands is all you need to have adequate vitamin D levels?

Vitamin D is found mostly in animal sources as eggs and fortified dairy products, but also in mushrooms and fungi. However, most of the vitamin D our body uses comes from the conversion of a cholesterol byproduct in the body to an active form of vitamin D. This process is triggered by UV light.

Vitamin D is important to for the formation of strong bones, as it allows us to better absorb calcium. It also has an important role in insulin control, and it is associated with decreased incidence of breast, prostate and colon cancer, lower blood pressure, reduced inflammation, and greater muscle mass. Yay for vitamin D!

What decreases vitamin D synthesis in our bodies?

- Darker skin color: Naturally, people with darker skin color have more melanin, which is a pigment that gives skin its color. The more melanin we have, the less we can synthesize vitamin D because it competes for the sun's rays.
- Latitude: People living in places where there is little sunlight means less vitamin D synthesis.
- Sun Screen: SPF 8 is known to reduce vitamin D synthesis by 95%.
- Clothes: Can decrease vitamin D synthesis up to 100%!
- Being too much time inside: Glass absorbs all UV, so the sun's rays never hit out skin.

I say time to go for a walk!



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