



## **Did You Know You Can Take Lots Of Vitamin D ... ... And Still Be Vitamin D Deficient!**

**Revealing The Vitamin D Myths And Truths!**

By Diane McLaren C.C.Ir., R.N.C.P. [www.healthyyounaturally.com](http://www.healthyyounaturally.com) Page 1 of 10.

As a practicing nutritionist, I am going to share my professional views on a few frequently asked questions I get in my natural health practice month after month.

- **Do I really need Vitamin D?**
- **What are the benefits of taking Vitamin D regularly?**
- **What kind of Vitamin D is safe and which one should I take?**
- **To ensure I get the best results, can I just take Vitamin D by itself?**
- **Can you clear up the many news stories I hear about Vitamin D?**

These are great questions but before answering them specifically, this is what I always explain to my clients, customers, students and colleagues, it is what you need to know about Vitamin D:

- **Yes, the sun is one of the best sources of Vitamin D.**
- **Yes, it is true that people living in the northern hemisphere, (Canada, Northern USA/Europe) are more at Vitamin D deficiency risk during winter months.**
- **Yes, it is true that we need Vitamin D to properly absorb calcium**

**Before you rush out to buy your Vitamin D**, please read on because there really is some important information that will help you make better informed decisions on its use.

“Vitamin D” has received lots of news media attention in the last few years and it seems more so this year. The many news stories about the latest studies would like us to believe it is the most **amazing new discovery ... but is it really?**

From a nutritionist's point of view, there are fundamentals everyone should know about yet they are never mentioned in news stories so that is the information I will share with you.



## **It takes 10-15 years to go from research to the latest news story**

- **So Is All The Talk About Vitamin D Really New?**

The benefits of vitamins and minerals have been recognized throughout the natural health field for years and I have been teaching them to people for over 15 years.

There have been technical advances in understanding how Vitamin D impacts the human body in recent years so some of the info I will share with you was not even available when I graduated back in the early 1990's.

Information is slow to come to light which is not surprising when you consider what Dr. Hugo Rodier, M.D., (an authority in nutritional and integrative medicine and psycho-neural immunology) said when I attended one of his lectures ... "it takes about 10-15 years to go from the research department and scientists to the doctors and media".

## **Fact Is, Vitamin D Has Been Recognized For Centuries**

Man is reported to have been aware since early antiquity of the substance we now know as vitamin D. The first scientific description of a vitamin D-deficiency, namely rickets, was provided in the 17th century by both Dr. Daniel Whistler (1645) and Professor Francis Glisson (1650).

The major breakthrough in understanding the causative factors of rickets was the development (1910 – 1930) of nutrition as an experimental science and the appreciation of the existence of vitamins. More from the University of California:  
<http://vitamind.ucr.edu/history.html> (cut/paste into your browser)

Without getting into all the boring details, here are the basics you should know and understand about Vitamin D – I will keep simple. Vitamin D is what we refer to as a fat-soluble vitamin.

### **There are 2 types of vitamins:**

- Water-soluble vitamins that need water to be absorbed
- Fat-soluble vitamins that need good fats and minerals to be absorbed.

**So often, it is not that a person is missing Vitamin D as much as they may be lacking the good fats and/or essential minerals.**



## You can take Vitamin D and still be Vitamin D deficient!

The fact is, you can take all the Vitamin D you want, but if your body does not already have the good fats and essential minerals, it won't do you any good because you won't be able to absorb and assimilate it ... the bottom line is you will remain Vitamin D deficient!

When I was teaching "Fundamentals of Nutrition" at one of the Canada's leading natural nutrition schools, a favorite final exam question I often used was "What are the benefits of good fats more commonly referred to as Essential Fatty Acids (EFA's)?"

The answer is simple, in addition to helping with a variety of body functions; essential fatty acids assist in the supply, assimilation and transportation of fat-soluble vitamins (and that includes Vitamin D).

### In plain English ...

**Taking Vitamin D alone without the complimentary nutrients is practically useless.**

### Compare vitamin requirements

#### Water-soluble Vitamins:

- Needs water to be absorbed
- Any excess is excreted
- Needs to be replenished daily

#### Fat-soluble Vitamins:

- Require good fats and minerals to be absorbed by the body
- Any excess stays in the body for a few days
- You do NOT need to replenish daily

Note: Large amounts can be toxic to the liver  
\* and even more toxic if it is synthetic \*\*

\* Vitamin D was once believed to be one the most toxic of vitamins but recent research findings now considers it both more important and safer than expected. As with all fat-soluble vitamins, it is retained in the body and thus caution should still be exercised and proper product selection is strongly recommended.

**\*\* You might have heard claims that synthetic and natural Vitamin D are essentially the same ... I believe strongly this is FALSE! Read on to learn why ...**



## **Science is actually not capable of chemically duplicating nature ... yet!**

Yes we all know they have cloned, but thus far, chemically duplicating the intricate complexities and balance of nature totally eludes us save for limited chemical duplications taken in isolation.

By definition, Encarta World English Dictionary defines synthetic as “made by chemical process: made artificially by chemical synthesis, especially so as to resemble a natural product”.

- **Notice that the definition of synthetic states resemble, not duplicate!**

**So let's say that you want to feed the planet by manufacturing apples synthetically and you want them to be “the best apples in the world”.**

**Here is a simplified example of what our science might approach the challenge:**

- A team of the “finest gourmet tasters and buyers” to go all over the planet and select 25 of the best apples in the world, the ones with the best color, texture, nutrients and taste then bring them back to the laboratory.
- In the lab a team of the best chemists and scientists in the world analyze each of these apples for all their individual sub-atomic elements comprising the representative elements of the nutrients, vitamins, minerals, antioxidants, fibre, aroma and color in the fruits.
- The results of the analysis are documented and a chemical recipe for the “best apple in the world” is developed for manufacturing.
- A team of highly polished marketing people who are experts at positioning and presenting the new “best apple in the world” releases news and educational awareness campaigns designed to convince you, those “new” synthetic apples are good for you.

**Now, my question to you is this.**

Do you think that this “best apple in the world” is as nutritious and wholesome as one you could pick from a tree?

Some of you might say yes ... some of you might say no.

**My answer is NO!** Read on to discover why ...



## Why would a synthetic apple not be as nutritious as nature's apple?

1. On a regular basis, there are discoveries of new nutrients. For example, when I graduated nutrition school, we did not talk about bioflavonoids - there was a vague notion about it and in fact it used to be called Vitamin P.

A few years later science discovered and began talking about "over 50 different bioflavonoids".

When I first graduated as a nutritionist we were talking about Omega 3 and 6, Omega 9 was not commonly discussed in the early

2. Nutrition as a science is still in its infancy. While you may not follow the ongoing advances, professionally, I find it fascinating to continue learning about the new discoveries surrounding vitamins, minerals and nutrients which is why I believe there is much more to be discovered and understood.
3. Every living plant has an energy field. This energy field has been photographed with Kirlian cameras (see David Wolfe's book) and they are truly stunning.

Food found in nature represents the integrated sum of all known vitamins, minerals, nutrients plus the ones we don't know yet, plus their unexplained energy fields.

In laboratories, current technologies and scientists can only create limited representations of vitamins, minerals and nutrients known thus far ... a lot is unknown.

## Identify Good, Bad, Natural and Man Made Synthetics

**When it comes to fat, synthetic fats are considered bad fats or rancid fats e.g. they are the damaging fats.**

For example I remember in my first teaching year telling students to be very careful because synthetic fats (e.g. Vitamin E) can cause damage to the circulatory system while natural Vitamin E will help.

About 2 years ago a news blast was saying Vitamin E was found to be causing damage to the arteries however they failed to mention the difference between synthetic and natural ... and still today most people do not know.

Vitamin E, even if labeled as natural on the front of the bottle, can only be determined when you turn it around and read the very fine print. It is only in the small print you can determine if it is really natural or synthetic.



To be specific, if it says d-alpha, it is natural however if it says dl-alpha, it is synthetic ... and is a bad fat! By the way, a good Vitamin E will also have at least 4 of the tocopherols d-alpha, d-beta, d-delta and d-gamma.

- **A similar story applies to Vitamin D. D2 is synthetic while D3 is natural.**

It is very unfortunate most people do not know and believe they are doing something healthy when in reality they are not.

### **So, who would want to take Vitamin D, when, and how much?**

Many sources correctly cite the fact that “the body’s need for vitamin D can be largely met by natural exposure to sunlight”.

I recommend exposure in moderation meaning 10-15 minutes of exposure to sunlight 3-4x/week is in most situations more than sufficient to maintain good vitamin D levels. This needs to be adjusted according to your degree of skin pigmentation.

- If you live in northern climates, even during cooler winter months it is recommended so get outdoors as often as you can when it is sunny. Understand that even limited parts of your body skin will absorb the sunlight and you can even get some exposure through a window.
- Be aware that using sunscreen having screening factors of 8 or above prohibits the synthesis of the vitamin D.

Also note that many sunscreens are loaded with toxic chemicals which are absorbed by the skin and into the blood.

The extensive use of sunscreens can explain why many people do not absorb the good Vitamin D from the sun ... even in the summer.

If a person is found to be Vitamin D deficient it is absolutely essential to make sure good fats and minerals are present and in adequate quantities for absorption of this vitamin.



## **What happens if you do not get adequate sun exposure?**

People with bone conditions need to make sure all their essential minerals are present as well for good bone and structural system. If Vitamin D is taken in excess though, calcium can be removed from the bones and deposited in other organs.

### **Multiple Sclerosis and Vitamin D**

Lots of studies have identified links between Multiple Sclerosis and Vitamin D. As far back as 1996 my presentation included references to Vitamin D and perhaps even more important are the inclusion of good fats for people with this condition. As a point of interest, multiple sclerosis tends to be much more frequent among populations living in more northerly latitudes.

If after taking good fats and minerals you remain deficient in D, then it's time for more D.

### **You existing state of health in the intestine could hinder Vitamin D absorption**

Should a liver or gallbladder condition exist, exercise caution and use Vitamin D in strict moderation. Even when consuming a good vitamin D3 (natural Vitamin D), it is essential that the liver and in fact the entire gastro-intestinal system is working efficiently.

The current generally acceptable dosage hovers around 1000 IU during the fall, winter and early spring seasons and when you cannot get adequate exposure to natural sunshine. Under certain conditions you can go higher in certain cases for those who absolutely need it, but always use caution. This new level is in contrast to when I graduated in the 90's recommending 400 IU as the maximum needed by the body.

### **The importance of Vitamin A for Vitamin D Benefits**

In addition, I strongly recommended vitamin A (also fat soluble) be consumed with Vitamin D because D is best synthesized by the body when taken with vitamin A. You will not hear much about Vitamin A these days yet it is essential for Vitamin D absorption.

In his book "**Nutrition and Physical Degeneration**" by Weston A. Price, MS., D.D.S., F.A.G.D. published back in 1939, Price observed that "more primitive" societies of the 1930s, following their traditional nature-based diets were healthier than those following a modern sugar-laden diet. They had higher levels of Vitamin D and Vitamin A in their diet vs. their close neighbors who had adopted "modern diets" as a result of better road access. You can find more about this study here: [http://journeytoforever.org/farm\\_library/price/pricetoc.html](http://journeytoforever.org/farm_library/price/pricetoc.html) (cut & paste)



## **Nutrients tend to be ineffective when taken in isolation**

What I have found over the years is that the widely regarded RDA (recommended daily amounts) of IUs or mgs are increasing for single nutrients e.g. a single vitamin or mineral yet deficiencies still exist.

Note that science tends to study and analyze vitamins and minerals in isolation, the results of which are eventually picked up by the news media as “studies of Vitamin D now linked to ...”

With a more holistic approach to nutrition, I firmly believe the situation of vitamins and minerals in isolation is occurring because when IUs or mgs are increased for a single nutrient, supporting nutrients are not taken into consideration so the single nutrient will not be absorbed properly.

This is a very fascinating, complex and evolving topic for nutritionists and I will expand on this topic in a future newsletter – watch for it! You definitely won’t be disappointed!

### **The shotgun approach of vitamins consumption does not work**

To maximize your benefits in consuming Vitamin D as they relate to your health and wellness, you really need to look at how efficiently your body absorbs and assimilates nutrients from a gastro-intestinal point of view in conjunction with a good understanding of what the balance of other nutrients are in the body.

### **So what to do about Vitamin D consumption**

Today I recommend people consider Vitamin D 3 or 4 times a week during the fall, winter and early spring months and when adequate skin exposure to natural sunlight in the remainder of the year is limited.

This is more than adequate because as a fat-soluble vitamin, D is retained by the body after consumption. Certainly your specific state of health will influence need.

### **Nutritional (and traditional) sources of good fats and nutrients**

Including fish-liver oils (from cold-water fish preferred) are the best natural sources of both vitamins A and D. However preparation will influence benefits. For example, if the fish is deep fried or cooked with fats, the bad fats created by the cooking process far outweigh any benefits of the good fish. In addition, if coated with batter which is often loaded with refined and processed nutrients, again it outweighs the benefits of the good fish.

**To get maximum benefits from the goodness of eating fish, it should be baked.**



**Other foods that represent excellent sources of good fats** and deliver direct health benefits include poached or soft-boiled eggs (free-range or organic), unsalted raw nuts and seeds, avocados, extra-virgin olive oil and hemp oil.

## **Recommended dietary supplementation**

Diets today commonly often fall substantially short when it comes to ingesting adequate levels of whole foods that can deliver the nutrients essential to sustaining good levels of health and wellness.

To assist you in selecting quality products that will benefit and support your good health, here are my recommendations on wholesome all natural plant based health supplements. In no case do I suggest the consumption of any vitamins and minerals with specific expectations of benefit without a clear understanding of the actual needs of your body being understood.

- #1155-1 Vitamin D3
- #8235-8 Super Oil
- #1515-7 Super Omega 3
- #4037-1 Essential Liquid Minerals
- #1667-8 Vitamin E With Selenium

I invite you to visit my website at Healthy You Naturally now to review additional information and/or order these and any all natural health supplements. All prices are in Canadian dollars and shipping by courier delivers affordable convenience across Canada and the USA.

[http://www.healthyyounaturally.com/products/supplements/vitamin\\_supplier.htm](http://www.healthyyounaturally.com/products/supplements/vitamin_supplier.htm)

## **Want to find where you stand on your own nutrient needs?**

If would like to find where you stand in regards to your own levels of vitamins and minerals, it is very simple. For the month of March 2009, I will analyze and evaluate your nutritional profile and give you a computerized report detailing nutrient levels from the most imbalanced to least, food sources as well as irritants, and recommended a program.

All for just \$49 (Reg. \$99) so **you save a recession busting \$50!**

Please contact me by sending a quick email to [support@HealthyYouNaturally.com](mailto:support@HealthyYouNaturally.com) or call me at 905-271-1180.



## **Article References:**

“Fats that Heal, Fats that Kill” by Udo Erasmus

“Food and Healing” by Annemarie Colbin

“Nutrition Almanac” by Gayla J. Kirschmann and John D. Kirschmann

“Diet & Nutrition – a holistic approach” by Rudolph Ballentine, M.D.

“The SunFood Diet Success System” by David Wolf

"Nutrition and Physical Degeneration" by Weston A. Price, MS., D.D.S., F.A.G.D.

Lecture Notes from Dr. Hugo Rodier and Kim Balaas

## **About the author:**

As a leading natural health practitioner, wellness coach, gifted trainer, inspirational speaker and former certified management accountant (CMA), Diane McLaren has consistently expanded her consulting and training company by championing the benefits of a natural approach to health and wellness, best practice business disciplines and an absolute focus on sharing real solutions that build customer satisfaction and loyalty.

Certified in Nutrition, Reflexology, Iridology, Herbology, Kinesiology, Biochemical Blood Analysis and Sclerology plus a deep understanding of Western and Eastern natural health philosophies lead Diane to develop a unique approach to natural healing and lasting wellness called the BODiWELL Health System.

BODiWELL is a systematic approach to natural healing and wellness that helps people effectively address and overcome a broad range of health conditions by focusing on the identification of root causes through a simple methodology that consistently deliver individualized, measurable results.

Since 1994, Diane has maintained an ongoing focus of educating people on the choices and long-term benefits of adopting complementary and preventative natural health practices.

## **Fully fluent in French and English**

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