

# The Only Type of Vitamin D You Should Be Taking Today

So you build solid bones... fight off colds... reduce joint pain... fortify your heart... have healthy eyesight...and more...

As you may know, I've been saying for a long time how crucial Vitamin D is for you. And, now barely a week goes by, without new research and studies about Vitamin D's amazing health benefits being released.

These studies reveal how:

- Vitamin D regulates the amount of calcium and phosphorous in your body. So you maintain strong bones.
- Vitamin D strengthens the blood cells around your retina. So you protect your eyes against wet macular degeneration, the world's leading cause of blindness.
- Vitamin D helps against joint pain according to the American College of Rheumatology.
- Vitamin D boosts your immune system. So you avoid succumbing to bugs and colds.
- Vitamin D strengthens your heart against heart disease

So, as you can see, Vitamin D plays a crucial role in keeping your body strong, full of vigor and resistant to disease.

## Why You're Not Able To Get Enough Vitamin D Every Day

Unfortunately, most of us aren't getting enough Vitamin D. Here's why. Our skin manufactures Vitamin D from exposure to the sun's ultra violet rays. And, this triggers our bodies into producing Vitamin D. But, in winter time, we don't get enough sunshine.

And, in summer what do we do? We plaster ourselves with sunscreen as we're told to protect ourselves against over exposure to sunshine. Of course, this creates a barrier between our skin and the sun - preventing our bodies from manufacturing Vitamin D.

Plus, the older we get, the less efficient our bodies are at making vitamin D. So our Vitamin D levels remain way too low.

Also, it's impossible to get enough of this essential nutrient in our daily diet. Even if, we consumed foodstuffs which are high in Vitamin D, like salmon, tuna, mackerel and fish liver oils, our Vitamin D levels would still be way too low for my liking.

You see, the trouble is, Vitamin D is a fat soluble vitamin which isn't stored in our bodies. We need a daily intake of it. So, as we're not getting enough sunshine, the only way to boost our Vitamin D levels is with a good quality supplement.

## How To Quickly Boost Your Vitamin D Levels

Just about every patient I blood test is well below my ideal levels of 60ng/ml. So, to quickly boost and maintain higher Vitamin D levels, I recommend taking 5,000IU daily. Now, you may be aware, the RDA is only 400IU. However, 400IU was introduced 50 years ago when rickets was widespread. And, this low RDA hasn't been upgraded since to take into account more recent studies.

So, why am I recommending 5,000IU? Well, two reasons. First, 5,000IU is the amount studies show you need to protect against heart disease, joint pain, strengthen your retina cells and fight off colds. Second, 5,000IU is what you'd get from 15-20 minutes of sunshine in the middle of the day. That's if, we could all take time out of our busy lives to top up our Vitamin D levels.

And, in case you're wondering, 5,000IU is perfectly safe, as it's only at 40,000IU levels that toxicity problems occur.

But to get the full benefits of 5,000IU daily you need to take the right type of Vitamin D. Let me explain:

As you're probably aware, there are two types of Vitamin D – D2 and D3. Vitamin D2 is the synthetic Vitamin D, manufactured in a laboratory. D3 is the natural form of Vitamin D, provided by Mother Nature. And D3 is more potent and more efficient in raising your 25-hydroxyvitamin D serum levels than D2.