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Vitamin D myths, facts and statistics



Saturday, January 01, 2005
 by Mike Adams, the Health Ranger
 Editor of NaturalNews.com ([See all articles...](#))



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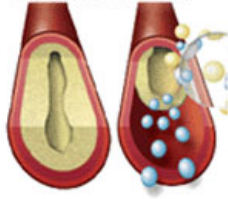
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Fifteen facts you probably never knew about vitamin D and sunlight exposure.

(Compiled by Mike Adams, based on an interview with Dr. Michael Holick, author, *The UV Advantage*)

Vitamin D prevents osteoporosis, depression, prostate cancer, breast cancer, and even effects diabetes and obesity. Vitamin D is perhaps the single most underrated nutrient in the world of nutrition. That's probably because it's free: your **body** makes it when sunlight touches your skin. Drug companies can't sell you sunlight, so there's no promotion of its **health** benefits. Truth is, most people don't know the real story on vitamin D and health. So here's an overview taken from an interview between Mike Adams and Dr. [Michael Holick](#).

1. Vitamin D is produced by your skin in response to **exposure** to ultraviolet radiation from **natural sunlight**.
2. The healing rays of **natural** sunlight (that generate vitamin D in your skin) cannot

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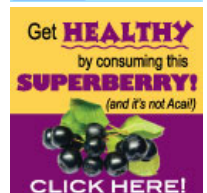
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penetrate glass. So you don't generate vitamin D when sitting in your car or home.

3. It is nearly impossible to get adequate amounts of vitamin D from your diet. Sunlight exposure is the only reliable way to generate vitamin D in your own body.
4. A person would have to drink ten tall glasses of vitamin D fortified milk each day just to get minimum levels of vitamin D into their diet.
5. The further you live from the equator, the longer exposure you need to the sun in order to generate vitamin D. Canada, the UK and most U.S. states are far from the equator.
6. People with dark skin pigmentation may need 20 - 30 times as much exposure to sunlight as fair-skinned people to generate the same amount of vitamin D. That's why [prostate cancer](#) is epidemic among black men -- it's a simple, but widespread, sunlight [deficiency](#).
7. Sufficient levels of vitamin D are crucial for [calcium absorption](#) in your intestines. Without sufficient vitamin D, your body cannot absorb [calcium](#), rendering calcium supplements useless.
8. Chronic [vitamin D deficiency](#) cannot be reversed overnight: it takes months of vitamin D supplementation and [sunlight exposure](#) to rebuild the body's bones and nervous system.
9. Even weak sunscreens (SPF=8) block your body's ability to generate vitamin D by 95%. This is how [sunscreens](#) products actually cause [disease](#) -- by creating a critical vitamin deficiency in the body.
10. It is impossible to generate too much vitamin D in your body from sunlight exposure: your body will self-regulate and only generate what it needs.
11. If it hurts to press firmly on your sternum, you may be suffering from chronic vitamin D deficiency right now.
12. Vitamin D is "activated" in your body by your kidneys and [liver](#) before it can be used.
13. Having kidney disease or liver damage can greatly impair your body's ability to activate circulating vitamin D.
14. The sunscreen industry doesn't want you to know that your body actually needs sunlight exposure because that realization would mean lower sales of sunscreen [products](#).
15. Even though vitamin D is one of the most powerful healing chemicals in your body, your body makes it absolutely free. No prescription required.

On the issue of sunlight exposure, by the way, it turns out that super antioxidants greatly boost your body's ability to handle sunlight without burning. [Astaxanthin](#) is one of the most powerful "internal sunscreens" and can allow you to stay under the sun twice as long without burning. Other powerful antioxidants with this ability include the superfruits like Acai, Pomegranates (POM Wonderful juice), blueberries, etc.

Diseases and conditions caused by vitamin D deficiency:

- Osteoporosis is commonly caused by a lack of vitamin D, which greatly impairs calcium absorption.
- Sufficient vitamin D prevents prostate cancer, [breast cancer](#), ovarian cancer, depression, colon cancer and [schizophrenia](#).
- "Rickets" is the name of a bone-wasting disease caused by vitamin D deficiency.

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- Vitamin D deficiency may exacerbate type 2 [diabetes](#) and impair insulin production in the pancreas.
- Obesity impairs vitamin D utilization in the body, meaning obese people need twice as much vitamin D.
- Vitamin D is used around the world to treat Psoriasis.
- Vitamin D deficiency causes schizophrenia.
- Seasonal Affective Disorder is caused by a melatonin imbalance initiated by lack of exposure to sunlight.
- Chronic vitamin D deficiency is often misdiagnosed as fibromyalgia because its symptoms are so similar: muscle weakness, aches and pains.
- Your [risk](#) of developing serious diseases like diabetes and [cancer](#) is reduced 50% - 80% through simple, sensible exposure to natural sunlight 2-3 times each week.
- Infants who receive vitamin D supplementation (2000 units daily) have an 80% reduced risk of developing type 1 diabetes over the next twenty years.

Shocking Vitamin D deficiency statistics:

- 32% of doctors and med school students are vitamin D deficient.
- 40% of the U.S. population is vitamin D deficient.
- 42% of African American women of childbearing age are deficient in vitamin D.
- 48% of young girls (9-11 years old) are vitamin D deficient.
- Up to 60% of all hospital [patients](#) are vitamin D deficient.
- 76% of pregnant [mothers](#) are severely vitamin D deficient, causing widespread [vitamin D deficiencies](#) in their unborn children, which predisposes them to type 1 diabetes, arthritis, multiple sclerosis and schizophrenia later in life. 81% of the children born to these mothers were deficient.
- Up to 80% of nursing home patients are vitamin D deficient.

What you can do:

Sensible exposure to natural sunlight is the simplest, easiest and yet one of the most important strategies for improving your health. I urge you to read the book, "The UV Advantage" by Dr. Michael Holick to get the full story on natural sunlight. You can find this book at most local bookstores or through BN.com, Amazon.com, etc.

Note: This is not a paid endorsement or an affiliate link. I recommend it because of its great importance in preventing chronic disease and enhancing health without drugs or surgery. **This may**

be the single most important book on health you ever read. If more people understood this information, we could drastically reduce the rates of chronic disease in this country and around the world. Sunlight exposure is truly one of the most powerful healing therapies in the world, far surpassing the best efforts of today's so-called "advanced medicine." There is no drug, no surgical procedure, and no high-tech procedure that comes even close to the astonishing healing [power](#) of natural sunlight.

And you can get it free of charge. That's why nobody's promoting it, of course.

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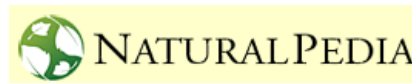
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About the author: Mike Adams is a natural health researcher, author and award-winning journalist with a passion for teaching people how to improve their health. He has authored more than 1,800 articles and dozens of reports, guides and interviews on natural health topics, reaching millions of readers with information that is saving lives and improving personal health around the world. Adams is a trusted, independent journalist who receives no money or promotional fees whatsoever to write about other companies' products. In 2010, Adams launched NaturalNews.TV, a [natural health video site](#) featuring videos on holistic health and green living. He also launched an [online retailer of environmentally-friendly products](#) (BetterLifeGoods.com) and uses a portion of its profits to help fund non-profit endeavors. He's also a noted pioneer in the email marketing software industry, having been the first to launch an [HTML email newsletter technology](#) that has grown to become a standard in the industry. Adams is currently the executive director of the [Consumer Wellness Center](#), a 501(c)3 non-profit, and pursues hobbies such as martial arts, Capoeira, nature macrophotography and organic gardening. He's also author a large number of health books offered by [Truth Publishing](#) and is the creator of numerous reference website including [NaturalPedia.com](#) and the free downloadable [Honest Food Guide](#). His websites also include the free reference sites [HerbReference.com](#) and [HealingFoodReference.com](#). Adams believes in free speech, free access to nutritional supplements and the innate healing ability of the human body.

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