The Best Source of Vitamin D- Sunlight Diagram

Description automatically generated

\*Very few foods naturally contain Vitamin D -Dermal (skin)synthesis and foods fortified with Vitamin D are the major source.

A picture containing text, kitchen appliance

Description automatically generated

\*Benefits of Vitamin D -Vitamin D plays an important role in calcium and bone homeostasis and regulates cellular functions.

Diagram

Description automatically generated

\*Risks of Vitamin D deficiency: Deficiency can result from decreased intake, lack of sun exposure,  poor absorption or lack of synthesis of active form of Vitamin D in the body. It can cause weak bones, increase risk of fracture, falls.

* Some observational studies show a link between Vitamin D deficiency and respiratory tract infections like colds, bronchitis and pneumonia.
* Another  research suggests Vitamin D deficiency can lead to hair loss.

**PROS OF SUNLIGHT EXPOSURE:**

\*Sunlight is a natural and free source of Vitamin D. Sunlight has benefits beyond Vitamin D. For example it **stimulates the production of Co Q 10( which facilitates various cellular processes)** from chlorophyll byproducts in the green leafy vegetables, hence maximizing the effects of the greens we eat.

\*Within 30 min of exposure to sunlight the UV light can cause **significant drop in blood pressure** through the release of nitric oxide in the system. The prerequisite for this again is to consume greens on a regular basis.

\*Morning sun exposure can help with **Seasonal** **Mood disorder.**

\*Adequate sunlight exposure during the day also stimulates **melatonin production** at night.

**CONS OF SUNLIGHT EXPOSURE:**

\*Increased risk of **cataract**- the effect can be minimized by wearing brimmed hat and sunglasses.

\*Sunlight also cause **aging** of skin.

\*Excess sunlight - can cause  skin cancer -Wearing sunscreen is important.

**GOAL**: Aim to get **10–30 minutes of midday sunlight** without sunscreen, several times per week.

However when one is deficient in Vitamin D, it has to be supplemented through pills.

A person standing in the snow with the sun shining through the clouds

Description automatically generated with low confidence