

BEAT THE WINTER BLUES WITH VITAMIN D

StoneTree Naturopathic Clinic, Collingwood, ON

Vitamin D is critical for health – so critical in fact that even the way our bodies are built is a testament to its importance. It's one of the few nutrients in the body that you don't have to eat – just 15-minute exposure will make you around 10, 000IU of the “sunshine vitamin”.

The vitamin gets its greatest accolades for helping us absorb more calcium for bone-building. But strong bones aren't the only benefit. Research continues to show just how important it is in other ways.

Seasonal Affective Disorder

Here in the Georgian Triangle, from Thanksgiving weekend to about Victoria Day, the sun isn't high enough in the sky for us to make vitamin D. Even in the summer, most of us spend most of our summer days inside under fluorescent lighting, and that makes us prime candidates for a Vitamin D deficiency.

An indicator of that deficiency can be Seasonal Affective Disorder (SAD), or the “winter blues”. It afflicts many Canadians each year, with symptoms of fatigue, depression, insomnia, irritability, headaches, loss of concentration, muscle aches, lack of sex drive and carbohydrate cravings. SAD symptoms tend to occur as the amount of available sunlight decreases and has been associated with vitamin D deficiency in many studies.

If you have ever experienced going away to the sunny south and having all your SAD symptoms completely reverse only to reappear within weeks of coming home to the snowy north, vitamin D deficiency may have something to do with your winter blues.

Testing Your Vitamin D Levels

Vitamin D blood levels are easy to measure. The correct form to measure is *25-hydroxy-vitamin D* and should be in the range of 90-140 nmol/L. If you're low, supplementation or a long trip to the sunny south can help raise your Vitamin D levels, and just maybe cheer you up, too.

*To learn more about testing your Vitamin D levels, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at feelbetter@stonetreeclinic.com
www.StoneTreeClinic.com*