

9 Reasons why Vitamin D is important

by Auriol Moores

Often referred to as the ‘sunshine’ vitamin, vitamin D is one of the most important nutrients needed to support optimal immune function and maintaining healthy levels is vital for supporting the body’s ability to fight infection. In fact, it has recently been studied for its ability to reduce the risk of respiratory infections. Unlike most essential nutrients however, the main source of vitamin D isn’t food, but sunshine. Your bare skin produces vitamin D when it comes into contact with the sun’s rays, so risk of deficiency is increased during the winter months and when spending prolonged time indoors.



Vitamin D levels drop to lowest

in February time which is when flu levels peak. Vit D plays an important role in the immune system, anti-microbial production and supporting immunity during the Winter.

Look at your shadow

if it is longer than you are tall, it’s too late to make vitamin D from the sun.

If you’ve recently been on antibiotics

this can significantly affect your Vitamin D levels and consequently, your immunity. Vitamin D helps to reduce an inflammatory environment and doesn’t let pathogenic (the bad guys) bacteria live.

Vitamin D is so important

in keeping your immune system strong to help fight viruses and bacteria that can lead to illness.

Inadequate levels

of Vitamin D can lead to poor wound healing.

Recent research investigating IBS

and Vitamin D levels showed that 82% of people were deficient in Vitamin D. Once their Vitamin D levels were increased, there was a significant reduction in symptoms.

Have you been feeling low?

Increasing your levels of Vitamin D can be really effective in improving your mood and improving seasonal sadness.

Vitamin D supports the absorption

of calcium and phosphorus. These are needed for the good health of bones and joints and overall mobility. If you’re deficient, this could lead to poor bone health.

Risk factors for Vitamin D deficiency include

having a dark skin, having limited exposure to the sun, always using sunscreen when out and about, being overweight or obese and having an inflammatory bowel disease such as Crohn’s or Coeliac (as these affect absorption).