



Clarifications on Vitamin D Research

By Jacqueline Fields, MD and found of *Dr. Fields Sacred Skin* | November 2010

Some of you may have read or heard recent reports by Dr. Joann Manson of Harvard medical school. She stated concerns for patients mega-dosing on Vit. D. She advised patients should be using 600-800 IU's a day. What you need to know is there is a significant body of valid research justifying the use of Vit. D at higher levels. The truth is my average patient uses 5,000-10,000 IU's a day or 50,000 IU's a week. I watch my patients carefully and I have never seen a patient have a toxicity issue. I have clinically seen the benefits of optimizing serum levels to 60-100ng/ml. Most patients I check have a Vit. D level around 20-40ng/ml. We do know that Vit D plays a role in immunity, cancer (esp. breast, colon and prostate cancer), myalgias, bone health and mood. There is significant concern that we have a global vit. D deficiency. It is estimated that 1 billion people are deficient. Because research conducted over the past decade suggests that Vit D plays a much broader disease-fighting role than once thought. During the H1N1 outbreak last year we saw that patients who did a Vit. D Bolus of 50,000 IU's for 3 days had significantly lower rates of infections overall and especially infections with the flu virus.

There are clear reasons why one might be deficient in Vitamin D. Factors that affect vit. D absorption includes aging skin, skin color, sun screen, obesity, clothing and finally we are just not outside the way we use to be. Remember Vit D is a hormone produced by our skin from sun exposure. Also remember if you are my patient I did not advise you to take Vit. D unless I checked your levels. I am clearly watching your levels and optimizing them. There has been lots of research over the past 10years showing the importance of optimizing Vit. D levels. I do have references of the available research supporting this approach that I am happy to provide if necessary. Thanks for your trust and questions.

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