

Vitamin D Hailed in the Fight Against Heart Disease, Alzheimer's Disease and Diabetes

By: John Phillip, Natural News

Scientific research bodies extolling the amazing virtues of the prohormone vitamin D have been published in rapid succession to explain the preventive mechanism shown to prevent cardiovascular disease, diabetes and Alzheimer's disease. Three independent reviews demonstrate that maintaining a vitamin D blood level between 50 and 70 ng/mL can provide optimal protection against many chronic diseases.

Researchers' publishing in the journal *Nutrition, Metabolism & Cardiovascular Diseases* provide evidence that vitamin D is intrinsically involved in the homeostasis of the cardiovascular system. Disruption of the body's natural stasis system contributes to diabetes, obesity, elevated blood lipids, high blood pressure, endothelial dysfunction, stroke and risk of coronary artery disease. Scientists advise supplementation of 4,000 to 8,000 IU of vitamin D per day to achieve optimal levels, far above the anemic 400 IU currently recommended.

Scientists at the University of Miami's School of Medicine demonstrate a direct genetic link between low vitamin D levels and the development of amyloid proteins in the brain, commonly associated with Alzheimer's disease. Reporting in the journal *Neurobiology of Aging*, researchers looked at gene signaling in relation to the vitamin D receptor in 492 late onset Alzheimer's patients and 496 control subjects.

Vitamin D controls genetic receptors to guard against chronic disease

When vitamin D receptors were not activated on the surface of individual cells due to poor vitamin D saturation in the blood, precise gene signaling went awry that halted normal clearance of the dementia-related protein clumps. The team conducting the study concluded "*Our findings are consistent with epidemiology studies suggesting that vitamin D insufficiency increases the risk of developing Alzheimer's disease.*"

Researchers in Spain evaluated the vitamin D status of 1,226 individuals in 1996. The participants were again tested eight years later, and vitamin D levels were contrasted with development of diabetes over the course of the study. The results, published in the journal *Clinical Nutrition*, found that those with vitamin D blood levels above 18.5 ng/mL had an 83 percent lower risk of developing type 2 diabetes during the eight-year period. No one in the study with a vitamin D score over 30 ng/mL developed type 2 diabetes.

It has become very clear from countless research studies published over the past decade that vitamin D qualifies among the most crucial and essential hormone-based nutrients. And still millions of people continue to place themselves at unnecessary risk by ignoring this information.

Most people above the age of twenty-one should supplement with a minimum of 2,000 IU of vitamin D every day and have their blood tested to ensure they reach the optimal range of 50 to 70 ng/mL. Extensive research provides more than sufficient evidence that maintaining a proper vitamin D level can dramatically lower the risk of heart disease, Alzheimer's disease diabetes and many other chronic illnesses.

Sources for this article include:

<http://www.nmcd-journal.com>

<http://www.wellnessresources.com>

<http://www.ncbi.nlm.nih.gov>