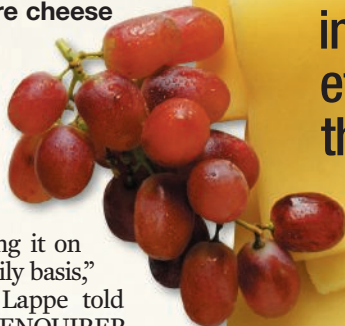


Up your vitamin D intake by eating more cheese

It appears to increase the efficiency of the immune system



taking it on a daily basis," Dr. Lappe told The ENQUIRER.

Her four-year study of 1,179 postmenopausal women came to a landmark conclusion: Daily doses of 1,100 IUs of vitamin D plus a calcium supplement lowered the overall risk of cancer in women by 60 percent.

OTHER RECENT STUDIES AT HARVARD HAVE FOUND STRONG links between low intakes of vitamin D and increased risks of breast and colorectal cancer, high blood pressure and heart disease.

Recent findings from Loyola University reveal that adequate intake of vitamin D could prevent or delay the onset of diabetes and reduce complications of those who already have the disease.

The vitamin's track record is extraordinary.

Studies here and abroad link high levels of D with protection against breast, endometrial, ovarian, colorectal and kidney cancer. It is also tied to

2,000 IUs of vitamin D cost less than 10 cents a day



combating high blood pressure, heart disease, stroke, diabetes, multiple sclerosis, age-related

dementia and muscle weakness, osteoarthritis, vaginal infections in pregnant women, colds and flu, tuberculosis, macular degeneration, obesity and decreased sensitivity to pain.

How can one vitamin have so many positive effects on so many different diseases? By boosting the immune system, experts told The ENQUIRER.

"Vitamin D does things that benefit many cells," explained Dr. Michael Holick, professor of medicine, physiology and biophysics at Boston University.

"It appears to increase the efficiency of the immune system – increasing its ability to fight infection," Dr. Holick, an expert on the effects of vitamin D, told The ENQUIRER.

And it seems to regulate the immune system, making it less likely to turn on the body's own cells.

"In the case of MS, we think it stops the immune

system from attacking the lining of nerve cells. In diabetes, it slows or stops the immune system's attack on insulin-producing cells in the pancreas."

Dr. Holick's recommendation: "It is so safe and so effective that almost everyone, from infants to the elderly, should be getting supplemental vitamin D."

Very few foods in nature contain vitamin D. Fish and fish oils are among the best sources. Fortified milk provides most of the vitamin D in the American diet. Eggs, beef liver and cheese contain small amounts of vitamin D. Exposure to sunlight also allows the body to produce vitamin D.

Experts contacted by The ENQUIRER all agree that currently recommended daily allowances of 400 or even 600 IUs of vitamin D are too low. These are the amounts typically in multivitamins.

They also agree that vitamin D is safe even in relatively high dose of 4,000 or 5,000 IUs

per day. Side effects have never been seen below 10,000 IUs per day.

They say the standard daily dose for teens and adults should be 2,000 IUs daily of vitamin D3 – the type widely sold in drug stores, health food stores and supermarkets.

"That's the amount that I and every scientist I know who is aware of the vitamin D research is taking," says Dr. Lappe.

Dr. Holick says even infants should be given supplemental vitamin D – about 600 IUs, especially if they are breastfeeding and not getting vitamin D-supplemented formula. Toddlers and children can take about 1,000 IUs daily, he says.

"That amount is absolutely safe."

And there is more excellent news: Good health needn't cost an arm and a leg – 2,000 IUs of vitamin D costs less than 10 cents a day.

by REGINALD FITZ
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Exposure to sunlight allows the body to produce vitamin D

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