



Tree of Life Wellness Center Highlights Vitamin D Testing as Fall Approaches

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Tree of Life Wellness Center is encouraging greater awareness of vitamin D levels this fall, emphasizing the role of testing in helping individuals make informed decisions about supplementation and seasonal wellness. As daylight decreases and people spend more time indoors, the Elmhurst-based wellness practice is highlighting the value of establishing a vitamin D baseline before winter, when opportunities for sunlight exposure may become more limited.

Vitamin D supports several essential functions in the body, including calcium absorption, bone health, muscle function, and normal immune system function. Although sunlight allows the body to produce vitamin D, the amount produced varies according to factors such as season, geographic location, age, skin pigmentation, and sunscreen use. As a result, time spent outdoors alone cannot reliably establish whether an individual's vitamin D levels are adequate.

Dr. Kelly Synowiec-Moroney, founder and lead chiropractor at Tree of Life Wellness Center, recently addressed seasonal vitamin D testing in an educational article published by the practice. The article outlines why fall can serve as a useful reminder to assess vitamin D status and consider whether additional evaluation

or changes to an existing wellness plan may be appropriate.

“Testing provides information that supplementation alone cannot,” said Dr. Synowiec-Moroney. “Knowing a person's vitamin D level can help guide more informed decisions about whether supplementation is needed and whether an existing approach should be adjusted.”

Vitamin D is a fat-soluble vitamin, meaning the body can store it. While adequate levels are important for health, excessive intake can lead to harmful effects, including elevated calcium levels in the blood. Taking larger amounts without knowing an individual's current status does not necessarily provide additional benefits and may create avoidable risks.

A blood test measuring 25-hydroxyvitamin D, commonly written as 25(OH)D, is used to assess vitamin D status. Results should be interpreted in the context of laboratory reference ranges, medical history, medications, diet, lifestyle, and other individual factors. Healthcare professionals can help determine whether supplementation is appropriate and what dosage, if any, may be suitable.

Tree of Life Wellness Center's educational guidance also describes an at-home vitamin D testing option that uses a small finger-prick blood sample. The sample is collected using a provided kit and returned to a laboratory for analysis. Results can then be reviewed with a healthcare professional to help determine appropriate next steps.

The practice notes that establishing a baseline can be particularly useful for individuals already taking vitamin D supplements. Testing may identify levels that warrant a change in supplementation, while follow-up testing can help evaluate how levels respond after an appropriate period of intervention. If results do not change as expected, factors such as consistency, absorption, medications, and other aspects of health may warrant further evaluation.

“Vitamin D is one part of a person's overall health picture, and the right approach depends on individual circumstances,” Synowiec-Moroney continued. “Reviewing test results alongside nutrition, lifestyle, and other relevant health information helps support decisions based on a person's needs rather than assumptions.”

The fall season provides an opportunity to review wellness routines before winter brings shorter days and reduced sunlight exposure. However, vitamin D needs differ among individuals, and testing frequency should be determined with a qualified healthcare professional based on personal risk factors and health circumstances. Sun protection remains important, and deliberate exposure to excessive ultraviolet radiation is not recommended as a strategy for maintaining vitamin D levels.

Tree of Life Wellness Center is a family-focused chiropractic and holistic wellness practice founded in 2005. Led by Synowiec-Moroney, who has more than 26 years of chiropractic experience, the center provides chiropractic care, corrective therapies, nutrition guidance, and wellness education. Its approach incorporates individualized recommendations intended to help patients better understand the factors that influence their health.

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Tree of Life Wellness Center

We work with families to help them understand that many chronic conditions can be helped with non-surgical reconstructive care, rather than routine prescription drugs and surgery.

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