Naturopathic Doctor in Toronto Advises on the Need for Vitamin D Supplementation During Winter

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Dr. Amauri Wellness Centre, a naturopathic clinic in Toronto, Ontario, Canada, has recently published a blog post on their site that explains why people may want to consider vitamin D supplementation during wintertime. The article explains that while the body can produce vitamin D efficiently during summertime, the grey skies during the winter tend to reduce sunshine exposure, which means that Canadians will need to ensure that their vitamin D levels are within the acceptable range. The lack of vitamin D may have a number of undesirable and unwanted effects, such as bone and muscle pain, cramping and/or weakness, mental depression, and more.

Dr. Amauri Caversan, ND, a naturopath Toronto doctor at the Dr. Amauri Wellness Centre, explains, ?Vitamin D is a fat-soluble vitamin that is naturally obtained from exposing uncovered skin to sunlight. In particular, ultraviolet B (UVB) rays shine onto the skin with the result that the skin will generate a precursor that is altered into an active vitamin D form in the kidneys and liver. Vitamin D supports bone health. And it also helps with the absorption and retention of calcium and phosphorus in the body. Many tissues and organs in the human body have vitamin D receptors, denoting the vitamin?s critical roles in insulin regulation, fertility support, cardiovascular health, and immune, brain, and nervous system support.?

Studies have also revealed possible connections between vitamin D deficiency and respiratory tract infections, such as the common cold, bronchitis, and even pneumonia. Thus, taking vitamin D supplements may impact on a person?s health during the cold and flu season. This is because vitamin D plays a role in keeping the immune system strong. Research has shown that vitamin D interacts with the antimicrobial activity of the body?s innate immune cells, which may then help the body?s fight against infections.

Vitamin D supplementation may also help people deal with the winter blues. Some Canadians experience prolonged sadness during the winter when there is not enough sun exposure. Several studies have indeed shown a link between vitamin D deficiency and late-life depression in people living in the northern latitudes.

Muscle and back pain may be linked to a deficiency in vitamin D, as shown in one controlled study. In this particular study, participants were observed to be almost twice as likely to have painful joints, legs or ribs, compared to those who have normal levels of vitamin D. Several studies, meanwhile, have indicated that supplementation with vitamin D may change the gut microbiota profile, which means that it may possibly modulate visceral pain.

Deficiency in vitamin D is quite common but it may be hard to determine when such a deficiency has become a health issue because the symptoms may only be minimal. It may be advisable for people who are concerned about vitamin D deficiency to consult with their health care practitioner.

It is possible to increase a person?s vitamin D levels by choosing certain vitamin D-rich foods, such as fish oil, fatty fish, fortified milk, fortified breakfast cereals, and egg yolks. The problem is that vitamin D may not always be available through diet, especially for people who are lactose intolerant or those who follow a vegan diet. Vitamin D liquid or gel capsules may be taken as supplementation.

Vitamin D supplementation may also be provided through injections. High-dose vitamin D may be injected by a naturopathic doctor into the muscle and this will gradually release the vitamin into the person?s bloodstream. Dr. Amauri Caversan, ND is currently accepting new patients while ensuring that strict COVID-19 protocols are being followed. Dr. Amauri Wellness Centre applies integrative function medicine such that all of their natural treatments will take into consideration the person?s biology and lifestyle.

Those who are interested in learning more about vitamin D deficiency and its health effects may want to visit the Dr. Amauri Wellness Centre website or contact them on the phone or through email.

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For more information about Dr. Amauri Wellness Centre, contact the company here:Dr. Amauri Wellness CentreDr. Amauri Caversan, ND(416) 922-4114info@dramauriwellnesscentre.comDr. Amauri Wellness Center1200 Bay Street #1102Toronto, Ontario M5R 2A5

Dr. Amauri Wellness Centre

Dr. Amauri Wellness Centre is consist of wellness practitioners that are committed to helping you achieve optimum health, well-being, and over-all quality of life. Our team is lead by a Naturopathic Practitioner in Toronto, Dr. Amauri Caversan, ND.

Website: https://dramaurinaturopath.com/

Email: info@dramauriwellnesscentre.com

Phone: (416) 922-4114

