

Toronto Naturopath Highlights Benefits of Vitamin D in New Blog Post

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Dr. Amauri Caversan, ND, a Toronto naturopath, has recently published a blog post that highlights the six benefits of vitamin D. He wants to emphasize that vitamin D supplementation is essential especially during those seasons in Canada that are cold and people tend to stay indoors and as a result are not exposed to sunlight. And even if people do get outdoors, the skies are usually dark during the cold months, such as the winter season, and Canadians tend to lack vitamin D.

Certain people are usually at risk of deficiency in vitamin D. These include seniors, those with limited sun exposure, those with digestive issues or malabsorption problems, those with dark skin, and those who are pregnant and/or obese. Unfortunately, the vitamin D deficiency is usually overlooked because the symptoms are not always easy to notice. For instance, the lack of vitamin D may lead to fatigue but there are health conditions that usually result in fatigue and some people may just shrug it off or may not even notice it. Other symptoms include mood changes, cramping, weakness, and bone and muscle pain.

One important benefit of vitamin D is that it may help support a person?s immunity, for instance, during the cold and flu season, thus offering a better quality of life. Many studies have found links between a person?s vitamin D level and immune protection against a number of viruses. Another key benefit of vitamin D is that it may help in reducing fatigue. This is because vitamin D helps with cellular energy by assisting mitochondria with oxygen use. Vitamin D may also provide energy to various body parts, such as the muscles.

Vitamin D may also have an impact on the brain function and may contribute to emotional and mental health. It is not yet clear, however, whether the depression that some people experience during winter is directly caused by lack of vitamin. Thus, more research must be performed on this.

Vitamin D may also help with the reduction of muscle pain. There have been a number of clinical studies showing that lack of vitamin may lead to the worsening of pain while supplementation with vitamin D may result in better outcomes with regards to pain.

Another important benefit of vitamin D is the prevention of bone loss. It has been observed that vitamin D may have a significant role in the absorption of calcium and in bone metabolism. Thus, it may be recommended for people who take calcium for bone loss to also take vitamin D.

And finally, the National Cancer Institute has suggested that cancer risk and vitamin D may be related. Studies of tumors and cancer cells in mice have shown that vitamin D have a number of activities that may slow down or prevent cancer development, including the reduction of cancer cell growth, promoting cellular differentiation, reduction of angiogenesis or tumor blood vessel formation, and stimulation of cell death or apoptosis. At present, more research may be required to establish the link between certain cancers and the lack of vitamin D.

Dr. Amauri Caversan, ND, says, ?If you think you?re lacking vitamin D, speak to your health provider. There are various treatments available, such as food and dietary changes, vitamin D supplements, and vitamin D booster shots, which are administered directly into the muscle. At Dr. Amauri Wellness Centre, we assist you with finding which vitamin D treatment is suitable for you, and recommend natural therapies that are adapted to your personal health goals and biology. If you have other health concerns, you are welcome to contact us anytime. We are currently booking appointments for new patients.?

It is always a good idea to consult with a Naturopathic Doctor about an ideal vitamin D treatment regimen.

For those would like to learn more about vitamin D deficiency and its potential impact on health, check out the Dr. Amauri Wellness Centre website https://dramaurinaturopath.com/ or contact them through the telephone

(416) 922-4114 or via email.

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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.

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