

[IMAGE]

Low Vitamin D Levels Linked to Disease

There have been many studies about the benefits of having optimal levels of vitamin D. Now, a few recent studies point to why this matters so much. New research showed people with low vitamin D levels are more likely to die from cancer and heart disease and to suffer from other illnesses.

According to researchers, blood levels of vitamin D are a good barometer of overall health.

The studies, which appeared in the journal BMJ included data on more than a million people. They included observational findings on the relationship between disease and blood levels of vitamin D. The studies found persuasive evidence that vitamin D protects against major diseases. Adults with lower levels of the vitamin in their systems had a 35 percent increased risk of death from heart disease, 14 percent greater likelihood of death from cancer, and a greater mortality risk overall, according to reports.

It has been known that vitamin D levels protect against diabetes, stroke, hypertension and a host of other illnesses. If you are looking to boost your vitamin D levels, talk to your doctor about your diet and how much exposure to the sun you should have on a daily basis.

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