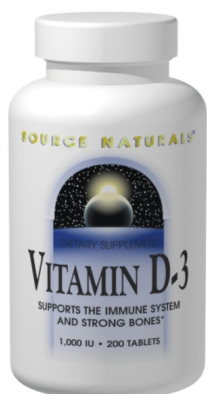


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## Vitamin D Is More Important than Previously Thought

*A few minutes of sun bathing per day meets the requirements of the human body*



Moderate exposure to sunlight helps the production of Vitamin D  
Source Naturals

Although we previously thought that prolonged exposure to direct sunlight may cause severe forms of skin cancer, apparently, we need to be in the open at least 10 to 15 minutes daily, in order for our bodies to produce a sufficient quantity of vitamin D to last us a day. According to two studies published by Harvard and Oxford, sunshine can protect against the development of several diseases, including multiple sclerosis and hypocalcemic tetany. Vitamin D is seldom found in nature, except for some types of food (beef liver, cheese, some mushrooms) and fish (salmon, tuna). Its main source for humans is sunlight which, when reaching the skin, triggers the production of calcidol, mostly in the liver. This primary substance is not yet ready to be absorbed by the body, so another chemical compound is formed in the kidneys from it, calcitriol. Vitamin D is an essential chemical to humans and takes part in many of the most important synthesis processes, including bone mineralization, reduction of inflammations, modulation of the immune function, as well as bone growth and bone remodeling during childhood and adolescence. A healthy diet combines vitamin D-rich foods with exposure to sunlight (ultraviolet B radiation), over limited periods of time. Scientists do not recommend over-saturation with the vitamin, as it may cause bone and muscle aches, as well as trigger an abnormal response from the body, which would mean that the cells can no longer intake and process the amounts of the "sun vitamin" needed for daily use. When this happens, a small quantity of calcidol is circulated inside the liver, keeping the body on emergency reserves. People should only expose their skin to the sun for a maximum of 10 to 15 minutes per day, depending on the temperature outside, latitude, the season etc. For a longer exposure, doctors recommend the use of sun creams with various levels of protection, depending on the environmental conditions. Otherwise, there is the risk of unbalancing the immune system, which can, in turn, generate numerous problems.