

Vitamin D Discussion with Dr. Dozor

On February 1, 2010, the New York Times published an article, "The Miracle of Vitamin D: Sound Science, or Hype?" by Tara Parker-Pope. (see <http://well.blogs.nytimes.com/2010/02/01/the-miracle-of-vitamin-d-sound-science-or-hype>) After reading this article, Dr. Dozor had the following comments:

First he quoted, "Clear associations between low vitamin D levels and cancers, autoimmunity, infectious disease and other conditions suggest that current daily intake recommendations for this critical nutrient needs revision." (Scientific American, November 2007, see www.scientificamerican.com/article.cfm?id=cell-defenses-and-the-sunshine-vitamin) He then continued, "On the other hand, there are cautionary tales to be told regarding excessive vitamin supplementation, for example, Vitamin A. Personally, I am on board with dramatic increases in Vitamin D recommendations (2,000-5,000 IU per day in adults), because there is actually evidence that at least SOME of the risk of associated illness can be reduced with supplementation. There is also evidence of the safety of the proposed doses. This evidence is NOT up to the standard that Public Health institutions require to make such recommendations, but are convincing to many people (such as myself)."

When asked about the benefits of Vitamin D from California's copious amounts of sunshine he had this to say, "In the summer, if you were completely naked at noon on June 21st for 15 minutes you would get 10,000 IU of Vitamin D. At other times even in California, we don't get enough sun."