

Efficient Ways to Boost Your Vitamin D Intake

Vitamin D makes your bones stronger, but it is essential for your entire body and good health as well. This vitamin's role in your early development is crucial, as well as in ongoing nurture of the brain and its functions that are the key to a healthy life.

If you have the right amount of this vitamin in your system, you will be happier, in an improved mood, and better brain function. In charge of making the vitamin are the **liver and kidneys, they do it** by converting it into a hormone called [secosteroid](#).

Sadly, many of us suffer of what doctors call "**vitamin D deficiency**," a condition that lately has become more usual.

Thanks to the technology that is advancing so fast, we started spending more time inside, which is why many of us have this deficiency. Luckily, doctors have a solution for this "problem" and **recommend several types of diets and supplements** as well as **spending more time in the sun**, all subjects of our today's discussion.

Through Supplements

Another way of taking in the vitamin D is through supplements. This method is the easiest one if you are looking for a **quick increase of your vitamin levels**.

From this method, you will not get skin cancer for example, as you will from standing too much in the sun, however, it can be bad for your body if you take more than recommended (more than 4.000 IUS).

Keep in mind that you cannot know for sure what amount of vitamin D you are naturally producing and must be careful to use the right dosage.

Try including in your diet, supplements like vitamin K2, magnesium, zinc, and boron, which help with the vitamin D absorption.

It is mandatory to talk to your physician before taking any kind of supplements because he/she is the only person who can test your blood to determinate your levels.

There is the challenge of winter days when sun is not as close as it is in summer days, so your body needs to work harder to produce the vitamin.



Through Sunlight

When you get direct contact with the sunrays, the cells in your body work to create vitamin D, which is made from cholesterol, and then transformed **into phosphorus and calcium, minerals important for your body.**

Choosing to take supplements for this deficiency might be a relatively affordable way, but you can choose to stay in the sun, a way to get the vitamins you need that is free. However, you should be extra careful especially in the hot summers if your skin is fairer.

Your main goal should be getting enough sun at midday, according to studies that found your body works better at transforming sunlight into vitamin D. However, do not stay outside after noon!

When you relax in the sun, make sure to expose big portions of skin to keep vitamin D in your body at normal limits. If you are one of those people who use sunscreen, try one that is **lower than SPF 30,** because it will not let your body make the vitamin.



To keep your body at healthy levels, you should take around 20-30 minutes of sunlight, or you can get it as often as you can.

Another way you could take up enough sun and have a lot of fun is by practicing **stand up paddle board**, or [some types of paddle boarding](#) that will make you stay in the sun. In addition, you could buy yourself a [vitamin D lamp](#), an artificial way to level up your vitamin deficiency.

It only works if it is a case of major need because of the risk that the lamp carries, and you need to use it with protective glasses and only if the doctor recommends it.

Through Proper Diet

An important way of helping your body absorb more vitamin D is **through food**. Certain foods can help with the production of the vitamin, thanks to their rich properties. There are **mushrooms, fortified milk, and orange juice** that you can include in your new diet.

[Salmon and tuna](#) are others examples of foods with rich properties; half a fillet of salmon has more than **1.000 IU** of this essential vitamin, while tuna or sardines contain a larger part of your recommended dosage.



From eggs, take the yolks (40 IUs), which you can have at any time of the day, like lunch, breakfast, or dinner. Some doctors also recommend **cod liver oil**, beef liver and fortified cereal.

If you don't follow a proper diet rich in vitamin D nor you go outside to catch the sun, you will likely develop (in time), osteoporosis, muscle weakness, depression, and even some types of cancer.

Remember that a body that has taken enough vitamin D from various sources mentioned above is a stronger, more equilibrated body.