



Vitamin D, Fat and Heart Disease

You'd probably never guess that a simple vitamin deficiency could be responsible for your slow and steady weight gain. But one new study shows that inadequate levels of just a *single* critical vitamin may actually play a bigger role in expanding your waistline than you think.

In this analysis, recently published as part of the ongoing Framingham Heart Study, scientists measured serum levels of 25-hydroxyvitamin D—better known simply as vitamin D—among a group of healthy adults. Using computed tomography (CT), each subject was also evaluated for his or her levels of subcutaneous fat (the unsightly but relatively harmless kind that accumulates just beneath your skin's surface) and visceral fat (the kind that surrounds your internal organs, deep within your abdomen), which also triggers a variety of inflammatory reactions in your body, and can lead to the metabolic syndrome and type 2 diabetes.

Results showed that those subjects with lower levels of vitamin D tended to have increased waist circumference and higher serum insulin levels—two major indications of dangerous visceral fat accumulation. What's more, researchers found that low levels of vitamin D were linked to an increase in volume in *both* types of fat, with the rates of deficiency being *three times greater* in subjects with the highest amounts of subcutaneous and visceral adipose tissue.¹

Ultimately, the study authors concluded that your vitamin D status is *strongly* associated with your body's levels of fat... and most notably visceral fat, which has direct ties to both heart disease *and* diabetes.

Dietary supplies of vitamin D are fairly scarce—and while the sunshine is your single best natural source, liberal use of sunscreen and too much time spent indoors means you probably aren't getting as much of this essential vitamin as you need. Multivitamins are a good start, but research now shows the optimal daily dosage of vitamin D is much higher than can be contained in a good multi.

That's why you should look to a high-quality vitamin D3 (cholecalciferol) supplement—the most bioactive form of this vitamin on the market—to meet your everyday needs. Liquid or capsule forms of this essential nutrient make it easy to get your daily D3 dose, ensuring you the strongest protection this versatile vitamin has to offer for achieving your optimal weight and sustaining your overall health.

Reference:

1. Cheng S, Massaro JM, Fox CS, Larson MG, Keyes MJ, McCabe EL, Robins SJ, O'Donnell CJ, Hoffmann U, Jacques PF, Booth SL, Vasan RS, Wolf M, Wang TJ.

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Adiposity, Cardiometabolic Risk, and Vitamin D Status: The Framingham Heart Study.
Diabetes. 2010 Jan;59(1):242-8.

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