Master key to your immune system

 If there’s one thing we should learn from the past year, is that healthy immunities are essential. We need to thank our years of groveling in the dirt as kids and sharing in germs from around the various playgrounds of our life. As we begin to see the end of this year of panic and pandemic, it’s more important than ever to focus on building back our immunities.

 There’s some controversy regarding supplements whether we need them or not in our lives and diet. I know many people who don’t believe in them. I do believe in them. I believe that our foods (and daily lives) are not whole and completely natural anymore. It’s hard to get good vitamins and minerals into our bodies through diet alone.

 One vitamin that I’ve been reading a lot about this past year is the all-mighty and powerful ‘Vitamin-D.’ A recent video of an educational talk that came to my attention, was from a pathologist, Dr. Ryan Cole, board certified, CEO and medical director of Cole Diagnostics an independent laboratory, one of the largest in Idaho. (Long list of credentials and experience)

 He claims, “There is no such thing as a cold and flu season, there is only low vitamin-d season. We don’t just have a viral pandemic; we have an international vitamin d deficiency pandemic. 70% of the of the world is immune suppressed. Seventy to 80% of all Americans, 82 to 88% of nursing home patients, 80% of African Americans, 70% Latinos, 72% Native Americans, 70% Caucasians are immune-suppressed because they are D-deficient. 80% of all hospitalized patients statistically are vitamin-d-deficient, 96% of those in ICU’s are as well.”

 “If you are D-deficient, you are immune-suppressed. You are susceptible to the common cold, the flu, coronavirus of any sort, bacterial pneumonia, etc,” Cole says.

 What does vitamin-D do for us? Pro-hormone, what Dr. Cole calls vitamin d. Just about everything. Cole’s discussion explains “It’s an important factor of every cell in your body, every nucleus has a receptor for vitamin d on it. Thousands of genes in our bodies are controlled by it. Vitamin d is the master key to your immune system.”

 Along with vitamin-d, magnesium and zinc are also extremely important for the health of our cells and immunity. Together they work for a functional immune system.

 What’s they best place to start with gaining these essential vitamins and minerals? Your diet. It is true that what we eat matters, and it does affect our immune health. So, try your best to eat well.

 “The vitamin d pro-hormone, affects thousands of genes in your body,” said Cole. “Normal D levels decrease colon, breast and thyroid cancer rates, depression rates and suicide rates. Eight of the 10 higher suicide states are located in the northern US. You get your D level up and you decrease the risk of all these things, not just COVID.”

 Our bodies naturally make the vitamin d pro-hormone from the sunshine during the spring and summer. Purposeful sunshine on your skin for only 20-30 minutes a day is enough natural vitamin d. In the fall and winter, you need to supplement to boost your immune system.

 “The darker your skin, the further north you live, the harder it is to synthesize vitamin d. That’s why there are higher hospitalization and the death rates in the darker-skinned populations. It’s not social disparity, its simply biology,” says Cole.

 A constant frustration this past year are the public health messages have flooded our lives. They don’t emphasize or promote protection of heath through diet, vitamins, exercise. Which are equally important factors in the COVID-19 fight as masks and social distancing. Even Dr. Fauchi was quoted saying that he takes 8000-9000 units of vitamin d a day during the winter for his immune health. Not important enough to include in the public health messages?

 According to Dr. Cole, the public health message during flu and cold season should be first vitamin d, decrease obesity, decrease sugar and processed food and carbohydrates in our diets. Obesity is an inflamed state of health and simple foods and sugars promote inflammation in our bodies. The more inflamed you are the more chance of illness and poorer outcomes when you do.

It’s time to go out and find some sunshine! (ref. Capitol Clarity, Office of Lt.Gov, Idaho, March 5, 2021)