



Beauty Wellness Tips On Vitamin D

Wellness is the state of being in good health, especially as an actively pursued goal. You can't leave out the biggest organ. Our skin. What we absorb in our skin goes to our blood stream. I've said before to be careful of the chemicals that you apply on your skin. Using oils that do not contain chemicals should be a goal to achieve for healthier skin wellness. This means never to skip your skincare regimen. Morning and night.

Part of skin/beauty wellness is getting a sufficient amount of Vitamin D. Many are lacking Vitamin D which helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth and muscles healthy. According to web md Vitamin D deficiency has now been linked to breast cancer, colon cancer, prostate cancer, heart disease, depression, weight gain, and more. Vitamin D is so important that your body makes it by itself, but only after skin exposure to sufficient sunlight. This vitamin is made from cholesterol in your skin when it's exposed to the sun. According to Healthline, regular sun exposure is the most natural way to get enough vitamin D. To maintain healthy blood levels, aim to get 10–30 minutes of midday sunlight, several times per week. People with darker skin may need a little more than this. Your exposure time should depend on how sensitive your skin is to sunlight. It's a catch 22 because too much sun exposure can damage and cause wrinkles, discoloration, skin cancer, and other issues. A list of Vitamin D foods that you can incorporate into your diet can be found on this link below:

<https://foodandhealth.com/vitamin-d-dietary-guidelines>

Keep in mind, Vitamin D2 and D3 are not the same. Vitamin D2 is ergocalciferol and comes from plant-based sources. Vitamin D3 is cholecalciferol and comes from animal-based sources. If a person does not like fish, or if they are vegetarian or vegan, mushrooms may be an option. Some types of mushroom contain high amounts of vitamin D, so do your research. Vitamin D contributes to skin cell growth, repair, and metabolism. It also enhances the skin's immune system and helps to destroy free radicals that can cause premature aging. Getting your daily vitamin d is very important to your overall wellness.

*If you're interested in a wellness consultation, or if you have any questions, feel free to email Ria at riamali@icloud.com



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