



In conversation with Dr. Loken

The big surprise... This patient is a Medical Doctor!

He had the LOWEST levels I had ever seen! It is virtually impossible for him to be getting any of the miraculous health benefits that these nutrients have to offer such as decreasing the risk of many cancers, improving immune function, decreasing risk of heart disease and so much more.

I had a new patient come in the other day who is a vegetarian. He actually came to see me with regards to his chronic knee pain. After chatting for a bit we chose to run a series of tests to rule out any potential risk factors for chronic disease and nutritional deficiencies. This patient is also of Indian descent and thus has more melanin in his skin. We ran a number of tests and the results showed his ferritin levels being at 20 (so we began supplementing with iron) and **his vitamin D at 35! This is the lowest that I have ever seen a vitamin D test.** “Normal” is between 70-200nmol/l and “optimal” is between 125-200 nmol/l. At 35 he isn’t getting any of the miraculous health benefits that vitamin D offers, such as decreasing the risk of many cancers, improving immune function, decreasing risk of heart disease etc... It is also interesting that optimized vitamin D levels help with osteoarthritis, chronic pain, and muscle weakness and his primary complaint is chronic sore knees. He has started at 5000iu’s/day and we will re-check him in 2 months to see where his levels have gone up to.

It is easy for him to test his values himself since he is a medical doctor working at the hospital. It’s always a wonderful feeling to know that this process can truly make a difference to anyone and everyone.

***In good health,
Dr. Jason Loken, ND***