

In conversation with Dr. Loken

Colds, Flus and Vitamin D

Vitamin D results are lower than optimal ranges almost every time I check it... even when people are supplementing.

Another patient, "Mary," who has been dealing with chronic colds and flu's every month came in to see me a few weeks ago. One cold just seemed to run into another and another... and another. She increased her vitamin C, started taking natural cold remedies, tried to get more sleep and even took 1000iu's/ day of vitamin D... yet nothing helped! I sent her to get her standard panel of lab tests, she didn't have any risk for cardiovascular disease so we chose to forgo the hs-CRP, lipoprotein (a), and homocysteine for now but we did request a CBC, ferritin, cholesterol panel, fasting blood sugar and vitamin D lab tests. I also had her monitoring her pH at home. She was told by her doctor that getting her vitamin D checked was a waste of time and that she should just take 800-1000iu's/day and she'd be fine. She was told that she would be wasting her money if she decided to get it checked. She called me to ask specifically if it was worth having her vitamin D checked. I felt strongly that having her check her vitamin D would let us know exactly where her levels were so we can adjust her dose accordingly. She got the lab requisition despite her doctor's disagreement. When she went to the lab she was once again faced with the same challenge, this time by the nurse drawing her blood. The nurse suggested that she was wasting her money having her vitamin D checked. Long story short... we got the labs back and her vitamin D was at **31!** The normal reference range is (75-200nmol/L)... optimal reference range is (125-200nmol/L). Seems unbelievable... and this was with her current intake of 1000iu's/day of vitamin D.

I see this all too often. ***Vitamin D results are lower than optimal ranges almost every time I check it... even when people are supplementing.***

Once we found this essential information we significantly changed her dose of vitamin D. So far... her colds have started to decrease and she is getting some reprieve. We will re-check her vitamin D levels again in a few months and see where her levels are and look forward to see how many of her symptoms have changed... ***stay tuned***

***In Good Health,
Dr. Jason Loken, ND.***