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# RUDE HEALTH

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SEPTEMBER/OCTOBER 2021

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## Why is vitamin D important?

by Michelle Sanchez -

Naturopath, Nutritionist and Medical Herbalist for CNM College of Naturopathic Medicine.



Vitamin D is known as the 'sunshine vitamin', although, it's not strictly a vitamin (it's a hormone) as it can be synthesised on the skin when the body is exposed to sunlight. Vitamin D is an essential nutrient for bone and muscle health, the immune system, gut health and blood sugar metabolism.

The body creates vitamin D on the skin when exposed to direct sunlight; the ultraviolet B (UVB) rays from the sun stimulate vitamin-D receptor cells in the skin that trigger a chemical reaction in the body, enabling it to produce vitamin D3.

In Ireland, people can top up their vitamin D levels during spring and summer from late March until late September. Vitamin D levels tend to dip during the winter months due to the darker days and less sunlight exposure. Experts recommend short bursts of unprotected sun exposure (around 5-10 minutes), a few times per week for fairer skin types, in order to maintain vitamin D levels. For those with darker skin tones, it can take three to six times longer to produce the same amount of vitamin D3 due to their skin pigmentation.

It's also possible to obtain vitamin D from food sources, although it's difficult to get enough of it from diet alone. There are two types of vitamin D food sources: D2 (ergocalciferol D2) from plant sources which is found in sun-exposed mushrooms and D3 (cholecalciferol D3) from animal sources found in cod liver oil, oily fish and egg yolks.



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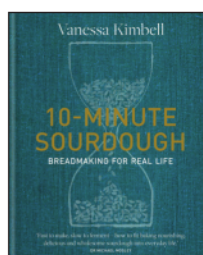
## BOOK REVIEWS



### **The New Mediterranean Diet Cookbook** by Martina Slajerova, Thomas DeLauer et al.

The Mediterranean diet has long been touted as one of the world's healthiest diets. In this approach, instead of leaning heavily toward red meat, bacon, and butter to hit the required fat macros, fat is sourced from fish oils and plant sources such as olive, nut and coconut oils. The result is a diet that supports the gut and microbiome, is anti-inflammatory, anti-ageing and nutrient-dense.

Fair Winds Press



### **10-Minute Sourdough** By Vanessa Kimbell

Sourdough bread is really nutritious, but it has a reputation for being tricky to make. This book contains easy to master no-knead sourdough recipes for a tin loaf, cake, ciabatta and pizza plus helpful Q&As and trouble-shooting advice.

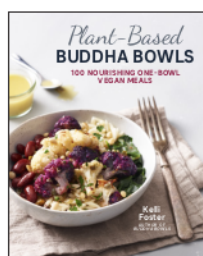
Kyle Books



### **Epic Vegan Quick and Easy** by Dustin Harder

A cookbook of simple one-pot and one-pan vegan meals. This book tells you how to create your own masterpieces by adding exciting flavours and textures. No matter where you are on your food journey, the collection of epic recipes in this book will serve as your road map to enjoying flavour-packed, plant-based cooking.

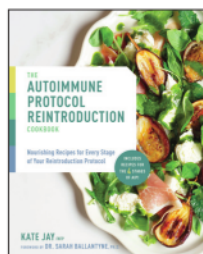
Fair Winds Press



### **Plant-Based Buddha Bowls** by Kelli Foster

These vegan Buddha bowls feature delicious grains from oats, barley, quinoa and rice, to the newly popular amaranth, freekeh and farro, along with all manner of noodles, greens like spinach, chard and kale, as well as garlic, ginger, lime, tamarind and lemongrass. Plus protein-rich ingredients like tofu, tempeh, nuts and nut butters, chia, hemp, and chickpeas.

Harvard Common Press



### **The Autoimmune Protocol Reintroduction Cookbook** by Kate Jay

The AIP diet is quickly gaining ground as the top health-supportive diet for autoimmune conditions. To follow this elimination diet, inflammatory foods are removed for 30-90 days. After the elimination period, the foods are then reintroduced in four stages to see if they can be tolerated. This book shows you how to successfully implement and track the reintroduction of inflammatory foods through all four stages with appropriate recipes and food lists.

Fair Winds