

## Vitamin D and Summer Skin Care Dr. Garry F. Gordon, MD, DO, MD(H)

Summer is here! We love the blue skies and sunshine, but our desert climate with its excessive heat and dry winds, can really wreak havoc on our skin - particularly the skin on our face and hands. As I teach with my F.I.G.H.T. program, eating well, optimum supplementation, reducing stress, and exercise are essential for excellent health, and especially skin health.

Vitamin D is often called the sunshine vitamin, since it is synthesized in the skin upon exposure to ultraviolet-B (UVB) radiation from sunlight. Vitamin D can also be obtained through the diet by eating foods such as fortified milk and cereal, eggs, and fish such as salmon, tuna, herring, mackerel and sardines. Unfortunately, dietary amounts are usually not enough to support optimal levels in the blood.

Vitamin D is essential for bone renewal, cell growth, blood cell formation, hormone balance, and glucose metabolism. It is an immune regulator, and maintaining adequate levels has been found to lower the risk of certain cancers, and cardiovascular disease. Vitamin D is useful in treating asthma and autoimmune related disorders, diabetes, and respiratory infections, including colds and flu.

Adequate exposure to sunlight is the best way to get your vitamin D. Typically, getting at least 10 minutes of midday sun on your face, arms and torso – without sunscreen – will give you enough radiation to produce about 10,000 IUs of vitamin D. Low levels found in most today suggest the need to supplement. This is especially true for seniors, as you lose the ability to synthesize vitamin D as you age, and for people living in northern latitudes where there is insufficient UV radiation during winter months. Other factors contributing to vitamin D deficiency are dark skin, heredity, obesity, certain pharmaceutical drugs, and sunscreens which block natural vitamin D synthesis in the skin.

Expert healers like Dr. Andrew Weil, and researchers with the Council for Responsible Nutrition, find that 2,000 IU of vitamin D per day is totally safe for adult long-term use. I personally take a 5,000 IU vitamin D3 tablet every day. Although I have a history of many skin cancers, I want my 10-15 minute of full body sun exposure without the use of sunscreen products, most of which contain toxic and possibly cancer promoting chemicals.

Detoxification is Essential! The skin is full of minerals, including iron, which catalyze free radicals. Air pollution and harmful chemicals (like those typically found in most sunscreens), contribute to damage, as the outer layer of the skin bears all the dirt deposits and toxins, clogging up the pores, which lead to excessively rough, dry skin, wrinkling, acne, and age spots.

As the skin is the major route of excretion of toxins, including lead and mercury, regular exfoliation and detoxification are essential. One of the most powerful detoxifiers of toxins and metals that I have found, is a uniquely prepared form of clinoptilolite called micronized hydrocolloidal zeolite, or MHZ™. Zeolite has a special affinity for harmful toxins such as lead,

mercury, aluminum, arsenic, cadmium and tin, but does not remove beneficial minerals such as potassium and zinc. ZeoGold contains MHZ™ Zeolite, along with a proprietary blend of GMS-Ribose, Glutathione lipiate, and Humic acid, all of which helps to increase cellular alkalinity, balancing the pH in the body, thus effectively being a cancer fighter as well.

Zeolite is not only a powerful internal cleanse, it is excellent as a detoxifying mask or bath therapy for the skin. I recommend using zeolite powder, in combination with Longevity Plus' Beyond Clean with EDTA, in a relaxing bath at least once per week. Zeolite removes pollution by deeply cleansing, detoxifying and purifying your skin, and unclogging and refining your pores. Using zeolite in cleansers, exfoliants, face masks and body masks, helps clear and improve your complexion, expedites the healing of sores and lesions, restores cellular metabolism, proper hydration, maintaining healthy skin conditions.



The hands shown in this photo illustrate the power of zeolite used topically, to detoxify and help restore moisture and health to the skin.

The hand at left is untreated and shows wrinkling, cracking and slow-healing sores. The hand on the right was in much the same condition, but after only one week of being treated with zeolite, it is visibly softer and brighter, age-spots fading, and no sores.

For more information about my F.I.G.H.T. For Your Health Program, and about zeolite and ZeoGold, go to Gordon Research Institute online at [www.gordonresearch.com](http://www.gordonresearch.com), and learn how and why there is nothing like the power of MHZ Zeolite in removing toxins from the body, both internally *and* externally.

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#### References:

Oregon State University – Linus Pauling Institute Micronutrients Database – Vitamin D.  
<http://lpi.oregonstate.edu/infocenter/vitamins/vitaminD/>

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Council for Responsible Nutrition. Vitamin and Mineral Recommendations (RDI).  
[http://www.crnusa.org/about\\_rec.html](http://www.crnusa.org/about_rec.html)