



Spokane Holistic  
Healing

## Spokane Holistic Healing Client Handout

### Low Vitamin D and Mood Disorders

Low vitamin D levels are strongly linked to mood disorders, particularly **depression, anxiety, and fatigue**. Here's how vitamin D impacts mood and mental health:

#### 1. Role in Serotonin Production

Vitamin D helps regulate **serotonin**, a neurotransmitter that influences mood, happiness, and emotional stability. Low vitamin D can lead to reduced serotonin levels, increasing the risk of **depression and mood swings**.

#### 2. Association with Seasonal Affective Disorder (SAD)

SAD is a type of depression that occurs in winter when sunlight exposure is low. This is partly due to reduced vitamin D production, as sunlight is the primary source of this nutrient.

#### 3. Impact on Brain Inflammation

Low vitamin D levels are linked to increased **inflammation in the brain**, which can contribute to **anxiety, depression, and cognitive decline**.

#### 4. Connection to Fatigue and Low Energy

Vitamin D deficiency is a common cause of **chronic fatigue** and low motivation, which can make daily activities feel more exhausting and lead to **irritability and mood imbalances**.

#### 5. Hormonal Balance and Stress Regulation

Vitamin D plays a role in regulating **cortisol**, the stress hormone. Deficiency can make it harder for the body to manage stress, increasing feelings of **anxiety and overwhelm**.

#### How to Boost Vitamin D Naturally

- **Sunlight Exposure:** Aim for **10–30 minutes of sunlight** per day, depending on skin type and location.
- **Dietary Sources:** Fatty fish (salmon, tuna), egg yolks, fortified dairy, and mushrooms.
- **Supplements:** If levels are low, a vitamin D3 supplement may be needed (best taken with food for absorption).



## How to Check Your Vitamin D Levels

To determine if you have low vitamin D, you can:

### 1. Get a Blood Test:

- The **25-hydroxyvitamin D (25(OH)D)** test measures your vitamin D levels.
- Ideal levels are typically **30-50 ng/mL**, while **below 20 ng/mL is considered deficient**.
- You can request this test from your doctor, go to a direct-to-consumer lab, or use an at-home test kit.

## Vitamin D Supplement Recommendations

- **Type:** Vitamin D3 (cholecalciferol) is more effective than D2.
- **Dosage:**
  - **Mild deficiency:** 1,000–2,000 IU daily
  - **Severe deficiency:** 5,000 IU daily (under medical supervision)
  - **Maintenance:** 600–2,000 IU daily, depending on your sun exposure
- **Best Absorption:** Take it **with food containing healthy fats** (e.g., avocado, nuts, or fish).
- **Combo Supplements:** Vitamin D3 is often paired with **Vitamin K2** to help calcium absorption and prevent buildup in arteries.

## Natural Ways to Boost Vitamin D

- **Sunlight:** 10-30 minutes of midday sun exposure on skin (without sunscreen) a few times per week.
- **Dietary Sources:** Fatty fish (salmon, mackerel), egg yolks, fortified dairy, and mushrooms.
- **UV Lamps:** If you live in a low-sunlight area, a **UVB lamp** can help boost vitamin D production.