

Vitamin D Is More Than Just an Over-the-Counter Supplement



Vitamin D3, or Cholecalciferol, is a fat-soluble vitamin that is stored in the body. It is produced when skin is exposed to ultraviolet sunlight. Then, the liver and kidney convert Vitamin D3 to Calcitriol, the active hormone in the body. Vitamin D3 increases the absorption of calcium. Calcium is retained in the body when normal levels of Vitamin D3 are present, allowing bone strength and density to improve. Unfortunately, Vitamin D3 is not found naturally in many foods, but thankfully it may be consumed as a dietary supplement.

Vitamin D3 plays an important role in regulating the body's immune system. Vitamin D3 Receptors are present on almost all immune cells. Optimal Vitamin D3 levels can boost natural immunity and help up-regulate a specific gene for cathelicidin. This protein is a natural antimicrobial which serves a critical purpose in immune defense. The availability of Vitamin D3 in the body enables Vitamin D3 receptors to regulate and activate important immune system functions. It is vital to support the immune system as a measure of defense against easily transmitted viruses and bacteria, including COVID-19.

What are some other ways to help boost your immune system?

- High-dose Vitamin C
- Vitamin A
- Zinc
- Glutathione
- Natural anti-inflammatories
 - Progesterone
 - Testosterone
 - Estrogen

- Healthy diet
- Nutritious foods (fruits and vegetables)
- Avoid fast food/processed food
- Low carbohydrate consumption
- Active lifestyle
- Avoid obesity
- Maintain regular exercise routine including resistance training
- Reduce stress
- Stop smoking
- Get adequate, quality sleep

Kephart Integrative Medicine provides personalized care by delivering a fully customized treatment plan. Dr. Kephart takes the time to listen and understand your health goals. Bio-Identical Hormone Replacement Therapy (BHRT) is safe, effective, and a reliable medical therapy proven to increase your energy, improve your mood, boost your metabolism, and increase your strength. Additionally, BHRT provides health benefits for your cardiovascular, immune, endocrine, and musculoskeletal systems.

BHRT is an important treatment that helps to improve overall health for men and women alike. Kephart Integrative Medicine

uses specialty compounding pharmacies to ensure bio-identical hormones, like Vitamin D3, are both safe and effective!

Eric M. Kephart DO practices integrative medicine at 403 Hyde Park in Doylestown. At Kephart Integrative Medicine, we work to empower our patients to enjoy a youthful, healthy, and satisfying lifestyle. We believe in forging relationships with our patients to better understand their health and wellness goals. This enables us to develop an effective plan that gets results. Call our office today to restore your health! (267) 406-4083.

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