

GABRIELE

FITNESS & PERFORMANCE



The Power of D

by Tom Langton

As you open and read this e-mail, I will be sitting pool side in Cabo San Lucas, soaking up the beautiful Mexican sun. I'm not trying to brag, it's just the truth. It's funny though, so many people had the same 2 pieces of advice for me before I left:

- 1- Do NOT drink the water
- 2- Make sure you have lots of sunscreen

While I appreciate any advice I get, I think that many of these people have been misguided. I agree whole hearted that drinking the Mexican tap water is a bad idea (I have Spring Break 2003 - Cancun fresh in the memory banks), but it is the second piece of advice that I'm not so sure about. Why are people so afraid of the sun?

I know what you're thinking,

"Does this guy know anything? Doesn't he know about skin cancer?"

As a matter of fact, I do. I know that skin cancer is the most common form of cancer in the U.S. That 1 in 5 Americans will develop skin cancer at some point in their life. And that 90% of non-melanoma skin cancer is caused by exposure to UV light from the sun.

Trust me, I'm not trying make light of that situation, I take it very seriously, but I also understand the incredible power of Vitamin D.

See, there are really only two ways to get Vitamin D into your body. One is by supplementing, the other is the Sun. Sure, you can get small amounts from plant and animal products, but it is not enough to have a positive effect on your body.

Vitamin D is actually not a vitamin at all, but a hormone. This "vitamin" has a profound effect on so many aspects of your health and well being. Low levels of Vitamin D have been associated with loss of lean muscle mass, increased cancer risk and lower immune function, among a host of other issues.

So the next question is, how do I make sure I get enough Vitamin D. Well, one way is to spend more time outside in the sun. That leads me into an interesting story. When I was Rhode Island for my Bio-Signature Course, there was a group of strength coaches from the Dominican Republic.

When the topic of Vitamin D came up, they were shocked to find out how many Americans and Europeans were so deficient. In the D.R. and other countries closer to the Equator, no Vitamin D supplements are sold, because there is no need. The people who live close to the equator also never go through a "cold and flu" season and auto-immune disease do not really exist in their countries.

These people get large amounts of Vitamin D from the sun year round. Living in the U.S., especially in the Northeast, we are not exposed to as much natural sunlight, so is supplementation a good option? On of the top strength coaches in the world and teacher of my Bio-Signature course, Charles Poliquin, wrote a great article on Vitamin D supplementation. [Click Here](#) to read it.

So as I lay here soaking in the sun, not only am I working on my tan, I'm also helping build lean muscle mass, improve my immune function and actually reduce my risk of cancer. I want to thank everyone for their wonderful advice, it is greatly appreciated, but hear my advice as well, you must embrace the power of the D!

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