



# Vitamin D Links to Autoimmune Diseases



**Autoimmune diseases are complicated.** When the body mounts an immune response against its own tissue, rather than a foreign pathogen it's known as an autoimmune disease. In Type 1 diabetes the pancreases' insulin producing cells are targeted by the inappropriate immune response. In Multiple Sclerosis, the targets are the myelin producing cells of the central nervous system, and in RA, the targets are the collagen producing cells of the joints. Autoimmune responses are caused by our bodies own immune cells going awry, in essence firing at "friendlies" so that self attacks self!

**But what if something as simple and inexpensive** as getting enough vitamin D could help ward-off these maladies? Astounding research of the body's complicated biochemistry suggests that autoimmune diseases may be linked to [vitamin D intake](#). Such deficiencies are found to contribute to various autoimmune diseases, particularly [type 1 diabetes, multiple sclerosis, lupus, rheumatoid arthritis, inflammatory bowel disease, and psoriasis](#).

**Low vitamin D levels have are also linked to severe asthma in children.** According to University of Pennsylvania researchers, vitamin D treatments may slow the progressive decline in lung function resulting from asthma.

**Risk of Type 1 Diabetes drops with adequate vitamin D levels.** Studies show that Type 1 diabetes has significant links to infants whose mothers had low vitamin D levels prenatally. Elevated Type 1 diabetes risk was also observed in infants and young children who had vitamin D deficiencies. These [recent studies](#) indicate a critical need for testing blood levels of vitamin D.

**Psoriasis is a skin condition that improves with increased vitamin D production.** Topical vitamin D creams work so well for many psoriasis patients that it's considered a mainstream treatment. But, if you decide to use topical vitamin D therapy for psoriasis, make sure it's the real thing. Some manufacturers have developed synthetic versions that aren't really vitamin D (rely on your health care provider for recommendations).

**Multiple Sclerosis** is more prevalent in "temperate latitudes" that are further away from the equator. [Epidemiological studies](#) align with the amount of ultraviolet B exposure according to degrees of latitude, suggesting that adequate vitamin D intake may decrease the risk of autoimmune diseases.

**A mounting body of evidence** shows that adequate vitamin D levels are vital to health!