

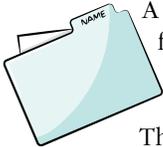


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# Recent Progress for Pain Cessation: Vitamin D

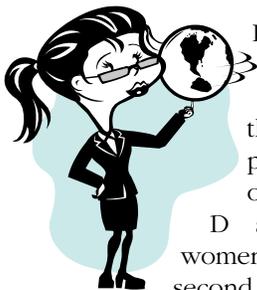
*Recent clinical studies show that people suffering low plasma vitamin D3 (cholecalciferol) levels also report more chronic pain than those with sufficient levels of this nutrient – which is also considered a hormone. Treatment with vitamin D3 is easy and safe with long-term benefits.*

Vitamin D deficiency is very common in the US and affects people of all ages, especially African-Americans, the bed-ridden and the elderly. Common symptoms of vitamin D deficiency are low back pain, general muscle weakness, aches and pains, and deep and throbbing bone pain<sup>1</sup>. While many people believe pain necessarily accompanies old age, that “ain’t necessarily so”.

 A small study of women diagnosed with fibromyalgia has just been published which presents a strong, inverse, correlation between chronic pain and bloodstream vitamin D3.

That is, without vitamin D3 supplementation their pain was observed to be significantly greater than with D3 supplementation<sup>2</sup>. Beginning with women observed with serum D3 levels less than 32 ng/mL (80 nmol/L), considered desperately low, physicians were able to raise the levels to between 32 and 48 ng/mL for 20 weeks via oral supplementation. Patients reported greatly reduced pain. When oral supplementation was discontinued the plasma vitamin D3 concentrations dropped below 32 ng/mL and chronic pain returned. While the mechanism for pain reduction under D3 supplementation remains unknown the results are hopeful and a larger, longer study is underway.

Vitamin D deficiency is an important, treatable cause of osteomalacic myopathy, that is, soft and brittle bones, a condition which is often accompanied by pain<sup>3</sup>. The diagnosis of this condition is frequently missed in the US because it is thought to have been eradicated decades ago, but now rare. This is not true. Millions of Americans suffer vitamin D deficiency<sup>4</sup>, which is deplorable because the condition is easily diagnosed and treated.



Interest in low levels of bloodstream vitamin D and pain has increased the past several years and now extends to third world countries. A recent study performed in Turkey on women points out that subjects with very low vitamin D suffer more upper body pain than women with simply low vitamin D levels. A second study just performed in Morocco, found that people suffering rheumatoid arthritis also exhibited

very low levels of vitamin D; those badly afflicted had lower D3 in their bloodstream than those with milder symptoms. Unfortunately, neither study offered subjects supplemental vitamin D (perhaps this step would be too obvious). A similar study of over 4,000 Japanese suffering rheumatoid arthritis (2013) concluded that those with low D3 suffered more pain than those subjects with higher bloodstream vitamin D3. Again D3 was not supplemented during this study.

So the data from these three studies is incomplete and of very little value since therapeutic vitamin D3 was not given. You might make a study of one person – yourself – and report back to us of your response to vitamin D3 supplementation. Let us know how much you take and how you feel.

Supplementation with vitamin D3 is easy and safe - it is quite difficult to overdose on this vitamin<sup>5</sup>. Most vitamin D3 oral supplements deliver between 1,000 to 10,000 IU, are small and easily swallowed and very cost effective.  If one takes less than 10,000 IU each day, there is a negligible chance for an “overdose” or complications and the benefits often include a more pain free life.

1. Bordelon, P. et al., Recognition and management of vitamin D deficiency. *Am. Fam. Physician*, Vol. 80, 841-846 (2009).
2. Wepner, F. et al., Effects of vitamin D on patients with fibromyalgia syndrome: a randomized placebo-controlled trial., *PAIN* Vol. 155, pp. 261-268 (2014).
3. Al-Said, Y. et al., Severe Proximal Myopathy with Remarkable Recovery after Vitamin D Treatment. *Can. J. Neurol. Sci.* Vol. 36, 336-339 (2009).
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