

## Americans Lack Vital Vitamin D, but Mushrooms Can Help

By Michael Holick, Ph.D, M.D.

It's a startling statistic: *More than 200 million Americans lack vitamin D, a nutrient essential for maintaining health.* As a result, many suffer from a host of chronic conditions and life-threatening illnesses – from cancers and autoimmune diseases to infections and bone problems. I've studied this "sunshine vitamin" for more than 30 years, and it has become clearer how crucial vitamin D is to our wellbeing.

Vitamin D is actually a hormone made in the skin from exposure to sunlight. Sadly, if you live north of Atlanta, your skin can't produce vitamin D from November through March. I've developed a simple plan for rebuilding and maintaining an optimal level of vitamin D, which combines a sensible amount of sun exposure, supplements and foods containing vitamin D.

In my new book, "The Vitamin D Solution," I discuss the vital importance of vitamin D and note the benefits of eating fresh mushrooms, the only fruit or vegetable containing natural vitamin D.<sup>[1]</sup> For more information, visit my website at [www.DrHolick.com](http://www.DrHolick.com).

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<sup>1</sup> U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Data Laboratory. 2009. USDA National Nutrient Database for Standard Reference, Release 22. [www.ars.usda.gov/nutrientdata](http://www.ars.usda.gov/nutrientdata)