

# New Study Shows Sunlight Improves Gut Health

A recent study has shown how the sun can help improve gut health. A study was conducted with 21 women who spent the winter in Canada, and as a result, were vitamin D insufficient. At the beginning of the study, researchers took stool samples and blood samples, in order to test the gut microbiome diversity, and Vitamin D levels, respectively. Research has already shown that UVB exposure can trigger gut microbiome changes in rodents. Prior to the start of the study twelve out of the 21 women were taking vitamin D supplements before the study, according to their samples, had higher levels of Vitamin D and more Gut diversity than those who did not take Vitamin D supplements regularly. At the end of the study, the results showed that short exposure to NB-UVB light did increase vitamin D and added diversity to the gut microbiome.

## **Related: *How To Heal Your Gut***

*“Prior to UVB exposure, these women had a less diverse and balanced gut microbiome than those taking regular vitamin D supplements. UVB exposure boosted the richness and evenness of their microbiome to levels indistinguishable from the supplemented group, whose microbiome was not significantly changed.”*

Nearly 70% of Americans suffer from a vitamin D deficiency, and 80% of the body's Vitamin D requirement is met through skin exposure to UVB light. Vitamin D is technically not a vitamin however it is crucial for important processes in the body. Vitamin D is a fat-soluble hormone your body makes when your skin is exposed to sunlight. Vitamin D is known as the Sunshine Vitamin because the skin produces Vitamin D when exposed to certain wavelengths found in phototherapy

modulating cell It is not found in many whole foods but is added to some processed food and is available in supplement form. Vitamin D is known as the sunshine vitamin because the skin produces vitamin D when exposed to certain wavelengths in phototherapy and is optimal for modulating cell growth, optimizing neuromuscular and immune functions and helping the gut absorb calcium. However, Chronic Vitamin D deficiency is associated with Bone diseases, and low levels of vitamin D, (but not necessarily chronically deficient) can cause Accelerating aging, high blood pressure, behavioral problems in adolescents, and elevated leptin levels.

**Related: *How to Eliminate IBS, IBD, Leaky Gut***