Should You Try Vitamin D for Menopause? Evidence-Based Answer Transcript

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The Vitamin D Reality Check

Over 90% of Over 90% of postmenopausal women are postmenopausal women are deficient in vitamin D, deficient in vitamin D, but a study of but a study of 34,000 women 34,000 women found that it did not found that it did not prevent hot flashes, prevent hot flashes, mood swings, or mood swings, or insomnia. Hi, I'm insomnia. Hi, I'm Dr. Elizabeth Dr. Elizabeth Trattner, a Trattner, a licensed licensed licensed naturopath practicing naturopath practicing in sunny Arizona. And in sunny Arizona. And before we begin, I before we begin, I sincerely thank everyone who has sincerely thank everyone who has recently subscribed recently subscribed to the channel. I to the channel. I enjoy reading enjoy reading your comments and I your comments and I try to try to try to respond to respond to as many of them as possible as many of them as possible. If you have. If you have n't subscribed yet, I'd be n't subscribed yet, I'd be happy to see you among happy to see you among my subscribers.

my subscribers. By the end of this By the end of this video, you'll video, you'll know exactly what vitamin D know exactly what vitamin D can and can't can and can't do for do for perimenopausal symptoms, and what perimenopausal symptoms, and what place it really place it really has in your has in your health plan. I health plan. I help women during help women during this period every day to figure out this period every day to figure out what is actually causing what is actually causing their symptoms and what is their symptoms and what is just optimistic just optimistic claims from claims from claims from supplement manufacturers. And supplement manufacturers. And vitamin D is one of the vitamin D is one of the most most most overrated and overrated and misunderstood of misunderstood of them all. We'll start with why most perimenopausal women are already perimenopausal women are already deficient in it, and deficient in it, and why it's important why it's important even if it doesn't even if it doesn't affect your hot affect your hot flashes. Then flashes. Then we'll discuss the we'll discuss the we'll discuss the surprising connection surprising connection between vitamin D and between vitamin D and estrogen, which estrogen, which almost no one almost no one explains properly.

Next, let's analyze Next, let's analyze the results of the results of the results of the largest the largest the largest clinical clinical clinical study on this study on this issue, because this is the issue, because this is the real moment of real moment of truth. And in the end, an honest answer to honest answer to the question of whether it is worth the question of whether it is worth taking it or is it taking it or is it better to refuse it. And better to refuse it.

Why Most Women in Perimenopause Are Low

And this is not the answer this is not the answer most people expect. Most Most perimenopausal women are already perimenopausal women are already deficient in deficient in vitamin D, and it's vitamin D, and it's important for your important for your health whether health whether it affects your it affects your symptoms or not.

symptoms or not.

The Real Connection Between Vitamin D and Estrogen

So, low So, low vitamin D levels are vitamin D levels are common, common, common, very common in fact very common in fact. But. But prevalence doesn't prevalence doesn't mean it mean it explains everything. This is where it explains everything. This is where it gets interesting. Vitamin D gets interesting. Vitamin D and your estrogen are and your estrogen are more closely linked more closely linked than most people than most people realize, and realize, and not at all in the way you've not at all in the way you've probably heard.

probably heard. Vitamin D is not Vitamin D is not just a nutrient for just a nutrient for bones. It interacts bones. It interacts with the same pathways that with the same pathways that regulate the production regulate the production and use of and use of estrogen in the estrogen in the body. And this body. And this connection works in both connection works in both directions. So, directions. So, the biology is interesting and the the biology is interesting and the connection to estrogen is connection to estrogen is real, but I know real, but I know what you really what

you really want to know. Does want to know. Does it help with it help with my symptoms or not?

What the Largest Trial Actually Found

my symptoms or not? Let's look Let's look at the at the research results. Here's the research results. Here's the part where I have to give an part where I have to give an honest answer, even though honest answer, even though it's not what most it's not what most people want to hear.

Researchers have studied Researchers have studied the effects of vitamin D on the effects of vitamin D on bones, mood, and hot bones, mood, and hot flashes in this group, flashes in this group, and the results are and the results are much more complex much more complex than the than the labels in labels in supplement stores promise.

So, if vitamin D So, if vitamin D isn't a direct remedy isn't a direct remedy for hot flashes or for hot flashes or bad moods, does bad moods, does that mean it that mean it should be should be eliminated altogether? Not quite.

eliminated altogether? Not quite. This is how I actually This is how I actually look at it in look at it in working with my working with my patients. Before patients. Before I get into my I get into my recommendations, recommendations, recommendations, take a second and take a second and like like like this video. This this video. This helps more helps more women women women find real, find real, evidence-based answers evidence-based answers instead of assumptions. And instead of assumptions. And if you haven't if you haven't subscribed yet, subscribed yet, please do. I please do. I cover cover cover similar studies similar studies about perimenopause and about perimenopause and menopause every week. So, menopause every week. So, let's get back to the topic.

let's get back to the topic.

The Honest Answer on Taking It or Skipping It

The honest, scientifically The honest, scientifically based based based answer is not “ take it” or “ miss it.” This is more miss it.” This is more useful than any of this. That's an honest of this. That's an honest answer, but answer, but let me let me summarize.

summarize. Most women are deficient in vitamin D during this transition period, and are deficient in vitamin D during this transition period, and restoring it is restoring it is beneficial for the bones, beneficial for the bones, immune and immune and metabolic systems, metabolic systems, regardless of the impact regardless of the impact on hot flashes.

The hormonal connection is The hormonal connection is real, but it real, but it works both works both ways. This is not a ways. This is not a switch that can be switch that can be simply flipped.

simply flipped. The most robust The most robust The most robust research suggests : Don't expect : Don't expect vitamin D alone to cure vitamin D alone to cure your hot flashes, your hot flashes, mood swings, or insomnia.

This is not a disappointing This is not a disappointing answer. This is a useful answer. This is a useful answer because now answer because now you know where to you know where to focus your efforts focus your efforts instead of instead of guessing. So, if guessing.

The Lab Number to Aim For

So, if you have a deficit, fix it. fix it. I usually I usually recommend a level of recommend a level of around 50-60 around 50-60 nanograms per nanograms per milliliter based on milliliter based on test results. This is worth test results. This is worth doing for doing for overall health, overall health, not just to not just to combat hot combat hot flashes. Just don't flashes. Just don't expect it to expect it to fix your fix your hot flashes, mood swings, and hot flashes, mood swings, and your sleep on its own. At this time, your sleep on its own. At this time, research does not research does not confirm this. If confirm this. If you want a you want a personalized personalized personalized

answer instead of answer instead of guesswork, click guesswork, click on the first link in the on the first link in the description and we'll description and we'll create your plan together.

create your plan together. If you need If you need clear, science- clear, science- based based based answers about what answers about what happens during happens during perimenopause, from a perimenopause, from a doctor who treats it doctor who treats it every day, subscribe. I release new. I release new