

# A shot of *sunshine*

By Vicky Grammatikopoulou



## How to overturn Vitamin D deficiencies with a “shot of sunshine”

*Feeling tired, prone to colds, or suffering from aches? Vitamin D deficiency could be the reason, and vitamin shots could be the answer...*

In our clinics, where we offer medical aesthetics, beauty, health, and wellness under one roof, Vitamin D supplementation had been on our radar for a while. It is no wonder, considering that we are located in a part of the world that suffers from low levels of sun exposure and high levels of Vitamin D deficiency. This is why we introduced Vitamin D injections into our wellness range in our aim to help our clients keep fit in mind, body and spirit – especially pertinent during these strange, uncertain times. Indeed, Vitamin shots sit well alongside Vitamin infusions and Wellness IV drips, Glutathione shots (the superhero antioxidant) and Vitamin B12 injections.

It is a well-known fact that Vitamin D is shown to play an important part in boosting the immune system response

to infections and in particular protecting us from chest infections. What is amazing though, is the suggestion in the scientific world and the press that Vitamin D can help build resistance to Covid-19! Two recent studies published in the Irish Medical Journal by the Technological University in Dublin and Trinity College Dublin, link Vitamin D deficiency to the degree of severity in viral chest infection symptoms and recommend Vitamin D supplementation. For this reason, I wanted us to take a closer look at this vitamin, see what it does, and discuss the importance for Vitamin D supplementation and injections.

## *What is Vitamin D and why is it good?*

Vitamin D is hailed as the “sunshine vitamin” given that our bodies produce it naturally when our skin is exposed to direct sunlight. We also obtain Vitamin D from specific foods, such as oily/fatty fishes, dairy products, some fortified breakfast cereals, and egg yolks. But it’s the sun which provides our primary source.

Vitamin D is powerful because it interacts with every one of our body’s cells. It helps to keep your muscles, bones and teeth fit, and your mood bright. Obviously, it’s easier to obtain Vitamin D during the spring and summer months due to the sunnier climates and longer days – even though it’s never easy to predict British weather! We also know the dangers of too much sun exposure, especially in ageing the skin. So, it’s always about striking a fine balance.

## *What happens if I you are deficient in Vitamin D?*

Vitamin D deficiencies are very, very common. And if you have one, you probably wouldn’t have a clue. Previous studies claimed that around 60% of people in the UK have less Vitamin D than they should. It’s especially prominent among the elderly, or people with a darker

complexion because dark skin absorbs less UV radiation from the sun.

There are other factors that can increase the risk of a Vitamin D deficiency. These include rarely venturing outdoors, always wearing sunblock, and/or being overweight. Living further away from the equator is also a factor, which again applies to us in the UK, because we don’t have the privilege of all-year sunshine.

Unfortunately, Vitamin D deficiencies can be challenging to detect. The effects are usually subtle and not always easy to attribute to a lack of Vitamin D, even if those effects may have a substantial impact on how you feel and function day-to-day. However, when your Vitamin D levels are topped up, the benefits can be very noticeable.

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## *How can Vitamin D injections help you?*

If you're struggling to get your kick of Vitamin D, the shots can help you in a number of ways:

### \* Immune system boost

Vitamin D works with your white blood cells to fight off infections, so if you find yourself more susceptible to coughs and colds, or other respiratory tract viruses, it's possible that you may be low in Vitamin D. By keeping your Vitamin D levels up, your body's ability to fend off infections is greater.

### \* Restore energy / combat fatigue

Tiredness and fatigue can both be caused by lack of Vitamin D. According to a study by Newcastle University, Vitamin D boosts energy from within your body's cells, which also helps your muscles work more efficiently. If you're consistently finding yourself physically exhausted, low Vitamin D levels could be a factor. Inevitably, Vitamin D shots can be very useful for aiding athletic performance.

### \* Improve mood / fight depression

Vitamin D is vital for brain function, so if your levels are low, this can certainly affect your mood and wellbeing. Studies have shown results in which depression has been lifted after subjects underwent Vitamin D therapy.

### \* Improve bone health

One of the essential functions of Vitamin D is keeping bones healthy, which is achieved by enhancing your body's ability to absorb calcium, a mineral that strengthens bones and teeth (around 99% of our calcium is in our bones and teeth). Studies have found that weak bones can most commonly manifest itself through aches and back pain, so such symptoms could be a sign of low Vitamin D levels in the blood.

Similarly, a Vitamin D deficiency is also linked to a loss in bone mineral density, especially when we age. By maintaining Vitamin D levels, doctors believe it reduces the risk of fractures.

In addition to the above, Vitamin D deficiencies have also been linked to joint and muscle pain, the slow healing of wounds, and hair loss.

## *A glorious shot of sunshine*

Like all vitamins, Vitamin D is essential for our bodies. Unfortunately, many of us will be deficient and not even realise it. It could be a cause of several problems that hold us back and impact our abilities to function and keep ourselves healthy.

We also know it's difficult and risky to indulge our bodies in so much direct sunlight.

Oral Vitamin D supplements are sold in health food shops, and these can help you to maintain your levels. However, they are not as effective as injections because supplements first need to be digested through the stomach, meaning that not all of the product is absorbed. With injections, Vitamin D is delivered straight into the blood for maximum effect.

Remember though, vitamin injections are a medical procedure and must always be performed under the trained, expert eye of a doctor.

I hope I've given you a useful introduction into Vitamin D and why we have added it to our ever-expanding menu for wellness and lifestyle.

If you want to find out more information on this treatment, just give our clinic a call on 0207 1646140, or drop us an email at [info@vie-aesthetics.com](mailto:info@vie-aesthetics.com). I look forward to hearing from you.

Stay healthy!

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