

Is Your Sister or Daughter Getting Enough of This Natural Depression Fighter?

By [James Emry](#)



Maybe you haven't given much thought to this vitamin but a new study in *Psychiatry Research* shows why we need to get real.

It reported that nearly 50% of young women have insufficient levels of vitamin D.

<http://blogs.psychcentral.com/psychology-personality/2015/11/02/is-your-sister-or-daughter-getting-enough-of-this-natural-depression-fighter-james-emry/>

Why that's scary...

Low vitamin D levels have been associated with the onset of “clinically meaningful depressive symptoms” and the vitamin itself helps regulate the production of [serotonin](#)🔗.

It's not just a vitamin

The Society for Endocrinologists and other professionals point out that the active form of vitamin D is actually a hormone.

And not just any hormone, but one that controls almost 1,000 genes in our body, many of which are directly related to brain function!

It's so crucial that we've evolved for it

Our bodies make vitamin D naturally just from being exposed to the sun!

You may already know this but when healthy bodies make something on their own, it's a strong hint that it has a purpose, even if we don't quite understand it all.

Consider a mother's breast milk, if you will. Formula makers had been trying to match it for years. We just didn't know why we saw so many developmental advantages in children who are breastfed. Sure, now you'll be hard pressed to find a formula brand that is not fortified with DHA. But the example shows how sometimes the body knows best, long before science comes to understand it.

How can you tell if you or your loved one is deficient?

Well, there are simple tests available that your doctor could use, but in reality, the upper limit or “this might be a little much” zone for vitamin D intake is rather high.

A researcher involved in the 2015 study indicated that supplements are inexpensive and easy to purchase over the counter.

Sure, vitamin D is no depression miracle, but even knowing a small piece of the puzzle is definitely worth the read and I hope you share this emerging information with those you care about.

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[Here's an aff. link to the cheapest/highest recommended stuff I could find.](#) I personally take it every other day. Stay optimal, friends!

Kerr, D. C., Zava, D. T., Piper, W. T., Saturn, S. R., Frei, B., & Gombart, A. F. (2015). Associations between vitamin D levels [and depressive](#) symptoms in healthy young adult women. *Psychiatry research*, 227(1), 46-51.

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