GROW YOUR LIFE HEALTH

November Newsletter

Your sunshine vitamin, now the clocks have gone back

From now until March, the UK sun is too weak for your skin to make vitamin D. Here's how to look after your levels through the darker months.



A daily walk outside is one of the simplest gifts you can give your body this winter.

Book a consultation

Hello,

Vitamin D is one of the most common nutrient gaps I see in midlife women. Low levels can quietly drain your energy, lower your mood, and leave your muscles, joints and bones feeling the strain.

As oestrogen falls, our skin, which is rich in oestrogen receptors, becomes less efficient at making vitamin D, and bone loss speeds up. The good news? It is simple to test and simple to put right. Here are my three key tips for this month.

1. Take a daily vitamin D supplement this winter

Why this matters

In the UK, your skin can only make vitamin D from sunlight between roughly late March and the end of September. From October, the sun is too low, however bright the day looks. The NHS advises everyone to consider 10 micrograms (400 IU) a day in autumn and winter.

Make it easy

- Choose vitamin D3 and take it with a meal containing healthy fat, such as olive oil or nuts.
- Take it all year round if you rarely get outside, usually cover your skin, or have darker skin.
- Don't go above 100 micrograms (4,000 IU) a day unless your doctor advises it.

2. Put oily fish on the menu twice a week

Why this matters

Only a few foods contain vitamin D, but oily fish is the richest, and it brings heart-healthy omega-3 fats too, a perfect fit with a Mediterranean-style diet.

Make it easy

- Try salmon, mackerel, sardines, herring or trout. Tinned and frozen count.
- Add eggs, UV-grown mushrooms and fortified cereals or plant milks.
- Mash sardines onto wholegrain toast for a five-minute lunch.

3. Know your number

Why this matters

Many people with low vitamin D have no symptoms at all. Others notice tiredness, aching bones or muscles, low mood or catching every cold going. A simple blood test, called 25-hydroxy vitamin D, tells you where you stand.

Make it easy

- In the UK, below 25 nmol/L is deficient, and above 50 nmol/L is adequate for most people.
- Ask me or your GP about testing if you have symptoms or risk factors.
- Check the units on your results, as some labs use ng/ml.

BONUS TIP

Vitamin D works as a team

Vitamin D helps you absorb calcium, magnesium helps turn vitamin D into its active form, and vitamin K helps direct calcium into your bones. Leafy greens, pumpkin seeds, nuts and fermented foods give you all three partners in one go.

Your free Vitamin D guide

Want the full picture? My new client guide covers who is most at risk, sensible sun, food sources, supplements and what your blood test results mean.

Download the guide

I'm Dr Satinder Sanghera, a lifestyle and longevity doctor, NHS GP and transformational health coach. For over 30 years I have supported patients across Teesdale and Weardale, and through Grow Your Life Health I now help busy professionals who feel exhausted, overwhelmed or stuck to reclaim ownership of their health, using lifestyle medicine, coaching and, where helpful, blood and DNA testing.

Stay Well,

Dr Satinder

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This newsletter offers general health information and is not a substitute for personalised medical advice. Please speak to your doctor or pharmacist before making changes to medication or starting supplements.

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