

The Truth About Tanning Bed Vitamin D

For years, most researchers have questioned the safety of most artificial tanning beds. While the overall opinions about tanning bed risks tend to vary, there is a recent line of study that suggests one possible benefit to tanning beds; the increased production of vitamin D. Is there any truth to the claim that you can boost your vitamin D levels just by getting a tan? In this article, we will try to answer that question. What is Vitamin D? Before we try to tackle whether or not tanning beds can help with a vitamin D deficiency, it is probably best to examine the vitamin itself. Vitamin D is a fat soluble vitamin that helps maintain strong bone structure. It does this by helping the body to absorb calcium, and without enough vitamin D a person can experience all types of bone and muscle ailments. In addition, it is widely believed that vitamin D helps to prevent certain disease such as cancer, diabetes, and Alzheimer's. Ultraviolet Radiation Now we can turn our attention back to the question at hand. Do tanning beds help boost vitamin D levels? Recent studies have indeed shown this to be the case. The reason? It is due to the ultraviolet rays that are emitted by the tanning beds. In nature, our bodies produce vitamin D after being exposed to UV rays from the sun. The same holds true for these tanning beds. Our bodies are able to make vitamin D just as effectively in these indoor tanning beds. This helps to explain why many elderly people face a vitamin D deficiency. They just do not receive the proper exposure to sunlight. This is especially true for those people who live in the Northeast, where the winters are long and UV rays are non-existent. Final Word Of Caution While tanning beds may provide you with a boost of vitamin D, there are also drawbacks. Research is still ongoing as to the safety of such tanning methods, and many doctors believe that they can be harmful to your health. In fact, a high percentage of health care professionals strongly believe that the artificial UV rays used in tanning beds may cause skin cancer.

About the Author

N101.com is your online source for vitamins, herbs and nutritional supplements, including natural health and beauty, diet and weight loss, sports.

Source: <http://www.productsherbal.com>