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## **Vitamin D Goodness**

Getting your daily dose of vitamin D, may help keep your colon healthy.

High-fiber diets have been boosted and tested as a path to better colon health, and now research suggests that getting adequate intake of vitamin D also may have a protective effect. In studies, participants with a higher intake of vitamin D appeared to have less risk of developing serious colon polyps (polyps are intestinal growths that could turn cancerous).

Together with calcium, vitamin D also helps protect older adults from osteoporosis.

So boost your Vitamin D with your food intake and moderate bits of sunlight.

Until next time have a blessed week filled with sunshine!

# **ALFIE**