

10 Ways

TO INCREASE
VITAMIN D
ABSORPTION



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TASTE OF THE WIND

About



Have you ever thought to yourself,
"Wouldn't it be nice if I could eat without feeling scared of what's in my food and supplements?"

Me too!

When the pediatrician I was taking my son to told me to get my son on a vitamin D Supplement because "all children are automatically deficient in Vitamin D" I took one look at the ingredients and said "No way am I giving that to my newborn child!"

I started doing some digging, and I found a list of natural sources for Vitamin D. I am currently using this list to increase my own Vitamin D (so that my son will get more of this nutrient through my breastmilk) and to increase the Vitamin D his body is creating as well.

I hope this list helps you increase your vitamin D intake without the additives in synthetic supplements.

I make little resources like this as a way to say, "Thanks for caring and thanks for letting us be your farmers!" And I send them out to my email list regularly. I hope you enjoy!

I truly believe that together, we can make the world a better place, one bite at a time.



PASTURED LARD AND TALLOW

Did you know, to help increase your Vitamin D in your blood stream it has been proven effective to consume vitamin D rich foods like Pastured Pork Lard. Animals that have had plenty of access to sunlight and fresh air store more vitamin D in their fat.

When you cook with fats from animals who have been raised outside, those nutrients get passed on to you too!

That's why I like to say you can taste the fresh air and sunshine in our products.

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Did you know you can also gain benefits from Lard and Tallow by putting it on your skin?

This may seem like a weird concept at first, but there are many tallow and milk based soaps, lotions, and balms already on the market that you can use to get nutrients and moisturization at the same time!

Or you can make your own for a more cost-effective option. Email me for some of my favorite free tutorials on this process.

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PASTURED POULTRY, EGGS, AND ORGAN MEATS

Getting more Vitamin D in your diet also works with Free-Range Eggs, Raw Milk, and Pastured-Raised Chicken. Chickens raised on fresh plants and sunshine produce meat and eggs that are naturally higher in vitamins and minerals.

Organ meats, liver in particular, have the perfect ratio of the synergistic nutrients Vitamins A, D, E, and K. Which makes them more efficient for our bodies to absorb.

We only need to ingest a small amount of liver to glean the benefits of these awesome nutrients.

If you don't have access to clean pasture-raised liver you can use Cod liver oil.

Green Pasture Fermented Cod Liver Oil is a brand recommended by the Weston A. Price Foundation.



SUN YOUR SHROOMS AND GET OUTSIDE

I just learned this handy little tip from a mushroom grower in Jackson, Wyoming. Did you know that if you flip your mushrooms upside-down (with the gills facing up) in the sun for a few minutes, you can multiply the amount of Vitamin D that they contain by more than 1000% percent!?

Just place them on your counter, or in a windowsill for 10 minutes before you slice and cook them and viola- You just added more vitamin D than most supplements/vitamin pills contain!!!

How easy and cheap is that!?

Did you know the best time to be in the sun is during sunrise and sunset?

This is great for your circadian rhythms, your hormone balance, and your sun absorption because our earth's atmosphere

also naturally reduces the intensity of the sun's rays, so the likelihood of sunburn is reduced greatly!

The great thing about Spring in Wyoming is that sunrise and sunset are still quite chilly!

One more really great thing for your hormone balance is fluctuation in your body temp.

Just like it's good for you to break a sweat, it's good for you to feel cold sometimes too!

Try this three times this week:

Go for a 10 minute walk at sunrise or sunset, with just 1 layer of clothes on- I do this in my PJs!

It's simple when you pair it with a task like collecting eggs, taking out the trash, walking the dog, or checking the mail.



WHAT DO YOU DO TO GET MORE VITAMIN D?

I would love to hear about it. Feel free to reach out to me and tell me about yourself and what you do to increase your Vitamin D for yourself and your family this time of year.
Thanks!

C O N T A C T

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