

## How Sunshine and Vitamin D Can Help You Eliminate Mercury

Accumulating data have provided evidence that vitamin D is involved in brain function. Vitamin D can inhibit the synthesis of inducible nitric oxide synthase and increase glutathione levels, suggesting a role for the hormone in brain detoxification.

The study shows that vitamin D helps remove mercury from your body safely by radically increasing the amount of intracellular glutathione.

Neuroprotective and immunomodulatory effects of this hormone have also been described in several experimental models, indicating the potential value of vitamin D in helping neurodegenerative and neuroimmune diseases. In addition, vitamin D induces glioma cell death, making the hormone of potential interest in the management of brain tumors.

These results reveal previously unsuspected roles for vitamin D in brain function and suggest possible areas of future research.

Sources:

- [Trends in Endocrinology and Metabolism April 2002, Volume 13, Issue 3,](#)

