

VITAMIN D

SPECIAL HEALTH REPORT

Volume 1, Data Set 1, Published: Fall 2011

\$29.95/US
\$31.50/CAN

INFORMATION EVERYONE NEEDS TO KNOW!

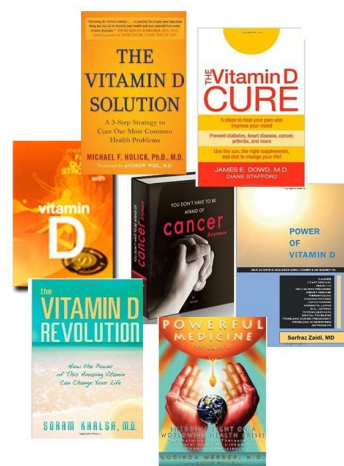
ARE YOU AT RISK? PROBABLY SO!

The most common medical condition in the **WORLD**, with often devastating and even fatal consequences, is **Vitamin D deficiency**.

This disease affects **OVER 200 MILLION** people in North America alone! **NOW, YOU should NOT be one of them!**


TAKING THE TIME TO REVIEW THIS REPORT COULD DRAMATICALLY IMPROVE YOUR HEALTH AND MAY EVEN SAVE YOUR LIFE!

ASK YOUR DOCTOR about the overwhelming research that is currently making headlines in numerous published clinical studies and the stunning information found in virtually every respected medical journal in health care.



VITAMIN D
IS ONE HOT TOPIC!!

As Seen On:



OUR MISSION:

This Special Report has been created from the many resources available to the general public. Information that can have such a profound impact on the lives of so many people around the world should NOT go unknown to those who could benefit from it.

But don't expect this critical information to come from the large pharmaceutical companies. They make HUGE profits from the expensive drugs they sell to address the vast number of health related issues created by a worldwide Vitamin D deficiency epidemic! Keeping you in the DARK keeps their profits rolling in.



We are a team of Health and Wellness Professionals dedicated to providing natural solutions to the current health care crisis affecting so many people today. Our main focus is on proactive PREVENTION education and not waiting until treatment is needed. We have been at the forefront of this mission for over 50 years and shedding the light on Vitamin D Deficiency may be our most important endeavor in our storied history.

Someone thought enough of you to provide you with this information. What you do with it will be entirely up to you.

Vitamin D Deficiency

Each day you make choices that will either improve your health or harm it. Studies show that if you don't eat right, get to a healthy weight, exercise regularly, and **supplement your diet with proper nutrients**, you increase your risk of developing certain diseases such as heart disease, cancer and type 2 diabetes. Good health is a choice, which means that disease (in many cases) also is a choice.

SCIENCE MADE SIMPLE

A Hormone, Not a Vitamin!

It may surprise you to know that Vitamin D is not actually a Vitamin. IT IS A HORMONE! It's deficiency, therefore, is a true disease.

Vitamin D is in a class by itself. The active metabolic product in the body is a molecule called 1,25-dihydroxyvitamin D (often called 1,25-vitamin D for simplicity), which is a secosteriod hormone. After its synthesis in the skin, Vitamin D exerts its effects on every organ system in the body.

In order for Vitamin D to be made in the body, it requires help from an outside source known as Vitamin D3. (*Naturally provided by rays of Ultraviolet B from sunlight*). Vitamin D3 quickly arranges itself in the body to give birth to Vitamin D, which then quickly exits the skin cell for the bloodstream. Then after a two step activation occurs, through the liver and kidneys, Vitamin D (*1,25-vitamin D*) is formed and is then available for it's beneficial use in the body.

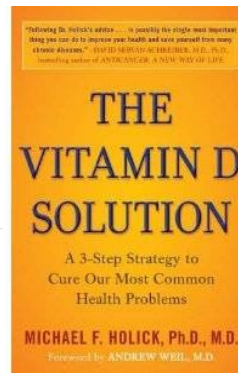
Its important to know that Vitamin D3 is essential to creating 1,25-vitamin D!!

THE BENEFITS???

Simply Stunning!

“Increasing the amount of Vitamin D in the body can prevent or help treat a remarkable number of ailments, from obesity to arthritis, from high blood pressure to back pain, from diabetes to muscle cramps, from upper respiratory tract infections to infectious diseases, and from fibromyalgia to cancers of the breast, colon, pancreas, prostate and ovaries. It can safeguard pregnancy, support ideal weight management, reduce abnormal cell growth and stave off infection and chronic diseases! Who would not want these benefits?!”

- Dr. Andrew Weil, M.D., in his forward to the book *The Vitamin D Solution*



The Experts Agree!

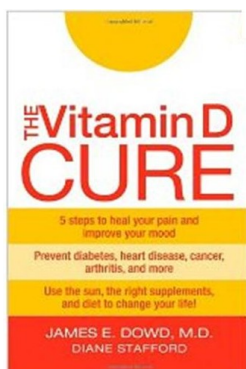
Dr. Oz Says: “If I could pick one Vitamin to push to EVERYBODY, it's VITAMIN D!”



“If Vitamin D were a drug, its benefits would make it the most popular ever!”

- **Bill Sardi** - Medical Writer and Author

Overwhelming Research

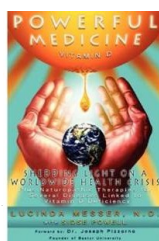


“...I have made the following discoveries in my patients: Chronic pains simply disappeared, fatigue resolved, diabetes and blood pressure got better, arthritis improved, psoriasis resolved, M.S. improved, asthma went in remission, infrequent colds and flu, infrequent cancer, dramatic improvement in prognosis in patients with diagnosed cancer, heart disease a rare occurrence, depression changed into zest for life, osteoporosis improved, thyroid diseases got better and dental health improved. Most people are amazed how much energy they have.”

POWERFUL MEDICINE

By Dr. Lucinda Messer, M.D.

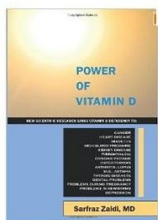
“Vitamin D deficiency is a worldwide epidemic with over one billion people at risk for its associated diseases. A deficiency in Vitamin D is the main reason we have skyrocketing incidence of Cancer, MS, Diabetes, Osteoporosis, Depression, Seasonal Affects Disorder, Autism, Hypertension and more.”



POWER of VITAMIN D

By Dr. Sarfraz Zaidi, M.D.

“There is a direct link between Vitamin D deficiency and cancer, heart disease, diabetes, high blood pressure, kidney disease, fibromyalgia, chronic fatigue, osteoporosis, arthritis, lupus, MS, asthma, thyroid diseases, dental problems and depression.”



THE ATHLETE'S EDGE:

FASTER, QUICKER, STRONGER with VITAMIN D

By Dr. John Cannell, M.D.

“Vitamin D gives athletes a definitive advantage over their competitors... improves muscle tone, muscle strength, balance, reaction time and physical endurance as well as immunity and general health.”



Almost 44 Million Women and Men in the United States are at Risk for Osteoporosis

FACT:

Vitamin D is essential for calcium absorption for maintaining strong bones. *(And Teeth!)*

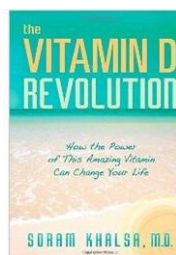
FACT:

Adequate Calcium and Vitamin D throughout life may reduce the risk of osteoporosis.

The VITAMIN D REVOLUTION

By Dr. Soram Khalsa, M.D.

“If everyone everywhere became knowledgeable on Vitamin D and optimized their blood level, the impact on public health would be extreme.”

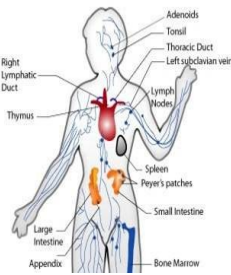


VITAMIN D

CLINICAL STUDIES SHOW:

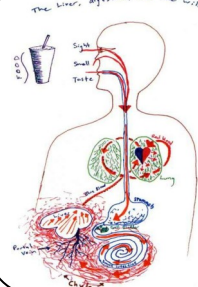
Vitamin D Deficiency Affects EVERY Major System in the Body!

INFORMATION EVERYONE NEEDS TO KNOW!



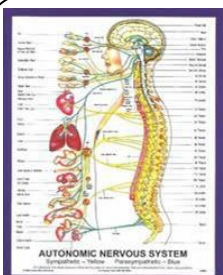
Immune System

- ◆ Viruses
- ◆ Chronic Infections
- ◆ Allergies / Asthma
- ◆ Cancer's (*Breast, Colon, Prostate*)



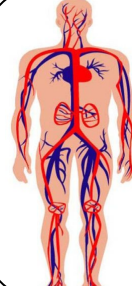
Digestive System

- ◆ Ulcers
- ◆ Indigestion
- ◆ Celiac Sprue



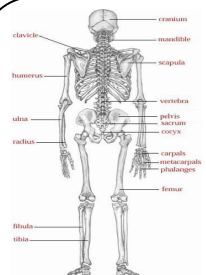
Nervous System

- ◆ Stress / Insomnia
- ◆ Depression
- ◆ ADHD / Autism
- ◆ Parkinson's
- ◆ Alzheimer's



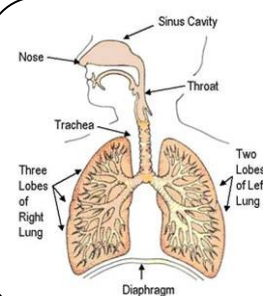
Circulation System

- ◆ Coronary Heart Disease
- ◆ High Blood Pressure



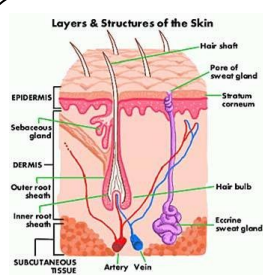
Skeletal System

- ◆ Osteoarthritis
- ◆ Inflammatory Joint Disease
- ◆ Osteoporosis



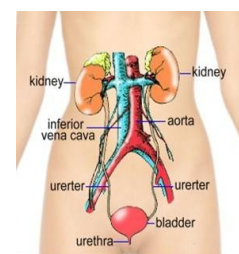
Respiratory System

- ◆ Allergies
- ◆ Asthma
- ◆ Bronchitis
- ◆ Sinusitis



Skin System

- ◆ Dermatitis
- ◆ Eczema
- ◆ Melanoma
- ◆ Aging Skin



Urinary System

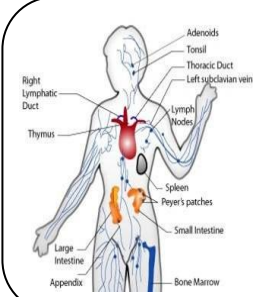
- ◆ Kidney
- ◆ Prostate

VITAMIN D

CLINICAL STUDIES SHOW:

**Vitamin D Deficiency
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Immune System

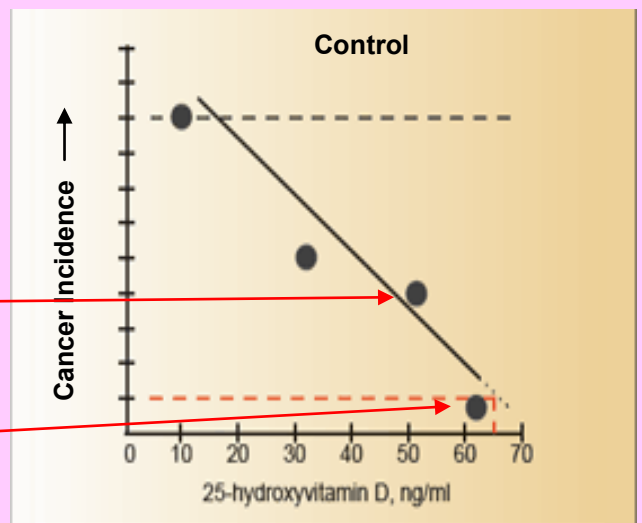
- ◆ Viruses
- ◆ Chronic Infections
- ◆ Allergies / Asthma
- ◆ Cancer's (*Breast, Colon, Prostate*)



Vitamin D to Prevent Breast Cancer

[The Journal of Steroid Biochemistry and Molecular Biology](#)
Volume 103, Issue 3-5 March 2007, Pages 708-711

- Intake of 2,000 IU/day of Vitamin D3, and, when possible, very moderate exposure to sunlight, could raise serum 25(OH)D to 52 ng/ml, a level associated with reduction by **50%** in incidence of breast cancer
- Intake of 5,000 IU/day further reduces risk by **80%**



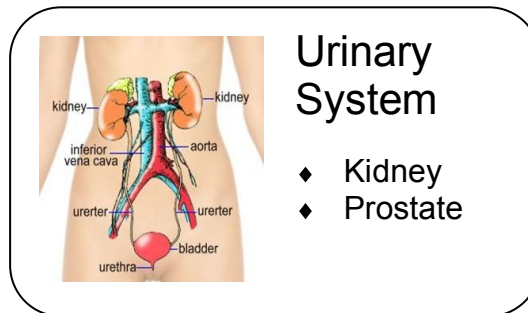
Early DETECTION campaigns are important, but recent Vitamin D research is shifting the focus to early PREVENTION possibilities.

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Vitamin D and Prostate Cancer Prevention and Treatment

Journal of Clinical Oncology, May 2, 2011

- A new study led by Dr. Edward Giovannucci of Harvard School of Public Health and colleagues suggests that vitamin D plays an important role in the lethality of prostate cancer.
- The study showed men with the expression of vitamin D receptors (VDR) at high levels tended to have less lethal prostate cancer.
- Early studies have suggested circulating 25-hydroxyvitamin D or 25(OH)D interacts with vitamin D receptors, decreasing proliferation and boosting apoptosis in some cancers.
- In addition to the link between the VDR expression and the lethality of prostate cancer, Dr. Giovannucci et al. also examined the association between the VDR expression and prediagnosed serum 25(OH)D and 1,25-dihydroxyvitamin D concentrations, and two VDR single nucleotide polymorphisms or SNP, namely fokI and BsmI. The researchers found patients who had high VDR expression in tumor tissue had significantly lower levels of prostate specific antigen or PSA at diagnosis, lower Gleason Score, and lower tumor stage. Altogether, it means the prostate cancer is less aggressive.

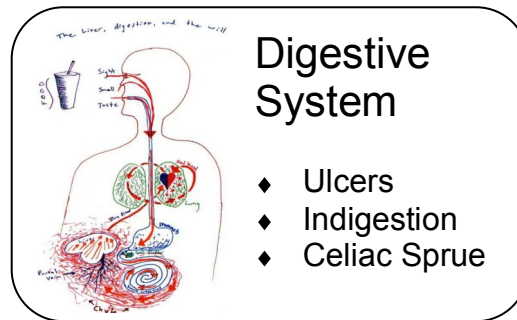
Supplemental vitamin D prevents as well as extends the life of prostate cancer patients by making prostate cancer less aggressive.

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Vitamin D and The Digestive System

- **WALTER E. STUMPF**
- **University of North Carolina, Chapel Hill, NC, and International Institute of Drug Distribution, Cytopharmacology and Cytotoxicology,**
- **EUROPEAN JOURNAL OF DRUG METABOLISM AND PHARMACOKINETICS 2008, Vol. 33, No. 2, pp. 85-100**
- **SUMMARY**
- Target tissues of in vivo receptor binding and deposition of 1,25(OH)₂ vitamin D₃ and its oxygen analog OCT are reviewed in rats, mice, hamsters and zebra finch, identified with high-resolution microscopic autoradiography. Throughout the digestive system numerous sites with nuclear receptor binding of 3H-1,25(OH)₂ vitamin D₃ and 3H-OCT exist: in the oral region, epithelial cells of the oral cavity, tongue and gingiva, teeth odontoblast and ameloblast precursor pulp and stratum intermedium cells; in the parotid, submandibular and sublingual salivary glands, epithelial cells of striated ducts and granular convoluted tubules, intercalated ducts and acinar cells, as well as myoepithelial cells; in the stomach, neck mucous cells of gastric glands, endocrine cells of the antrum, and muscle cells of the pyloric sphincter; in the small and large intestine, absorptive and crypt epithelial cells; in the pancreas, predominantly islet B-cells. Perisinusoidal stellate (Ito) cells in the liver concentrate and retain variable amounts of radiolabeled compound in regions of their cytoplasm after administration of 3H-1,25(OH)₂ vitamin D₃ and 3H-25(OH) vitamin D₃, probably sites of specific storage, similar to vitamin A. Submucosa in stomach and intestine also retain variable amounts of radiolabel, however unspecific with all compounds studied. In pilot studies with 3H-25(OH)₂ vitamin D₃ and 3H-24,25(OH)₂ vitamin D₃, no nuclear concentration was detectable. The reviewed data for vitamin D and its oxygen analogue OCT indicate genomic effects on multiple target tissues of the digestive system that involve cell proliferation and differentiation, endo- and exocrine secretion, digestion and absorption for maintaining optimal functions, with potentials for health prophylaxis and therapies.

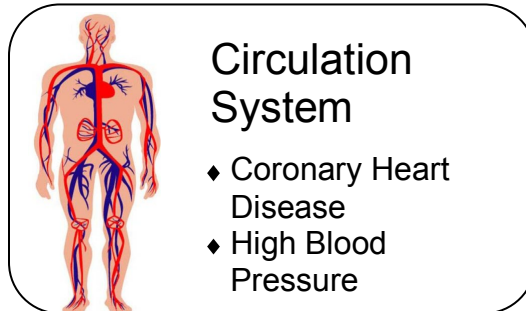
Vitamin D₃ offers protection for several digestive tract cell types to prevent viral attack, protect against toxin absorption, resist oncogenesis and regenerate healthy tissue in rapid turnover.

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Serum 25-hydroxyvitamin D is independently associated with high-density lipoprotein cholesterol and the metabolic syndrome in men and women

- [Kevin C. Maki](#), PhD, [Martyn R. Rubin](#), PhD, [Les G. Wong](#), BS, [Jamie F. McManus](#), MD, [Christopher D. Jensen](#), PhD, [John W. Marshall](#), RN, [Andrea Lawless](#), MD
- Received 9 July 2009; accepted 13 July 2009. published online 21 July 2009.- Journal of Lipidology
- **Background**
- Low vitamin D status has been associated with markers of cardiovascular disease risk.
- **Objective**
- This cross-sectional study assessed the relationships between serum 25-hydroxyvitamin D [25(OH)D] and selected markers for cardiovascular disease risk, including metabolic syndrome and its components, in adult men and women.
- **Methods**
- Fasting blood samples, anthropometric measurements, and blood pressure were assessed in 257 men and women. Dietary intake was assessed with food frequency and dietary supplement questionnaires.
- **Results**
- Total vitamin D intake and that from dietary supplements were significantly associated with increasing serum 25(OH)D tertile (both $P < .001$). Mean \pm SEM serum high-density lipoprotein cholesterol (HDL-C) increased in a graded fashion ($P < .001$) from the lowest (48.4 ± 1.8 mg/dL) to the highest (62.3 ± 2.1 mg/dL) 25(OH)D tertile. The relationship between 25(OH)D and HDL-C remained significant ($P < .001$) after adjustment for established determinants of the HDL-C, with each 10-ng/mL increase in 25(OH)D associated with a 4.2-mg/dL increase in HDL-C concentration. Serum triglycerides ($P = .008$), waist circumference ($P < .001$), and body mass index ($P < .001$) showed graded, inverse relationships with 25(OH)D tertile, and the prevalence of metabolic syndrome decreased significantly from the lowest to the highest 25(OH)D tertile (31%, 14%, and 10%, respectively, P for trend = .001).
- **Conclusions**
- Lower serum 25(OH)D is associated with the metabolic syndrome and adverse values for some metabolic syndrome risk factors, particularly the HDL-C concentration. Research is warranted to assess whether increasing vitamin D intake will improve the metabolic cardiovascular risk factor profile.

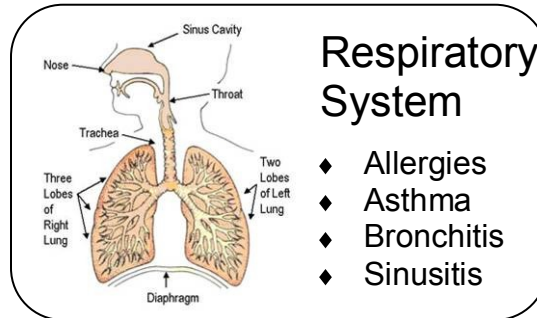
Blood levels of Vitamin D below 32 ng/ml increase the risk of metabolic syndrome (weight gain, heart disease, high cholesterol and high blood pressure)

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Vitamin D, Respiratory Infections and Asthma

- Curr Allergy Asthma Rep. 2009 Jan;9(1):81-7.
- [Ginde AA](#), [Mansbach JM](#), [Camargo CA Jr.](#)
- EMNet Coordinating Center, Massachusetts General Hospital, Boston, MA 02114, USA.
- Over the past decade, interest has grown in the role of vitamin D in many nonskeletal medical conditions, including respiratory infection. Emerging evidence indicates that vitamin D-mediated innate immunity, particularly through enhanced expression of the human cathelicidin antimicrobial peptide (hCAP-18), is important in host defenses against respiratory tract pathogens. Observational studies suggest that vitamin D deficiency increases risk of respiratory infections. This increased risk may contribute to incident wheezing illness in children and adults and cause asthma exacerbations. Although unproven, the increased risk of specific respiratory infections in susceptible hosts may contribute to some cases of incident asthma. Vitamin D also modulates regulatory T-cell function and interleukin-10 production, which may increase the therapeutic response to glucocorticoids in steroid-resistant asthma. Future laboratory, epidemiologic, and randomized interventional studies are needed to better understand vitamin D's effects on respiratory infection and asthma. Until then, physicians should assess asthma patients for vitamin D status and supplement discovered deficiencies. Serum levels of 25OH –Vit D3 should be above 200 nmol/L. (80 ng/ml) for best protection.

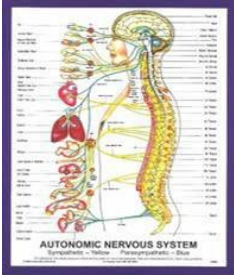
Supplemental Vitamin D alone increases innate immunity and reduces respiratory infections.

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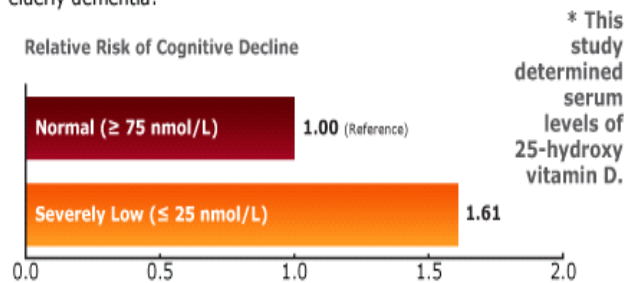


Nervous System

- ◆ Stress / Insomnia
- ◆ Depression
- ◆ ADHD / Autism
- ◆ Parkinson's
- ◆ Alzheimer's

No Confusion About Vitamin D

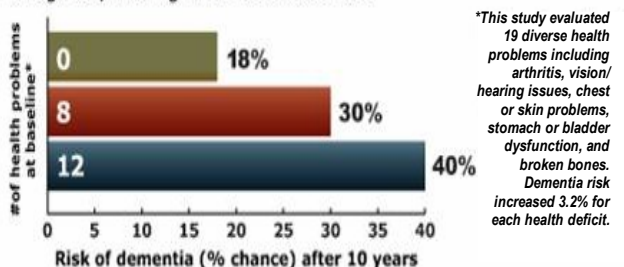
With increasing research revealing the health benefits of vitamin D, consider this recent study that associates severely low levels with elderly dementia:*



SOURCE: Llewellyn DJ, et al. Vitamin D and risk of cognitive decline in elderly persons. *Archives of Internal Medicine*, 2010;170(13):1135-41.

Can Good Health Protect Against Alzheimer's?

Alzheimer's risk may be related to how healthy you are, according to a recent study. The more health problems at age 65, the higher the disease risk:



SOURCE: Rockwood K, et al. Nontraditional risk factors combine to predict Alzheimer disease and dementia. *Neurology*, July 13, 2011

Evidence Linking Vitamin D Deficiency to Brain Dysfunction

- ◆ A study done by University of Manchester scientists in collaboration with colleagues from other European institutions compared cognitive performance of more than 3,000 men between the ages of forty and seventy-nine years at eight centers. This study published in the *Journal of Neurology, Neurosurgery and Psychiatry*, wound up being quite remarkable because it was the first to look specifically at the relationship between vitamin D and cognitive performance.
- ◆ The scientists concluded that vitamin D appears to have extraordinarily positive effects on the brain. The study also raises the possibility that vitamin D could minimize aging-related declines in cognition.

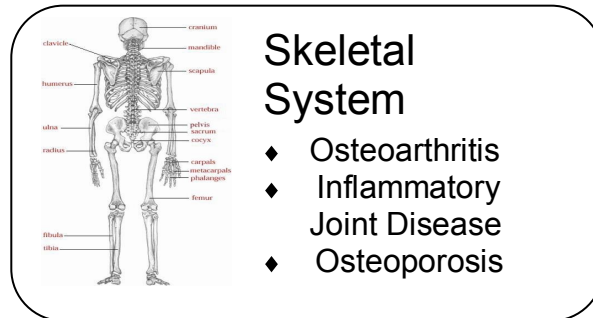
Source: The Vitamin D Solution, book by Dr. Michael Holick, Ph.D., M.D.

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Women with insufficient 25-hydroxyvitamin D without secondary hyperparathyroidism have altered bone turnover and greater incidence of vertebral fractures.

- [J Orthop Sci.](#) 2011 Sep;16(5):573-80. Epub 2011 Jun 29.
- [Ikegami S, Kamimura M, Uchiyama S, Kato H.](#)
- **Source**
- Department of Orthopaedic Surgery, Shinshu University, 3-1-1 Asahi, Matsumoto, Nagano, 390-8621, Japan, sh.ikegami@gmail.com.
- **Abstract**
- **BACKGROUND:**
- The connection of 25-hydroxyvitamin D [25(OH)D] with bone metabolism is reported to occur indirectly through parathyroid hormone (PTH) activity. However, we hypothesized that 25(OH)D insufficiency raises the risk of bone fracture independent of PTH, since 25(OH)D insufficiency is not always accompanied by hyperparathyroidism. The aim of this study was to show a direct association between 25(OH)D, bone turnover markers, and fractures that was independent of PTH.
- **METHODS:**
- We measured serum 25(OH)D in a group of 330 postmenopausal osteoporotic women who did not have secondary hyperparathyroidism. We analyzed the effects of 25(OH)D insufficiency [25(OH)D < 20 ng/mL] on the expression of several bone markers, including serum bone alkaline phosphatase (BAP), osteocalcin (OC), urinary N-terminal telopeptide of type-I collagen and free deoxypyridinoline (DPD), and inorganic phosphorus (IP), as well as on the prevalence of vertebral fractures.
- **RESULTS:**
- OC/BAP ratios and IP levels were significantly lower and DPD was significantly higher in 25(OH)D insufficient patients. These effects were independent of age, PTH, and estimated glomerular filtration rate (eGFR). 25(OH)D insufficiency, a low OC/BAP ratio, and low IP were related to the presence of prior vertebral fractures independent of PTH, bone mineral density (BMD), and eGFR.
- **CONCLUSIONS:**
- We propose that 25(OH)D insufficiency is associated with a low OC/BAP ratio and high DPD in postmenopausal osteoporosis patients without hyperparathyroidism. This pathological condition is associated with an increased incidence of prior vertebral fractures independent of PTH, BMD, and eGFR.

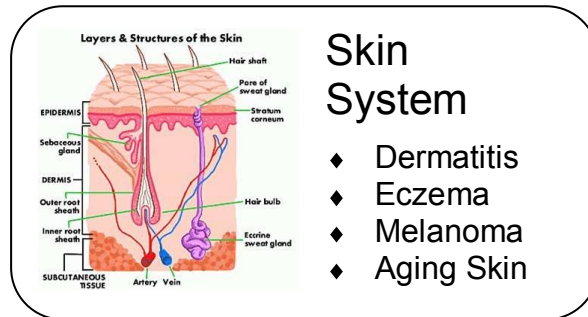
Women (and men) with low Vitamin D3 have up to 5 times the risk of developing osteoporotic fractures into their 70s and 80s.

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Melanoma - Vitamin D References

- [Serum proteomic profile of cutaneous malignant melanoma and relation to cancer progression: Association to tumor derived alpha-N-acetylgalactosaminidase activity.](#) Cancer Lett. 2009 Oct 8;283(2):222–9.
- [Serum 25-Hydroxyvitamin D3 Levels Are Associated With Breslow Thickness at Presentation and Survival From Melanoma.](#) J Clin Oncol. 2009 Sep 21.
- [Reduced serum 25-hydroxyvitamin D levels in stage IV melanoma patients.](#) Anticancer Res. 2009 Sep;29(9):3669–74.
- [Cross-talk between vitamin D receptor \(VDR\)- and peroxisome proliferator-activated receptor \(PPAR\)-signaling in melanoma cells.](#) Anticancer Res. 2009 Sep;29(9):3647–58.
- [The relevance of vitamin D receptor \(VDR\) gene polymorphisms for cancer: a review of the literature.](#) Anticancer Res. 2009 Sep;29(9):3511–36. Review.
- [Vitamin D receptor variants and the malignant melanoma risk: a population-based study.](#) Cancer Epidemiol. 2009 Aug;33(2):103–7.
- [Vitamin D receptor gene polymorphisms, serum 25-hydroxyvitamin D levels, and melanoma: UK case-control comparisons and a meta-analysis of published VDR data.](#) Eur J Cancer. 2009 Jul 15.
- [Vitamin D and melanoma.](#) Ann Epidemiol. 2009 Jul;19(7):455–61.
- [Vitamin D intake and melanoma risk.](#) J Invest Dermatol. 2009 Jul;129(7):1598.
- [A cohort study of vitamin D intake and melanoma risk.](#) J Invest Dermatol. 2009 Jul;129(7):1675–80.

Vitamin D repairs defects in skin cells caused by pollution and chemical sensitivities.

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Vitamin D Experts Suggest Bias in Findings of International Cancer Agency Report on Skin Cancer

- Reuters - Fri Mar 20, 2009 10:14am EDT
- VELDHOVEN, The Netherlands--Two of the world's foremost authorities on Vitamin D have published papers stating **important evidence was discounted or omitted by the International Agency for Research on Cancer (IARC) in assessing an overview of the role of vitamin D and ultraviolet-B (UVB) in reducing the risk of cancer.** The IARC report, Vitamin D and Cancer, could potentially be used by some nations to form the basis for public health policy decisions. William B Grant and Michael F Holick, whose papers were published in the January/February 2009 issue of Dermato-Endocrinology, claim the expertise of the Working Group behind the IARC report was weighted with a ratio of 4:1 in favour of those involved with reducing the incidence of skin cancer versus those with expertise in vitamin D. Grant's paper comments in detail on several flawed analyses of the report and Holick backs Grant's paper as "a thoughtful and critical review of the report, noting many deficiencies in the interpretation of the data the Working Group used to base their recommendations on." Ostensibly, the report is a comprehensive review of the evidence that vitamin D reduces the risk of cancer and lists 1,368 references. Many of these supported a beneficial role of solar UVB and vitamin D in reducing the risk of many types of cancer. However, Grant claims only two of the seven conclusions of the report are consistent with the data included in the studies cited. Grant states "**The conclusions of the report are much weaker with regard to vitamin D and calcium for cancer prevention than a more comprehensive review of the scientific evidence warrants.**"

There has been a prevailing bias against nutritional prevention and therapies which has set cancer research back 50 years.

Oral Vitamin D May Help Prevent Skin Dermatitis

ScienceDaily (Oct. 7, 2008) — A study led by researchers at the University of California, San Diego School of Medicine suggests that use of oral Vitamin D supplements bolsters production of a protective chemical normally found in the skin, and may help prevent skin infections that are a common result of atopic dermatitis, the most common form of eczema.

The study — led by Richard Gallo, M.D., Ph.D., professor of medicine and chief of the Division of Dermatology section of the Veterans Affairs San Diego Healthcare System, and Tissa R. Hata, M.D., associate professor of medicine at UC San Diego - found that use of oral vitamin D appeared to correct a defect in the immune systems in patients with skin disease. Their findings will be published in the October 3 edition of the Journal of Allergy & Clinical Immunology.

VITAMIN D

SPECIAL HEALTH REPORT

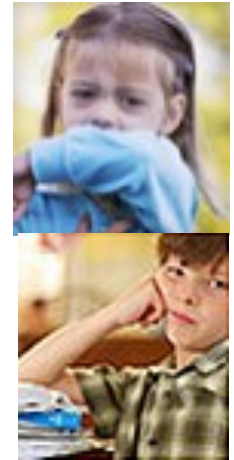
INFORMATION EVERYONE NEEDS TO KNOW!

Kids May Need 10 Times More Vitamin D

Study: Kids Need 2,000 IU of Vitamin D, Not 200 IU Now Recommended

By [Daniel J. DeNoon](#)
WebMD Health News

Reviewed by [Louise Chang, MD](#)

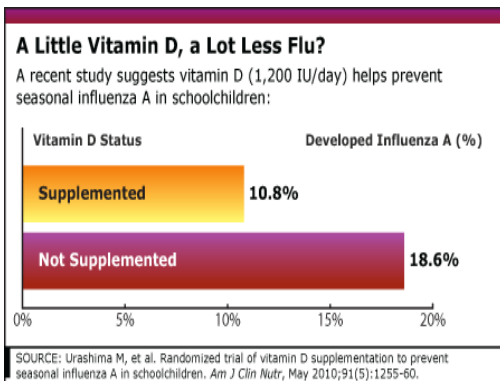


May 28, 2008 -- Children and teens need 10 times more than the recommended dose of [vitamin D](#), a clinical trial suggests.

"Our research reveals that vitamin D, at doses equivalent to 2,000 IU a day, is not only safe for adolescents, but it is actually necessary for achieving desirable vitamin D levels," study leader Ghada El-Hajj Fuleihan, MD, of the American University of Beirut Medical Center in Lebanon, says in a news release.

"Our youngest generation may be the first generation in the history of humankind to suffer the most health consequences as a result of being deprived of adequate Vitamin D."

The Vitamin D Solution, book by Dr. Michael Holick, Ph.D., M.D.



"Vitamin D deficiency is common among children and teenagers. **Unfortunately, it remains undiagnosed and untreated.** Consequences of vitamin D deficiency during childhood include rickets, decrease in overall strength of bones, a defective immune system, frequent colds, asthma, inflammatory bowel disease, Type 1 diabetes and dental problems."

The Power of Vitamin D, book by Dr. Sarfraz Zaidi, M.D.

JUNE 25, 2010: BOSTON — Vitamin D deficiency is common among children with mild-to-moderate asthma, and those children with asthma who are low in vitamin D are more likely to suffer asthma attacks, according to a recent study from Brigham and Women's Hospital, Boston. (*J Allergy Clin Immunol*. 2010 Jun 8)

Vitamin D may prove to be the most effective preventive discovery of the century for childhood asthma.

VITAMIN D

SPECIAL HEALTH REPORT

INFORMATION EVERYONE NEEDS TO KNOW!

Vitamin D2 is NOT the Same as Vitamin D3!

- Vitamin D2 (ergocalciferol) is known to have adverse drug interactions
- Currently 144 drugs (612 brand and generic names) known to interact with Vitamin D2 (ergocalciferol)
- D2 is a patented drug that has been used to fortify dairy and other foods for 60 years
- Nearly all “toxic reactions” to vitamin D are due to Vitamin D2 and NOT VITAMIN D3.

“Is Vitamin D3 Safe?” ABSOLUTELY!

Vitamin D3 is 100 TIMES SAFER THAN ASPRIN!

<http://www.drugs.com/drug-interactions/ergocalciferol,vitamin-d-index.html>

All items shown in this special report have been obtained from the public domain. It has been pulled together for the purpose of a public awareness campaign to inform the general public of the recent findings and extensive medical research about the health benefits of obtaining and maintaining a healthy Vitamin D level in the body. It is not for the purpose of diagnosing or curing any specific disease or ailment of any specific person or persons. We HIGHLY encourage everyone to do their own research about the benefits of Vitamin D and consult their Doctor as to the appropriate action steps. Many resources are available at no charge for the public to become better informed. We have made every attempt to provide the source of all the information gathered inside this report and believe them to be accurate and complete.

*These statements have not been evaluated by the Food and Drug Administration. The products and information presented in this document are not intended to diagnose, treat, cure, or prevent any disease.

Myth vs. Truth

“I can get all my Vitamin D from the Sun.”

Sensible sun exposure will increase your Vitamin D level (but not possible in Northern Latitudes most months). Plus the American Academy of Dermatology says ‘Vitamin D should not be obtained from unprotected exposure to ultraviolet radiation’ and urges its members to up their Vitamin D intake with diet and SUPPLEMENTS - not sun exposure.

“I can get all my Vitamin D from the Food that I eat.”

Diet alone will NOT do it. To eat a sufficient amount of Vitamin D, you’d have to consume three cans of sardines, drink 10 or 20 glasses of fortified milk, gulp down 10 to 20 bowls of cereal, snack on 50 to 100 egg yolks or eat 7 ounces of wild salmon for dinner every night!
Probably easier just to take a trusted Vitamin D Supplement! Don’t you think?

You May Need MORE VITAMIN D...

- ◆ During Fall or Winter.
- ◆ If you are olive-skinned or darker.
- ◆ If you work indoors.
- ◆ As you age.
- ◆ If you are overweight.
- ◆ If you don’t exercise regularly.
- ◆ If you live north of the line between LA and SC.



This information is being provided by:

Are You Deficient? Take the Vitamin D Quiz!

“Because Vitamin D is so cheap and so clearly reduces all-cause mortality, I can say with all certainty: **Vitamin D represents the single most cost-effective medical intervention in the United States!**”



- Dr. Greg Plotnikoff, Medical Director, Penny George Institute for Health and Healing, Abbott Northwestern Hospital in Minneapolis



Extra Postage Required

\$29.95/US
\$31.50/CAN

Please forward this vital information too:

STUNNING RESEARCH YOU NEED TO KNOW ABOUT THE ASTOUNDING HEALTH BENEFITS OF VITAMIN D!!