



# Wellness Minute

Health Information You Can Use On Your Path To Wellness



## Get Tested For Vitamin D

“Now is the time to begin supplementing with Vitamin D and the nutrients which support it.”

If we could reduce breast cancer by 80% with a simple solution, you'd want to know about it and tell your loved ones, right? Well, Susan Wadia-Eillis PhD author of Busting Breast Cancer made that exact statement in her book. She describes “Five Simple Steps to Keep Breast Cancer Out of Your Body,” but one of the steps should be on the nightly news until everyone understands it. Based on multiple researchers she studied, Susan made the dramatic statement that by raising vitamin D blood levels to 60 ng/ml we could see at least 80% fewer breast cancer diagnosis each year. So, the question is, “What’s your vitamin D level?”

Who are the people that are most likely low in vitamin D? People with dark or brown type skin, the elderly, moms of child-bearing age, and breast-fed infants not receiving vitamin D supplementation. Also, people who are in pain, have autoimmune conditions, people who live in northern latitudes or experience depression or anxiety, and anyone who uses sunscreen have reduced levels of vitamin D.

In other words, most of us. And the value of vitamin D is not just to prevent breast cancer. Vita-min D has receptor sites on approximately 3000 genes. It’s really more of a hormone than a vitamin because it affects so many areas of health.

It’s very sad because the people who go to the hospital for COVID have the lowest levels of vitamin D. Consider this study that just came out. It was published in the *Journal of Clinical Endocrinology and Metabolism*, one of the most prestigious medical journals, June 17, 2021. Researchers found the average baseline of COVID-19 patients entering the hospital had a serum 25 hydroxy vitamin D level of 13 ng/mL.

13 ng/ml is very low and reflects a severe deficiency of vitamin D. For some reason, there seems to be a debate on which numbers show actual deficiency. Some researchers say 20 ng/ml, some say 30 ng/ml. But the data is pretty

clear that people in the 50-90 ng/ml have greater levels of health and far less disease than those at the low end.

Let's come back to the study because it demonstrates the power of vitamin D. 838 patients hospitalized with severe COVID-19 were included in the study. 447 received vitamin D, while 391 did not initially receive vitamin D. Patients were given vitamin D as semi activated 25ohD; dosage was "532 ug on day one plus 266ug on day 3, 7, 15, and 30."

When you do the conversion, this comes out to about 68,000 IU on day one and about 34,000 IU each of the other 4 dosage days. That's a lot, but remember, the average baseline of patients entering the hospital was just 13 ng/mL. I know all this may sound pretty dry, but here is the part you want to hear. Only 4.7% of the group that received vitamin D went to the Intensive Care Unit, whereas 21% of those that didn't receive vitamin D went to the ICU. This is a reduction of 87%. In terms of death, only 4.7% of the vitamin D group died, but 15.9% of the people who didn't take vitamin D died.

This is a 79% reduction of death from a supplement that costs pennies a day. These are staggering numbers that have profound effects. As I mentioned earlier, vitamin D supports health in many, many ways. In terms of viral protection, vitamin D strengthens the barriers that keep viruses out of your body, reduces viral replication, reduces viral load and transmission/shedding, reduces excessive inflammation,

sometimes called a cytokine storm, promotes immunotolerance, reduces acute lung injury and acute respiratory distress syndrome, enhances immune response, reduces collateral damage, and protects the energy factories in your cells called mitochondria.

And here is the best part, vitamin D is a normal, natural, and necessary component of human physiology. Vitamin D is safer than all other drugs. I want to strongly encourage you to make sure you take responsibility and get tested for 25 hydroxy vitamin D status. Don't wait until the fall or winter months because it takes time to raise vitamin D levels in the cells. Vitamin D affects over 3000 genes and processes. It takes time for cells to go from deficient to sufficient. Then it takes more time for cells to reproduce and function as normal healthy cells once they become sufficient to reverse the deficiency patterns that were created. So, now is the time to get tested and then get retested in 90 days to make sure numbers are changing. Now is the time to begin supplementing with vitamin D and the nutrients which support it.

Contrary to the commercials you see on TV that are designed to sell pharmaceutical drugs, drugs can never solve a nutrient deficiency. Nutrient deficiencies can only be solved by taking the nutrient you are deficient in. And unless you are sunbathing without sunscreen on a regular basis, chances are you are low in vitamin D. Please get your vitamin D levels checked and keep on checking it to make sure you maintain optimal levels.