



The Wolfe Clinic News

Vitamin D

The Healing Hormone

Imagine a low-cost supplement that provides a little sunshine and promises to prevent different forms of cancer, strengthen your bones, fight infections, as well as stave off multiple sclerosis and other autoimmune disorders. That simple supplement is Vitamin D.

Until recently, public health authorities warned people to avoid sunlight altogether and regarded vitamin D deficiency far less important than the risk of overexposure to the sun. They believed that the only dangers of low vitamin D levels were mainly an increased risk of fractures among the elderly and a rare disease called rickets among children. They couldn't have been more wrong.

The latest research into the preventive and therapeutic benefits of vitamin D has turned the official line on its head. The sunshine vitamin, which is produced naturally in the body through exposure to the sun's ultraviolet rays, really does extend and improve people's lives. This

has been common knowledge in the Natural Medicine Community for decades but is only now being taken seriously by traditional medicine. Why did it take so long for the medical establishment to admit the obvious? Simple... Vitamin D is inexpensive, it's safe, and it's easy to take. They don't like that.

The major drug concerns can't make tons of money from a vitamin and people



who stay healthy spend less on expensive drugs and surgery. As well, with so many newly published results they can no longer deny the many health benefits of Vitamin D.

According to a recent *Globe and Mail* article:

"There are about 200 different kinds of cells with receptors for vitamin D, which plays a strong role in boosting immune function and repairing damaged cells. These factors may explain its anti-cancer properties.

The cause of the cancer epidemic sweeping the world has long eluded researchers, but the U.S. study found that the 60-per-cent risk reduction is the strongest evidence to date that many cases of the disease are linked to a vitamin deficiency. Over the past few decades, vitamin D levels in the public have likely fallen because of lifestyle changes, such as the use of sunscreen in summer and people spending more time indoors.

In the experiment, a group of women were given 1,100 IU of vitamin D a day, just a bit more than the cancer

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The Wolfe Clinic
"FEAR IS THE GREATEST DISEASE"



society is recommending, over a four-year period. The women taking the supplement had vitamin D blood levels more than double those typically found in Canadians in winter. Their cancer incidence was dramatically lower than another group of women receiving a dummy pill.

It is the first large-scale, randomized, placebo-controlled experiment, the gold standard for testing drug efficacy, to prove cancer-prevention effects from vitamin D. A paper outlining the finding is appearing in the American Journal of Clinical Nutrition.

Almost every type of cancer monitored, including breast, colon and lung, was lower in the vitamin D group. In the experiment, vitamin D was accompanied by a dose of calcium, part of a separate experiment to see if the mineral helped prevent bone fractures, but the researchers believe the vitamin was responsible for driving down the cancer rate.

There weren't any serious side effects,

so the supplement also appears to be an unusually safe therapy.

The cancer society's Ms. Chappell called on health agencies to fund further vitamin D trials to confirm both the findings in the new U.S. study, and do research on higher doses, to see if this cuts risk even further.

Among the cancers linked to low levels of the vitamin in previous research are those of the breast, rectum, ovary, prostate and pancreas, as well as multiple myeloma."

Think about it; one study found a 60% risk reduction in all of the cancers they were testing for. Other proven studies have found up to a 77% decrease in the actual rates of some cancers, not just a risk reduction. That's incredible for a single supplement! Similar decreases in other chronic illnesses is an added bonus. This means that the widespread deficiency of vitamin D among North Americans is far more harmful than once believed, greatly increasing their risk of fractures, muscle weakness, cancer and other ailments as they age. Moreover, the higher the level of vitamin D in the blood, the lower the people's cancer risks.

Unfortunately, more than 40 percent of American adults have low blood levels of vitamin D and even those who don't can benefit from supplementation. These recent research papers show conclusively that older people with adequate vitamin D levels have better muscle control, lower blood pressure, and fewer ills such as multiple sclerosis and arthritis, compared with people with lower vitamin levels. Better health translates into a lower death rate. In September 2007, an analysis of 18 randomized controlled trials involving people over the age of 50 found that people who took at least 500 international units (IU) of vitamin D daily had a seven per cent lower risk of death compared with those given a placebo.

The lead researcher Dr. Philippe Autier said it was not clear how the supplements lowered risks of mortality, but he suggested that Vitamin D may block cancer cell proliferation or improve blood vessel and immune system functions. The study, published in the Archives of Internal Medicine, reviewed research involving 57,311 participants.

He is correct but Vitamin D's health benefits seem to go far beyond even those results. Additional studies are showing that people with moderate to severe vitamin D deficiency have a risk "above and beyond" other well known cardiovascular risk factors such as high cholesterol and diabetes. Again if you think about it, this is absolutely incredible! Your risk of heart disease and early death are dramatically reduced by simply getting enough Vitamin D. These and other findings are just part of a

growing body of research regarding its benefits.

In June 2007, the Canadian Cancer Society said that based on current research adults should consider increasing their daily dosage of vitamin D. They said Canadians should now consume 1,000 IU of vitamin D daily during the fall and winter months. The society noted, however, that more research on appropriate dosage levels is needed and said it would update its recommendations as new studies are released.

In making its recommendations, the society referred to new research including a study published in the June issue of the American Journal of Clinical Nutrition. Researchers at Creighton University School of Medicine in Omaha found a 60 to 77 per cent decrease in cancer rates in postmenopausal women who took a daily dose of 1,100 IU of vitamin D combined with calcium over women who were given a placebo or calcium alone. The double-blind clinical study, conducted over four years, tested healthy women over the age of 55 living in rural Nebraska.

Researchers at the University of California, San Diego, suggested in the March 2007 issue of the American Journal of Preventive Medicine that taking 2,000 IU of vitamin D daily along with 10 to 15 minutes in the sun and a healthy diet could reduce the incidence of colorectal cancer by two-thirds. The same authors found that breast cancer rates were 50 per cent lower in people with high levels of vitamin D in their blood and suggested that the average person could maintain those levels by taking 2,000 IU of vitamin D daily and spending 10 to 15 minutes in

the sun. Similarly, a December 2006 study in more than seven million people found that white members of the U.S. military who had high blood levels of vitamin D were 62 per cent less likely to develop multiple sclerosis than those with the lowest levels of the vitamin.

While exposure to sun is a natural way to boost vitamin D levels, this doesn't necessarily give sun lovers license to tan. Being mindful of the threat of skin cancer, people should calculate how much time they spend in the sun depending on location, cloud cover, skin type, age and the amount of pollution in the area. Generally, 10 to 15 minutes outdoors without sunscreen at least twice a week is adequate. There should be a balance of vitamin D supplements and small amounts of sun exposure to maintain proper levels of the vitamin while keeping risks of skin cancer to a minimum.

What is vitamin D?

Without going into too much detail, Vitamin D acts as both a vitamin and a hormone. It is really a group of fat-soluble, sunlight produced pro-hormones. The two major forms of which are vitamin D2

(ergocalciferol) and vitamin D3 (cholecalciferol). The term vitamin D also refers to metabolites and other analogues of these substances. Vitamin D3 is produced in skin exposed to sunlight, specifically ultraviolet B radiation.

We are learning that Vitamin D plays an important role in the maintenance of just about every body function. Some of its major roles are:

- It regulates the calcium and phosphorus levels in the blood by promoting their absorption from food in the intestines and by promoting re-absorption of calcium in the kidneys.
- It promotes bone formation and mineralization and is essential in the development of an intact and strong skeleton. However, at very high levels it will promote the resorption of bone. The active hormone D, calcitriol, controls calcium in vertebrates and invertebrates. Calcium controls innumerable processes in the human body including responses in



muscles, bones and glands.

- It inhibits parathyroid hormone secretion from the parathyroid gland.
- Vitamin D affects the immune system by promoting immunosuppression, phagocytosis and anti-tumor activity.
- There is growing evidence that Vitamin D boosts production of one of the antimicrobial compounds, in white blood cells, that defends the body against the flu.

Vitamin D deficiency has been associated with:

- adrenal insufficiency
- increased cardiovascular risk
- alzheimer's
- allergies
- autoimmune disorders including multiple sclerosis, rheumatoid arthritis, thyroiditis and Crohn's disease
- pregnancy risks such as pre-eclampsia
- cancers of the colon, breast, skin and prostate
- depression, seasonal affective disorder (SAD)
- diabetes, Type 1 and 2
- gluten intolerance, lectin intolerance
- heart disease, hypertension, Syndrome X
- infertility, sexual dysfunction
- learning and behavior disorders
- misaligned teeth and cavities
- myopia
- obesity
- osteopenia, osteoporosis, osteomalacia (adult rickets)
- Parkinson's
- PMS
- psoriasis



- rickets

If you suffer from any disease associated with an alteration of the vitamin D endocrine system, such as sarcoidosis, do not take any D from any source and avoid sunlight. Persons with any type of liver or kidney disease should consider vitamin D supplementation only if working with a knowledgeable Health Professional. As well, if you have been diagnosed with hypo or hyperparathyroidism, vitamin D may play a role in your condition, but you must work with a professional to determine just how vitamin D will help or hurt.

Remember, as with all substances harm can occur from excess D as well as insufficiency. Vitamin D toxicity can cause nausea, vomiting, poor appetite, constipation, weakness, and weight loss. It can also raise blood levels of calcium, causing mental status changes such as confusion. If used properly, though, and in conjunction with an individually designed health program, Vitamin D can eliminate or alleviate a host of seemingly incurable conditions.

Call if you need our support. The Wolfe Clinic carries Cholecalciferol or Vitamin D3 in 5000 IU or 50000 IU. The road to better health is as close as your telephone.

Over 27 years of successful practice and experience in fighting chronic illness is available to you for the price of a bottle of supplements. It includes a one on one consultation, unlimited follow up support, as well as our highly acclaimed and comprehensive health video "A Healthy Family."

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