

## Could Vitamin D Deficiency Be The Root Cause Of Your Health Problems?



### Low Vitamin D levels linked to a number of serious health conditions so common today:

*The following comments were published in the Times 15 Sep 08*

#### Cardiovascular Disease

Insufficient vitamin D is known to be a risk factor in heart disease, strokes and high blood pressure. Only the Finns suffer more cardiovascular illness than the Scots, and Scots' women have had the highest mortality rates for heart disease in Europe since the 1950s.

Raised blood pressure is associated with low sun exposure and insufficient vitamin D. Men with low levels of vitamin D are six times more likely to have raised blood pressure than those with high levels. Women with low vitamin D are 2.67 times more likely to have raised blood pressure. Research has shown blood pressure can be lowered by exposing the body to UV or by taking a Vitamin D supplement. A Finnish study shows people with low Vitamin D are at increased risk of having a stroke.

#### Cancer

People living in higher latitudes are at increased risk of cancer. Experts agree that the cancer risk is likely to be reduced by increasing the average individual's exposure to the sun and/or by taking a vitamin D supplement of 1,000 units or more per day. In one study there was a 77 per cent reduction in cancer in women in their 60s who took this supplement for four years. In another study, women with the lowest vitamin D were found to have a risk of breast cancer five times higher than women with the highest vitamin D levels. One scientist, William Grant, estimates that 17 cancer types are sensitive to UV light and that cancer deaths could be reduced by 14-19 per cent in the UK if everyone took daily vitamin D supplements.

**"If I had to give you a single secret ingredient that could apply to the prevention – and treatment, in many cases – of heart disease, common cancers, stroke, infectious diseases from influenza to tuberculosis, type 1 & 2 diabetes, dementia, depression, insomnia, muscle weakness, joint pain, fibromyalgia, osteoarthritis, rheumatoid arthritis, osteoporosis, psoriasis, multiple sclerosis, and hypertension, it would be this: Vitamin D".**

*Quotation by Dr Michael F Holick, professor of medicine at the Boston University Medical Centre, he has published over 300 peer-reviewed research articles and 11 books, he is the world's leading expert in Vitamin D research. (The Vitamin D Solution – Michael F Holick PhD, MD)*

[Listen to Dr Holick and others talk about this](#)

**Vitamin-D** is by far the single most important missing nutrient in Britain and most of the northern hemisphere nations today. In fact some Vitamin D researchers and scientists are so concerned that they calling this an **"epidemic of deficiency"**.

If like me you live at a higher latitude above 37°North (which includes all of Britain, Northern Europe, all of Canada, large section of the US and Northern Asia) or at lower latitudes below 37°South, we are likely to absorb less UVB radiation from the sun. The farther north you are the greater the reduction in Vitamin D forming UVB radiation; and particularly so for about six to eight months of the year. The southern coast of Spain is about 37°North – perhaps that's why so many escape to the Mediterranean during the summer!

Northern Scotland (where I live) is 59°N, whereas London which is 670 miles to my south is 51°N. At 59°N I am at the same latitude as the Alaskan state capital of [Juneau](#) and the city of [Stavanger](#) in Norway (it's the Atlantic Gulf Stream that keeps the UK shores mild).

Here in the North of Scotland and particularly in Western Scotland, sunny summer days are few and far between; and on those occasional sunny days I am probably busy at my clinic with little time to bathe in the sun.

In addition, I, like many others spend much time indoors, and am infrequently out of my office or clinic during week days; very little of my skin is exposed to the sun. All this adds up to increasing deficiency of the vital nutrient. Further as my skin is darker, it's another health disadvantage of living in northern latitudes; the darker the skin the more sunshine I need to make Vitamin D. The lighter the skin the easier it is for the sun to manufacture vitamin D in the skin; provided of course enough of the skin is exposed to the sun when the sun is high in the sky.

#### How serious is the problem of Vitamin D Deficiency?

Vitamin D deficiency is implicated in almost every major health problem afflicting our population today.

There has been a torrent of research studies on this subject published in professional medical and research journals in recent years; much of which

## Multiple Sclerosis

Vitamin D modulates the immune system. MS is more prevalent in Scotland than anywhere else in the world: the figure in England and Wales is typically half that of some parts of Scotland. Evidence linking the disease to lack of sunlight has grown. In Tasmania, a cloudier, temperate region of Australia, it is six times more prevalent than in tropical Queensland. In Canada, three times more women now get MS than men.

## Diabetes

While obesity appears to be the prime factor in the growth in juvenile diabetes in Scotland, lack of vitamin D is also implicated. Scotland's incidence of diabetes is surpassed only by Finland, Sweden and Sardinia. Figures for children in Scotland under 15 shows the incidence of the disease at almost double that in England. Studies have shown vitamin D supplements given to children can protect against diabetes. The onset of diabetes follows a seasonal pattern — with the fewest new cases in the summer months — in Scotland, North America, Europe and the Southern Hemisphere. Dr Gillie suggests all pregnant and nursing mothers should receive 2,000 to 4,000 units of vitamin D a day. All Infants and children should take a vitamin supplement.

## Rheumatoid Arthritis

Low vitamin D levels have been observed in patients and the prevalence of rheumatoid arthritis in Scotland seems to be the highest anywhere. A low prevalence is found in sunny countries. The disease is twice as common in Pakistani women living in England than those living in Pakistan where the sun is much stronger.

## Osteomalacia

Insufficient vitamin D may also cause muscle weakness, pains and body sway. Dark skinned people are particularly vulnerable to such aches. An Edinburgh GP tested 99 of her patients aged, 15 to 85, many of whom complained of vague musculo-skeletal symptoms or were housebound. About half were Asian. Only 2 per cent had a satisfactory vitamin D level and almost half were deficient.

## Inflammatory bowel disease

Low levels of vitamin D together with weak bones are associated with Crohn's disease. Scotland is more affected by this disease than almost any country in the world. Only

is hidden from the general public, as these journals are usually read by the scientific, medical and professional community. However information about the Vitamin D research implications to our health is being picked up by the media and widely circulated to the UK public by respected newspapers & media such as The Times, The Telegraph and the BBC.

One aspect is becoming very clear to both the professional and lay reader; almost every aspect of health can receive a benefit from this amazing Vitamin. Below is a small sample of some articles published in The Times, The Telegraph and by the BBC regarding the current research on Vitamin D:

- *"Experts call for Scotland to swallow its vitamin D – Link between lack of sunshine and a host of health problems."* The article went on to say – "A national campaign to persuade every Scot to take daily supplements of vitamin D is needed if the country's appalling health record is to be reversed, leading scientist believe. The article discussed Scotland's poor health to the lack of sunshine." The comments on the left were published in [The Times on 15 September 2008](#)
- *Paranoia about sun exposure and indoor lifestyles are [causing life-threatening health problems for children due to Vitamin D deficiency](#), a new study claims.*
- Vitamin D is crucial to the [fending off of infections](#), claims new research.
- *Large dose of Vitamin D in pregnancy [cuts premature births](#):*
- Vitamin D can [protect us from cancer](#) by controlling genes
- Vitamin D 'can [boost survival from cancer](#)
- High doses of Vitamin D can reduce the risk of developing some [common cancers](#) by as much as 50%, US scientists claim.
- Scientists have produced more evidence that vitamin D has an important role in keeping the [brain](#) in good working order in later life.
- Vitamin D is an effective treatment for [prostate cancer](#) in some patients, a UK study suggests
- Low Vitamin D levels may increase a person's risk of developing [Parkinson's disease](#),
- Giving all pregnant women vitamin D supplements could cut the number of [Multiple Sclerosis](#) sufferers by up to 80 per cent, new research suggests.
- High levels of Vitamin D cut the chances of older people suffering [heart disease and diabetes](#) by almost half, the most comprehensive study of the evidence shows.

Whilst the above messages from scientists and researchers has been widely publicised, we see little decisive nationwide action or campaign by our Governments, Health agencies, the National Health Service, local and regional health authorities and local GP practices to promote Vitamin D deficiency testing and supplementation.

I believe a national Vitamin D deficiency testing program with appropriate Vitamin D supplementation advice is vital and essential today. We must take a greater degree of personal responsibility for our own health. With mounting financial pressures on the nation's health budgets, it is highly unlikely that a nationwide government funded Vitamin D testing and supplementation protocol for the general population will ever be achieved.

There's probably not a single person I know whose close friend or family member has not been affected by at least one of the serious health problems listed on the left. So let me repeat the quotation by Dr Michael

Denmark has more deaths. In Aberdeen, since the late 1950s, the incidence has increased fivefold, perhaps reflecting a move away from a traditional fish-rich diet.

### Colds and Flu

The sunshine vitamin has a dramatic effect on the immune system that enables it to fight infection. Infections occur most during winter, when vitamin D levels are lowest. Evidence suggests severe colds and flu might be much reduced if Vitamin D was taken by the public.

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### Vitamin D Test

Testing for Vitamin D deficiency has never been simpler; all that is required is a small pinprick sample of blood. The sample can be taken through our participating Health Professionals (details at the end of this page). If you are unable to attend one of the participating clinics, a blood sample collection kit can be sent to you by post. Results are usually available in about 3 weeks.

### Vitamin D Supplements

Vitamin D3 is an inexpensive supplement it costs about 3p a day for 2000 IU and is available at most health food shops.

**Don't wait until you're sick.  
Take action today**



### Campaign Co-ordinator:

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F Holick again, please read it a couple of times; absorb its implications and importance to you, your family and close friends. *"If I had to give you a single secret ingredient that could apply to the prevention – and treatment, in many cases – of heart disease, common cancers, stroke, infectious diseases from influenza to tuberculosis, type 1 & 2 diabetes, dementia, depression, insomnia, muscle weakness, joint pain, fibromyalgia, osteoarthritis, rheumatoid arthritis, osteoporosis, psoriasis, multiple sclerosis, and hypertension, it would be this: Vitamin D".*

### Optimum Vitamin D levels can be achieved in a number of ways:

1. Direct skin exposure of legs and arms to sunlight for about 12 minutes during noon day summer sun will produce about 3000 IU of vitamin D; whereas 30 minutes full body exposure in the summer will deliver 20,000 IU
2. Taking supplements of Vitamin D3; about 2000 IU for an average adult and 1000 IU or a child per day depending on the vitamin D levels in the blood, and level of sun exposure.
3. [Eating foods rich in Vitamin D](#)
4. By exposure of skin to safe sunlamps

### BANISH VITAMIN D DEFICIENCY

Some 25 years ago I established a campaign and research foundation which resulted in the removal of Children's aspirin from the 'over-the-counter-market'. The success of this campaign resulted in the saving of about 100 children's lives per year from the mid 80's and continues to this day. You can read about this in the '[About](#)' page on this site.

If you suffer from any of the previously mentioned health conditions or you just don't feel healthy any more, or perhaps the shorter daylight hours brings about SAD depression, you should consider getting your Vitamin D levels checked.

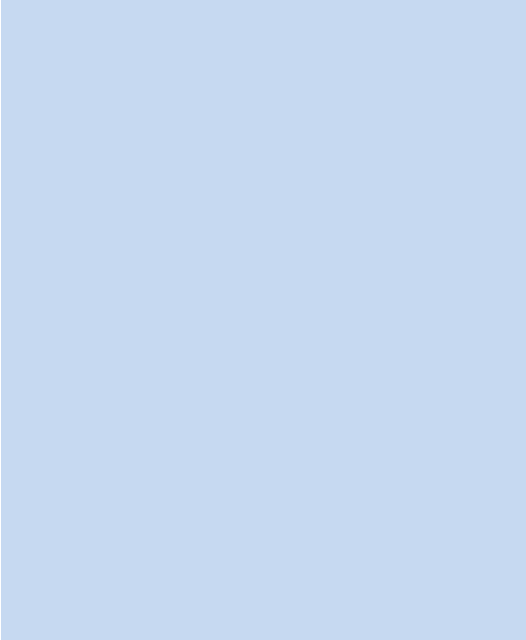
This month sees the launch of my campaign to Banish Vitamin D Deficiency throughout the United Kingdom. My personal focus is here in Scotland and other fellow professionals are driving the campaign in other parts of the country. I am encouraging everyone to get their Vitamin D levels checked.

### ANNOUNCEMENT

I am delighted to announce that Cambridge Nutritional Sciences Ltd (CNS) a leading UK Vitamin D test laboratory has offered support to my campaign for Vitamin D testing. CNS is making this test available to all my clients for less than 50% off the normal price for a limited period. The normal clinic price for this test is around £80.00 to £95.00. However during this campaign (**October & November 2010**) a maximum charge of £40.00 plus p&p will be made by our participating Health Professionals. We thank CNS for its generous support.

**To order you vitamin D deficiency test, to discuss your concerns or for supplement level advice please contact any of the following participating Health Professionals:**

[Amin Abdulla](#) Nature Systems Thurso, Highlands & Islands, Scotland  
Alternative Vitality, Wick  
Treatment Rooms, Stromness, Orkney  
Ming Chen Clinic, Inverness  
Brian Lamb, New Health Horizons, Thurso  
[Gulshan Noorani](#), London  
[Sophia Villiers](#), Hertfordshire  
[Jocelyn Peregrine](#) Buckinghamshire & West London



[Hilary Kingston](#) Blackheath & Central London  
Kate Channing-Cotter East Sussex  
[Joanna van der Wyck](#) Oxfordshire  
[Abby Harman](#) Cumbria