

# Vitamin D & Beyond

“We can use this crisis to turn tragedy into a blessing for our patients.”

OK buckle up! I have some great resources for you and even more importantly, a call to action to launch your practice to the next level. At the time of preparing this, July of 2020, the world has been rocked by COVID-19 and whether you believe it is as serious as the news media propagates or not, your patients do. Fear is one of the greatest weapons an enemy can use against an opponent. Right now many of your patients are in fear and many more are in denial.

The truth is that we are a very sick nation. I believe many of the deaths caused by the virus are because people have a weak immune system because they consume an excess of over-processed, commercialised food, live in chronic stress and/or fear, which is all compounded by both proper and improper use of medications. Honest scientists admit that nobody knows the interaction between 3 or more drugs. Almost 1.3 million people in the U.S. went to emergency rooms due to adverse drug effects in 2014, and about 124,000 died from these events.

The average patient over 70 years old is on 5 or more drugs. What



effect does that have on the immune system? We know sugar weakens WBC activity and sadly, what are people in extended care facilities eating? I'm pushing a lot of hot buttons here, but my point is, we may be not able to take responsibility for someone else's decisions but we can educate our patients that they can make choices right now that can affect their health tomorrow. We can help our patients strengthen their immune systems now and let them know we can help them when they are exposed to viruses in the future.

Guess what- we will all be exposed to viruses for the rest of our lives. We are exposed to viruses multiple times every day.

We can use this crisis to turn tragedy into a blessing for our patients. Vaccines will never address this problem effectively and safely. We have no idea nor does anyone have a clue what these new untested RNA vaccines will do over the next 10 years. This is an entirely different vaccine that has the potential to change genes.

Right now, it is our responsibility to get people as healthy as possible as this virus and other viruses re-emerge. We have been blessed with a healing machine such as science has ever known, and we can accelerate healing by doing some simple things. So I mentioned, I have some great resources for you. Dr. Mercola, a

friend and colleague, has put together a 40 page hand out with 175 references that shows beyond a shadow of a doubt that patients should be on vitamin D to support their immune system and prevent a cytokine storm. You can see a link to the right that will allow you to access it. Download it, read it, share it with your patients and get them to start sharing it with every person they know.

Next, start testing them NOW to get them in the optimal levels of vitamin D. Vitamin D levels are lower in people of color, lower in the elderly, lower in the winter, and lower in people that live in northern latitudes. The goal is to achieve a 25 hydroxy vitamin D serum level of 50-80 ng/ml. By the way, it's not enough to just take vitamin D, it has to be activated and one of the key minerals to activate vitamin D is magnesium. And yet 50% of the American population is deficient in magnesium. That's one of the reasons people don't experience the benefits of Vitamin D.

Vitamin D stops the overreaction of the immune system commonly called the "cytokine storm". It's the cytokine storm that kills people. If that's not enough, vitamin D helps your immune system create anti microbial peptides. Most of you are familiar with this material, but your patients are not. Dr. Mercola's goal in writing that paper was to create an army of empowered people that spread the word and understand the value of prevention using Vitamin D.

Another good friend and mentor of mine Dr. Alex Vasquez takes the next step with his viral protocol. You can see a link to the right for a comprehensive look at other antiviral nutrients. His antiviral protocol gives 4 different strategies to protect and fight viruses:

1. Support and protect antiviral barriers,
2. Inhibit viral replication,
3. Support immune function while protecting against cytokine storms,
4. Support systemic cell and organ systems.

He lists several nutrients then shows how each nutrient falls into the four categories I just mentioned. Vitamin D supports each category. By the way, both

Dr. Mercola and Dr. Vasquez believe true viral protection comes with healthy food.

This leads me to my next unlikely resource; a book written by a farmer and PhD in nutrition. Joel Salatin, the farmer, and Sina McClough, a naturopath and a PhD in Nutrition, teamed up to create one of the most interesting and motivating books I have come across. They encourage people to take one small step at a time. They call these small steps "Practical Bites". They describe what to eat, how to procure it, how to prepare it, how to eat it, how to save time in the kitchen, and how to save money on your grocery bill. Each "Practical Bite" gives you a short "How to" then is followed up by a "Why".

They provide 75 practical bites and resources that will blow your mind. I have included a copy of the one that rocked my boat, # 75. Don't waste money on free range or pasture raised eggs. The short version is that we really aren't getting pastured eggs. They tell you why, but more importantly how to get the pastured eggs that have more nutrients. It is a book of encouragement and grace instead of one that makes you feel stupid or guilty for eating the wrong foods. They share that finding and eating real food is an enjoyable journey. Please get a copy of this book and use it as a resource for your clients.

I don't know if you have noticed but many doctors are beginning to add additional services to their practices. One of the ways they do this is by using groups. This book provides lots of fertile material in an easy format that you can use to build a community of wellness in your office. We'll come back to this idea in future discussions but I want to encourage you to dream a little and allow yourself to see a bigger picture. We are in a cultural, "processed food", polypharmacy war that is weakening our immune system. The average person is brainwashed by drug ads that dominate our news media. America has become one of the sickest industrial nations, and it's time to do something about it. Thanks for watching and I look forward to seeing you again next Tuesday.