

## What Your Doctor Won't Tell You about Vitamin D

By: Jonathan Landsman, Natural News

Are you vitamin D deficient? Most people, living in the "modern" (indoor) world are deficient in this "sunshine" vitamin - which is actually an essential hormone for every facet of your life. In fact, a low vitamin D level in your blood is directly connected to a higher incidence of cancer, osteoporosis, depression, arthritis and just about every other degenerative disease.

If your doctor doesn't believe, or understand, the value of vitamin D - find another healthcare provider. Healthcare costs are skyrocketing and conventional medicine only "treats" disease while ignoring natural solutions. Forget what you've heard from the lamestream media, vitamin D can help reverse disease (naturally) without drugs or surgery.

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### **The top 10 most prescribed drugs cause toxicity and (more) pain**

According to the IMS Institute for Healthcare Informatics, a pharmaceutical market intelligence firm, here is a list of the 10 most-prescribed drugs in the United States:

1. Hydrocodone (combined with acetaminophen) -- 131.2 million prescriptions
2. Generic Zocor (simvastatin), a cholesterol-lowering statin drug -- 94.1 million prescriptions
3. Lisinopril (brand names include Prinivil and Zestril), a blood pressure drug -- 87.4 million prescriptions
4. Generic Synthroid (levothyroxine sodium), synthetic thyroid hormone -- 70.5 million prescriptions
5. Generic Norvasc (amlodipine besylate), an angina/blood pressure drug -- 57.2 million prescriptions
6. Generic Prilosec (omeprazole), an antacid drug -- 53.4 million prescriptions (does not include over-the-counter sales)
7. Azithromycin (brand names include Z-Pak and Zithromax), an antibiotic -- 52.6 million prescriptions
8. Amoxicillin (various brand names), an antibiotic -- 52.3 million prescriptions
9. Generic Glucophage (metformin), a diabetes drug -- 48.3 million prescriptions
10. Hydrochlorothiazide (various brand names), a water pill used to lower blood pressure -- 47.8 million prescriptions.

But, here's the problem, not one of these drugs - listed above - address the underlying nutrient deficiencies that cause inflammation (pain); depression or any other health-related dis-ease. Contrary to popular belief, most conventionally-trained physicians have a very limited education about health.

They've been taught how to write prescriptions; perform surgical procedures and make referrals - when necessary. But, remember, this has nothing to do with health - only "disease management".

## **Vitamin D can prevent serious health problems and here's the scientific evidence to prove it**

According to Harvard School of Public Health, several studies link low vitamin D levels with an increased risk of fractures in older adults. In fact, "researchers found that high intakes of vitamin D supplements - of about 800 IU per day - reduced hip and non-spine fractures by 20 percent, while lower intakes (400 IU or less) failed to offer any fracture prevention benefit."

The *Health Professional Follow-Up Study* checked the vitamin D blood levels in nearly 50,000 men who were healthy, and then followed them for 10 years. They found that men who were deficient in vitamin D were twice as likely to have a heart attack as men who had adequate levels of vitamin D. Most natural health experts agree that a healthy blood level for vitamin D is around 50 - 60ng/ml - some suggest even higher levels for therapeutic reasons.

There are literally hundreds (if not thousands) of well-done, scientific papers about how vitamin D virtually eliminates the risks for disease. But, William Grant, Ph.D., a top vitamin D researcher, sums it up best when he said, "vitamin D intake or production at the rate of 2000 - 4000 IU/day, leading to serum calcidiol levels of greater than 40ng/mL (100nmol/L) can significantly reduce the burden of both chronic and infectious diseases. Those with darker skin should take higher vitamin D supplementation."