

EAT WELL - MOVE WELL - THINK WELL®

Living the Innate Lifestyle™

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Vitamin D Deficiency Associated with Greater Risk from Covid-19

Panagiotou et al. Low serum 25-hydroxyvitamin D (25[OH]D) levels in patients hospitalized with COVID-19 are associated with greater disease severity. Clinical Endocrinology July 2020 <https://doi.org/10.1111/cen.14276>

QUOTE BOARD:

"Higher prevalence of VDD [Vitamin D Deficiency] was observed in patients requiring ITU admission compared to patients managed on medical wards."

"While at this juncture it is impossible to predict which plan will prevail or which compromises will be required, we would argue that, in the United States, it is our daily lifestyle habits and practices that are harming our health and literally killing us."

"Mortality from COVID-19 is caused by severe acute respiratory syndrome, with cytokine storm and diffuse micro- and macrovascular thrombosis. Vitamin D may reduce severity of respiratory tract infections via three putative mechanisms: maintaining tight junctions, killing enveloped viruses through induction of cathelicidin and defensins, and reducing pro-inflammatory cytokine production, thereby decreasing risk of cytokine storm."

"25(OH)D levels reach their nadir at the end of winter and low levels are associated with increased risk of acute respiratory tract infections during winter; **mitigated by vitamin D supplementation.**"

"Therefore identifying and treating VDD may represent a promising modality for mitigating COVID-19 associated fatality."

What You Need to Know:

Vitamin D is an essential nutrient that is required for the proper function of your immune system and to properly regulate inflammation and protect against harmful hyper-inflammatory responses.

Vitamin D deficiency is extremely common and is extremely dangerous, especially with respect to upper respiratory illnesses such as influenza, pneumonia, and Covid-19.

What You Need to Do:

You need to ensure you are supplementing with at least 4-5000 IUs of vitamin D daily - research clearly shows this is the amount needed for proper immune function and proper regulation of inflammation. The RDA of 4-800 IUs per day is for the prevention of rickets NOT for proper function of your immune system or for proper inflammatory regulation.

As I have pointed out in many previous newsletters, omega-3 deficiency and vitamin A deficiency are also extremely dangerous.

I have created OmegA+D Sufficiency containing the perfect amounts and synergistic combination of omega-3, Vitamin D, and Vitamin A. To order, ask your practitioner or go to www.innatechoice.com

Don't put yourself at risk, ensure you supplement with sufficient amounts of Vitamin D, omega-3 fatty acids, and Vitamin A - it's less than a cup of coffee per day and the PROVEN BENEFITS far outweigh the cost.