

## VITAMIN D-3 AND CANCER RISK

**“As a powerful regulator of cell reproduction, vitamin D-3 plays a major role in preventing cancers and controlling the growth and spread of existing cancers.** I [previously] mentioned the malignant melanoma and its relation to sunlight exposure. Higher doses of vitamin D-3 have been shown to slow cancer growth by inhibiting cancer cell reproduction. It also makes the immature (undifferentiated) cells become more mature (differentiated) which has always been the dream treatment of cancer specialists. It does this by regulating a number of complex signaling processes.

**“Studies have shown that vitamin D-3 can make melanoma cells more like normal cells and reduce their growth.** Likewise, studies in patients with melanomas have shown that high doses of vitamin D-3 strongly inhibit the spread of melanoma, which is what kills. Vitamin D-3 is also known to inhibit the development of some of the worst cancers: Breast; Colon; [and] Prostate

**“Yet, the most dramatic effect on cancers is with the deadly glioblastoma multiforma, the most common primary brain tumor and the form that has stricken Ted Kennedy.** The mortality is around 90 percent and most die within one to two years of diagnosis despite aggressive conventional treatment.

**“Studies of animals with glioma-type tumors (similar to the glioblastoma) have shown that high doses of vitamin D-3 cause the cancerous glioma cells to commit suicide.** One of the most encouraging studies used actual patients with glioblastoma multiforme brain cancer. In a Phase II trial, researchers found that high dose vitamin D-3 produced a dramatic regression of the tumor and complete clinical remission in 27% of cases that lasted as long as four to seven years, far beyond the expected survival with conventional aggressive treatments.

**“One of the key triggers for cancers is the generation of free radicals.** This trigger is secondary to chronic inflammation. Iron accumulation plays a major role in cancer development and its growth and spread. Vitamin D-3 has been shown to be a powerful antioxidant and to dramatically reduce iron-induced free-radical generation.

**“Another way vitamin D-3 fights cancer is by inhibiting immunoexcitotoxicity.** We know that activation of glutamate receptors on cancer cells causes the cancer to grow faster and spread more rapidly. Glioblastomas that secrete glutamate grow 15 times faster than those that don't. (As a side note, most processed foods contain high levels of glutamate additives.)