

## VITAMIN D-3 AND AUTOIMMUNE DISEASES

**“There are over 80 known autoimmune diseases that affect people, mostly women.** *There is growing evidence that the incidence of these disorders has increased dramatically over the past 30 years, most likely because of the great number of vaccines being given. The tetanus, HepB, MMR and DPT vaccine have been the worst offenders, but newer vaccines may be worse. Over 150 vaccines are now being proposed for people during their lifetime.*

**“I will consider a select few of the autoimmune diseases to discuss,** including multiple sclerosis (MS), irritable bowel disease (IBD), rheumatoid arthritis and insulin dependent diabetes (IDDM), but the information is pertinent to a great number of additional autoimmune disorders. *A link to low vitamin D-3 levels has been found in all four of these diseases.*

**“One of the clues was that all of these disorders are more common in the higher latitudes, which include Canada, northern United States, and northern Europe, and they get worse during winter and spring.** Why spring? Because there is a two-month lag before the effect of rising vitamin D-3 levels takes hold. . .

**“Recently, researchers found that a definite correlation exists between sunlight exposure and the worsening of MS symptoms:** Symptoms were worse during the winter and spring. Further research found that the incidence of MS itself was much lower with greater overall exposure to sunlight.

**“In one of the largest studies of its kind** involving 187,000 people who were followed from 10 to 20 years, researchers found a 40% reduction in MS in those with the highest blood levels of vitamin D-3. Most of the vitamin D-3 came from vitamin D supplements. Another study of 29,000 women found a strong correlation between vitamin D-3 blood levels and a reduced incidence of rheumatoid arthritis. We also know that vitamin D-3 deficiency is common in Crohn’s disease and insulin-dependent diabetes. . .

**“Experimental studies using mice with these same human diseases as models also show a dramatic improvement when treated with vitamin D.** For example, in the mouse model of MS, *vitamin D-3 will prevent the disorder if given before the disease develops and will halt the disease in its tracks if it has already started.*

**“Making the animals deficient in vitamin D-3 will dramatically increase the incidence and severity of autoimmune diseases.** *One of the interesting effects of vitamin D-3 is that it switches the immune system from an inflammatory state that’s associated with most autoimmune diseases, to a condition that inhibits inflammation.*