

## VITAMIN D-3 AND THE FLU

“A friend sent me a paper that discusses the work of Dr. R. Edgar Hope-Simpson, the self-educated epidemiologist who discovered the cause of shingles. He turned his incredible skills to observations concerning sunlight exposure and the flu epidemics. *What he discovered was that latitudes determine the flu epidemics, just as we saw with multiple sclerosis.*

**“The elderly are more severely affected by the flu because they have lower vitamin D-3 levels and cannot make as much vitamin D-3 in their skin as younger people.** He also observed that the Norwegians have less sun exposure than any other Europeans, yet they have fewer epidemics and a lower mortality as well. The reason is that they eat a lot of fish oil, which is high in vitamin D-3.

**“The vitamin D-3 link also explains why black children get pneumonia twice as often as Caucasian children** and why blacks are more likely to die of respiratory infections and flu complications. *Blacks make less vitamin D-3 with sun exposure than Caucasians. In fact, their skin must be exposed to 10 times the sunlight to make the same amount of vitamin D-3 as a person with white skin.*

**“Rather than spending vast amounts of taxpayer money promoting ineffective and dangerous flu vaccines, maybe health officials should be handing out vitamin D-3 supplements, especially to babies, small children, and the elderly.**