

## jamNjim

Great insight by this doctor to put these 2 mechanisms in our body together as a reason for the dramatic increase in Autism cases over the past 40 years. It makes perfect sense actually. Anyone who has followed Dr. Mercola over the years understands the relationship between the gut and brain. A healthy gut equals a happy brain. We know how sunlight affects mood. You don't need a PHD to figure out that more sunlight equals a better mood. That "good feeling" is most likely due to an increase in serotonin. Then throw vitamin D into the equation. Vitamin D is synthesized from cholesterol in the skin when it is exposed to sunlight.

What are we lacking today??? SUNLIGHT! Then there is the diet that comes into play. The propaganda machine we call the FDA, USDA, and the Medical System tells you that you should eat a lot of grain based starches. People eating diets high in grains typically have lower levels of serotonin. Grain based diets also tend to cause more gastrointestinal problems. This is due to the WGA Lectin that disrupts the mucus lining the intestines. Lectin means in Latin something that attaches itself to something else. WGA Lectin attaches to the mucus. This lectin was originally in the outer part of the grain and its sole purpose is to coat the seed/grain in the same mucus that coats your intestinal walls. The seed is then able to be passed through the intestine undigested and can then sprout.

When you grind these seeds up to make whole grain bread you release 100% of these toxic lectins to do their damage to the intestines. Combine this with sugar, fructose, soft drinks, preservatives, meds, antibiotics, Glyphosate, etc.... and you are left with a totally dysfunctional intestinal tract. Consequently, most of the serotonin in our bodies is produced in the small intestine. All of this dysfunction gets passed on to the newborn who now has an OVER ACTIVE autoimmune system and he/she then gets VACCINATED! Now you know the rest of the story.

Posted On 02/05/2016

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Hi jamNjim - Just spent the afternoon sitting in a warm window at the local Barnes & Noble re-reading bits of the Great Cholesterol Myth in book form, by Jonnie Bowden and Dr Stephen Sinatra. Somewhere in Chapter 6 they discuss researchers looking into the death of a specific frog variety, and the pesticide blamed for this was Sevin. As the story goes, the manufacturer took frogs back to the labs and these did not die when exposed to small amounts of Sevin. Whereas their frog relatives in the wild were still dying off. Yup, apparently when these frogs sense danger, as can be expected in the wild, they emit certain stress hormones. And one Sherlock-type detective determined that the combination of high stress hormones (don't remember the precise name) and Sevin that was killing frogs out in nature.

Never just one thing, and not usually simple or obvious, but a combination of factors coming together. So if humans are being exposed to toxic residue from pesticides and herbicides, or have non-alcoholic fatty livers (NAFL), or have out of balance adrenals capping our kidneys, how do we know if we are converting to the right form of vit D3?

Here's some of the complexity according to Wikipedia (best I can find in a hurry): In the liver, cholecalciferol (vitamin D3) is converted to calcidiol, which is also known as calcifediol (INN), 25-hydroxycholecalciferol (aka 25-hydroxyvitamin D3 – abbreviated 25(OH)D3). Ergocalciferol (vitamin D2) is converted in the liver to 25-hydroxyergocalciferol (aka 25-hydroxyvitamin D2 – abbreviated 25(OH)D2). These two specific vitamin D metabolites are measured in serum to determine a person's vitamin D status.[9][10] Part of the calcidiol is converted by the kidneys to calcitriol, the biologically active form of vitamin D.[11]

Posted On 02/14/2016

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## adamslockie9

I am a hairdresser and have seen what happens when clients had limited sun or no sun. Very pale and sick looking in the scalp . i learnt this by chance ( about 40 years of hairdressing The solution is no sunscreen , no clothes on and sun on the body daily .Certified cosmetics only .My neighbour who bought skin cream to prevent cancer ( \$ 60 Aud) from a skin clinic here in Australia found out from me and the local chemist that the ingredients caused cancer.. I was an alternate nut up until then - now a little more respected Big thanks always to Dr Mercola , learning new information all the time

Posted On 02/13/2016

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## BiomedMom1

I, too, have been labeled an "alternate nut" for foregoing sunscreen. I have always been very fair and grew up believing I had to slather myself in sunscreen; still, I burned quite easily. I had a terrible reaction to sunscreen about 10 years ago and started doing research; once I learned about the toxic chemicals in these products, I looked for a better way. I cleaned up my diet, started supplementing with quality vitamins that included fermented cod liver oil, increased my fat intake, etc. Our trips to Florida and California have been great testing grounds ... I forego any sunscreens whatsoever and have yet to burn! I welcome sun on my skin! I do cover up a bit in clothes/hat if I am out for extended periods of time.

Years ago, the swine flu hit my husband hard. Everyone kept insisting that it would hit the rest of our household as well. Well, my husband doesn't believe in the dietary things we do, nor does he believe in supplementation ... vitamin D is a MUST in my household. We never developed the flu and I can't remember the last time we had so much as a cold. Hubby gets sick every year. It's not surprising to me all that we are now discovering about vitamin D. Thank you, Dr. M, for bringing us this information.

Posted On 02/14/2016

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## Randyfast

I was just telling a friend yesterday, that since I stopped using sunscreen, I've had a lot fewer incidents of "skin eruptions" around my face and head; stating that sunscreen actually causes skin cancer. She; like most other people who are yet to wake up, just rolled her eyes at me. Telling most people not to trust the "system", is like telling them to chop off their heads! I've been supplementing with vitamin D for a few years now and it's a good thing; as we seem to be getting less and less sun, these days. It's raining almost everyday and when it isn't, it's usually clouded over. You'd almost think that the oligarchs are blocking out the sun, in order to make the masses vitamin D deficient which will turn them into good little Big Pharma customers! ;)

Posted On 02/14/2016

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## bowgirl

Biomedmom1- Thanks for your insight. I have been forgoing sunscreen for several years and typically cover up after 30 minutes or so. I have escaped the northern cold for the south this week and have been exposed much longer than usual and have noticed the hour + has not caused a burn( I have worn a hat all week) I too have increased good fats, olive, coconut and grape seed oil this past year. I use no moisturizer typically. The pool has been drying so I've used coconut oil on my legs. Perhaps this has helped prevent burning too. The best news is after two days of good sun exposure I sleep so much longer.

Posted On 02/14/2016

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## 19beets

Five or so years ago, I was watching a lecture on the UCTV channel about skin cancer, melanoma and use of sunscreen. The researcher Dr. Edward Gorham showed a shocking graph. The incidence and rise of melanoma paralleled almost to the letter the rise of sunscreen sales/use. Here is the video for anyone interested: [www.uctv.tv/.../Skin-Cancer-Sunscreen-the-Dilemma-15770](http://www.uctv.tv/.../Skin-Cancer-Sunscreen-the-Dilemma-15770). The graph appears approximately 19 minutes in. It's Dr. Gorham's opinion that those who use sunscreen are probably the ones who should be using it the least.

Posted On 02/14/2016

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## mig4188

Thanks Adams. I posted a comment back at ya but I put it somewhere in here. I'm with you on this. I refuse to put toxins on my body. The food we eat is bad enough! From now on I'm gonna trust the hairdresser! I never knew I was a nut! Our numbers are growing!

Posted On 02/14/2016

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## **caws**

Biomedmom,

Funny I remember playing all day on the beach as a child & rarely ever getting burned. Sunscreen was not invented; only coppertone or baby oil to enhance your tan.

I shun sunscreen because of the chemicals & just put on a light weight shirt & pants or go inside when I've had enough. Everyone I know [many, many men & women] who have been tested were deficient in Vitamin D. Some were out in sun some never saw the sun. What is also significant to me is the fact that since the liver processes it & many pharmaceuticals/chemicals,metals damage the liver this could be part of the problem along with leaky guts.

DNA damage can also be a factor; if your VDR SNPs are mutated absorption will be more difficult. [www.23andme.com] Since I began oral vitamin D3 drops [6000iu per day] I rarely get colds or flu & if it starts coming on I up the dose to double & it stops in it's tracks. Even with FM/CFS/MCS I took care of my daughter grandson & husband with fevers & did not get lab confirmed flu. Vitamin C as well. I do test Vit D yearly at [www.directlabs.com](http://www.directlabs.com) for \$49.

Posted On 02/15/2016

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Sunscreen propaganda from Nivea and on and on is Big Business and skin cancer is the "fear" factor that has colonized the collective unconscious and refuses to budge - the Big Message is "The Sun Is YOUR Enemy"

- this works like a charm in the Zombie towns and cities of the Zombie Empire - The Truth Is : - THE SUN IS LIFE - WITHOUT THE SUN YOU ARE DEAD! - the sunscreen hucksters put out a different message FOR SALES - sales built upon fear of life

- a plant without sun/ light is a sickly, skinny, leggy, weak life form - gasping for life/ seeking light - lacking the stability of the life force - the sun is your "reason to live" - if the sun goes - all life goes - embrace the sun - become strong through the sun - thrive through the sun - sunscreen is for death junkies - GET A LIFE - expose yourself to sunlight - all of your body - if you are light skinned - then do it slowly - acclimatize your skin to the sun's rays - a bit more every day - thank the sun - rejoice in the sun's chlorophyll - this is why you are here on Planet Earth - the Third Rock From The Sun [a great TV series] - It's fun to be in the sun - and good for pregnant health as well

Posted On 02/14/2016

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## Guillermou

The sun plays in the human body melanin, a substance that apart from protecting us from excessive sunlight is also in the eyes and other parts of the body including the brain. One of the leading researchers in this field is the Mexican Arturo Solis who have reported that melanin cell transforms water surrounding the cells into hydrogen ions and free electrons that provide energy to the cell corpuscles. The energy of light, the sun in particular has clear physiological effects is something that natural medicines have been saying for centuries. The call helioterapia already existed in the Greek and Roman cultures and was prescribed by physicians Galen and Hippocrates sunbathing considered as a method to prevent disease.

The benefits are immense sun for why people who live in sunny climates have fewer incidences of certain diseases. Ultraviolet radiation helps to give the atmosphere antibiotic properties and protect against bacterial diseases. People who practice knowingly helioterapia enjoy excellent health. The results of epidemiological studies suggests that sun exposure reduces the risk of some types of cancer, particularly colon, breast and prostate cancers and Hodgkin lymphoma ..

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## stanleybecker

yes, Gui, heliotherapy - until recently sanatoriums offering sun exposure was the main treatment for tuberculosis which antibiotics has never eradicated - fresh air and sun are also post operative morale boosting and recuperative therapies - this is a huge field

Posted On 02/14/2016

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## CindyMBlack

TO STANLEY BECKER AND GULLIERMOU: Hi! I've been perusing this prodigious comment thread and have seen multiple entries by you guys, and you seem to be very well informed. So maybe I could put this question to either/both of you. It's something I've wondered about for awhile now.

I used to work nights, and I remain a night person, i.e., don't get to bed till around 4:30-6:00am and am up around 7 hours later. My bedroom is TOTALLY DARK (all windows are blacked out, etc.) Anyway, I've always heard how melatonin doesn't form well if you don't get enough darkness for sleeping. BUT HOW IS THIS FIGURED??? F'rinstance, isn't the body always covered up by covers anyway? Mine sure is! And of course one's eyes are closed, so that appears black too... So is the "light" the melatonin uses, just the light on one's face? How about if the person wears a sleep mask; then the exposed flesh would be even smaller!

I guess my query could be summed up thusly: Is it the actual hours on the clock (e.g., sleeping daytime hours), or is it the actual amt. of light falling on one's skin that determines whether you're making enough melatonin? This is important for me because, as I said, I'm a real night person. I've always read how "shift work" raises the risk of cancer, heart disease, etc., and when you dig deeper, it always comes back to the melatonin/darkness issue. And, BTW, I HAVE had breast CA and also atrial fibrillation, both now totally resolved. Vexing! Any comments would be appreciated. Cheers, Cindy Black in Seattle

Posted On 02/15/2016

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## stanleybecker

Cindy - thank you for posing this important question - disappointedly, Gui and I can only speculate about the particularities of your concern - [maybe Gui more so than I] - areas I would investigate are the Circadian Rhythm and its relationship to melatonin production - I think the "rhythm" word is key here - shift work that challenges the "day/night" homeostasis might be crucial for your economic situation but shift workers are challenging the circadian wiring of the organism - you could put your mind into strategies for changing your shift back to day/night normality - if this is impossible try and make sure you get as much sunlight as possible - I always wear a sleep mask if I have to catch up on sleep - I use old airline freebies - biorhythms are also a science you might investigate - I don't know if any of this is helpful but off the top of my head - this is all I know - all the best

Posted On 02/15/2016

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### SEROTONIN, SOURCES AND THEIR BIOLOGICAL FUNCTIONS.

L-tryptophan is a precursor of serotonin, this essential amino acid that is capable of crossing the blood-brain barrier, must be obtained through diet. Foods of animal origin rich in L-tryptophan include meat, eggs, dairy products and fish (especially oily fish, and among plant foods stand legumes, nuts, fruits like strawberries, avocados, grapes, mangos and apples among others, as well as vegetables such as watercress, squash, asparagus, garlic, onions and potatoes, cucumbers, tomatoes and berejenas, among others. serotonin is also found in several mushrooms, fruits and vegetables.

Vitamin B6, magnesium, iron, oxygen, folic acid and S-adenosylmethionine are the most important coenzyme in the normal production of serotonin and melatonin Serotonin produces dopamine and norepinephrine, which are related distress, anxiety, fear, aggression, that is precursor of Melatonin, a protein that is produced in the brain by the pineal gland, with antioxidant effects, anticancer, glucose regulator , modulation of the antidepressant ,, relaxing sleep induction, modulation of cortisol and immune system enhancer estrogen. Also regulates appetite, motor activity, and perceptual and cognitive functions. Low concentrations are related to certain mental imbalances such as schizophrenia, infantile autism, obsessive compulsive disorder, childhood hyperactivity. The regulatory function on the immune system through killer cells' or killers (NK) containing receptors for serotonin; and it has been reported that the action of serotonin on activated NK cytotoxic function in these cells

Posted On 02/14/2016

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This talk about the influence of vitamin D on gene activation and the old school story of it acting as a key in a key slot is rusty stuff and whoever knows anything about rusty things he knows that rusty things do not work. I have to emphasize that the only way to understand how genes work we have to understand quantum mechanic. The simplest way to do this is to take in consideration that vitamin D is represented with specific frequency. This frequency produces a sacred geometry image. This image is deciphered in the brain a image of a vitamin D molecule but on the gene it acts as frequency itself. Specific frequency will cause resonance of specific genes.

Frequency of vitamin D causes specific genes to resonate and their resonance interferes with the resonance of their paired genes and cell acts upon it by performing specific action. This is why we can achieve same results utilizing chemical (food), sound, light and electromagnetic waves (thoughts). We have stepped into new frequency field ourselves and old knowledge does not cut mustard here. True healing is achieved now utilizing energy (frequency) but since most of us stil cling to the old, I mostly explain how utilizing the correct food (as energy) we can not only heal all chronic disease but also rejuvenate our body so that we look 35 years old again.

I know this is to tough for average sleeping human to understand so look at the example. I am 60 years old and look at my recent videos and tell my age. Still my aging process is in progress and people that did not see me for several months get surprised founding me looking younger again. And I am not even 100 % strict with the necessary correct diet. The only way I can prove my findings is by the example. Of course this is very simplified explanation but simple thing always make sense and are easy to understand. There are many ways to accelerate the process but I am having fun taking the slow train to heaven. Love and light my brothers and sisters.

Posted On 02/13/2016

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**acs4457**

Very few "conditions" are as valuable as "insight". All humans have mental limits thus, sometimes a mind "shift" is required for a new perspective. Look at what Dr Mercola is achieving. Rusty keys are sticky objects. Statement: - All questions humans can ask, can be answered, given the necessary dose of Faith, Hope and Love is present/available (?). It seems that almost all of the humans "Science Fiction", futuristic imagery can be realised/ achieved. It seemed to have started with Jules Vern already. In some science fiction movies, years ago already, the sick were healed by moving some object over them, presumably something like a ; "Frequency Modulator" ? I have for years wondered when this is going to become reality. The dream of conquering space is being realized!

The study of the humans bodies frequencies, seems to be lagging. It seems as though Kerlian(sp) Photography, already practiced in the 70's, was just the beginning. Of course the mental ability towards this will be much more valuable for us. With the Higgs Boson experiment the question was eventually asked;-"What keeps the Higgs particles together to form atoms"? The answer seems to be Energy. Rusty keys do get replaced, it is how we are created. Hold faith. P.S. I sometimes think God collects energy, that Love is equal to Energy and that is why we are prescribed to "Love". We are still learning it.

Posted On 02/14/2016

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**stanleybecker**

Earthsinternet - your post reminds me of the great Traffic song "Heaven is in your Mind" - and the line "water the plants that grow at your feet" - [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 02/14/2016

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**kefa55**

Earthsint... it was just a figure of expression. For me Heaven is life itself with all its changes.

Posted On 02/14/2016

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## hellbent

@ stanleybecker - I think Traffic promoted an effective and FREE earthing method too [www.youtube.com/watch](http://www.youtube.com/watch) My home is Liverpool, and as you'll know, the Pool and our neighbouring city of Manchester have a massive musical heritage. I therefore appreciate greatly your Youtube recommendations in your comments.

Posted On 02/14/2016

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## stanleybecker

ha ha hellbent - Dave Mason was aware enough to know that the hole in his shoe was letting in water - surrealism at its best

Posted On 02/14/2016

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## forbiddenhealing

Kefa...Before the radio can grab any sweet frequencies it needs strong batteries...high energy electrons that can give back the light that raised their orbits. You can turn the knob all you want if the batteries are dead.. and get the same disorganized static...then those old batteries melt into the wiring..throw away.

Posted On 02/14/2016

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## Krofter

kefa - Visionaries are always outcasts until everyone else catches up. When Dr Mercola began this website way back when, he was such a person. Not so much anymore. I was informed about photonics - as a replacement for electricity and for healing - by a visionary 30 years ago and that information is just now coming into focus.

Posted On 02/14/2016

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## **Krofter**

...as forbiddin has just pointed out.

Posted On 02/14/2016

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## **stargazer30**

@WetiKo--good to know someone else washes only once/twice per week! I hardly ever get into water, regardless of the season--sweating or not. I completely agree that too much cleanliness can be harmful. I do not purchase anti-bacterial soap--it's not only harmful to health, I've been told it's harmful to the environment also. My husband washes every night--=my daughter showers/bathes every day---I can probably count the number of times I shower/bathe each month, just on one hand. Damn proud of it too!! I too am in very good health, considering I have an auto-immune disorder. I agree with you whole-heartedly that less washing can keep one in good health--sometimes less is best.

Posted On 02/14/2016

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## **carolann1019**

How wonderful, kefa. I have severe joint pain that is only relieved by taking drugs when the pain reaches a level of 9 or 10. Otherwise I just deal with it. Found a chiro who does Frequency Specific and we are working on eliminating the inflammation with his machine. So far, I've found a little relief.....am hoping for better results the more I have these sessions. Thank you for your posts.....I always look forward to them.

Posted On 02/14/2016

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**kefa55**

carolan... hydration is a must if you want to releave the pain no matter where the pain is located.

Forbidden...I agree with you that without energy there is no healing

Posted On 02/14/2016

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**forbiddenhealing**

Kefa...Seen this? [fktv.is/black-goo-the-worlds-most-mysterious-substance-27551](http://fktv.is/black-goo-the-worlds-most-mysterious-substance-27551)

Posted On 02/14/2016

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**kefa55**

forbiden...thank you for the video. Haven't seen it before. I am aware of most of the things he explains but some new knowledge as well. Thanks for sharing.

Posted On 02/15/2016

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## badboy2

The RDA for Vitamin D by the FDA has always been too low; in my unprofessional opinion. 600iu is the amount that a person will get in 6 minutes on a sunny day in summer at the beach. So if you listen to the FDA, you might have a problem trying to explain to your children why they have to leave the beach after only 6 minutes. In around 2 hours of summer sun, (which is still less time than most people stay at the beach), your vitamin D intake will be over 1 million iu's of vitamin D. And guess what?, nobody dies, unless they get a heat stroke, which may also be due to low sodium, (salt), in the body. The first thing the paramedics do for heat stroke is hook you up to an IV of sodium (salt), drip.

The body has a built in self defense mechanism from getting too much D from the sun. That mechanism is cholesterol, which helps turn the skin darker to slow down the sun's effect of D absorption. As people live closer to the equator (over thousands of years), the skin remains darker. This is a defense mechanism to keep from absorbing too much Vitamin D, which at very high limits, can become toxic. For this reason, people with dark skin who live in the Northern Hemisphere need to supplement more with Vitamin D, especially during winter months. This is because the absorption rate is much less than people with lighter skin; because the body is covered more in winter, and the sun is at a lower angle during these months to get proper D levels. There are many other healthful benefits to vitamin D, so it is good to add that is also beneficial for Autism.

Posted On 02/05/2016

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## Guillermou

Keep in mind that dark skin is a defense against cancer. Melanin is the largest sunscreen.

The process of formation of melanin, occurs in the deepest layer of the epidermis and the matrix cells of the hair follicle. Melanin production is stimulated by damage induced by ultraviolet radiation DNA. The chemical properties of melanin makes very efficient sunscreen. Absorbs harmful ultraviolet radiation and transforms the energy into harmless heat through a process called "ultrafast internal conversion" This property enables melanin to dissipate more than 99.9% of the absorbed radiation into heat. This prevents the indirect DNA damage.

White men had the highest incidence of skin cancer, followed by American Indian men / Alaska Native, Hispanic, Asian / Pacific Islanders and blacks. Among women, white women had the highest incidence of skin cancer, followed by American / Alaska native Indian women, Hispanics, Asians / Pacific Islander and black.

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## stanleybecker

Gui - your post makes me think of how clean solar energy burns as against energy derived from fossil fuels which is exceedingly "DIRTY" and cancerous - if the body has the capacity to take in the sun's energy in a "clean" fashion - surely, Man should be looking to mimic natural life processes?

Posted On 02/14/2016

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## Guillermou

Stanley, totally agree. I found answer your grand entrance. The best way to protect yourself from the sun, is to use the early hours of the morning (10-11) and gradually increase the time: 10-15-20 min. If you are dark-skinned, you can sunbathe on the skin, longer times. The intense heat radiation and can be harmful. Another question, is it healthy sunbathing, walking along the edge of the beach in the wet sand at noon. It is good to bask in movement, not only because in this way a more even tan is achieved, but the risk is reduced burner. burning is avoided and uniform color of the skin is achieved. There are not yet lie in the sun. Drink plenty of water or unsweetened tea while sunbathing. Personally, the sun at noon (lying in the sand), overwhelms me, my heart and causes suffering. (I had rheumatic fever)

Posted On 02/14/2016

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## stanleybecker

Gui - Dr Mercola advocates the midday sun and calls the morning and evening sun not as effective - this is because the UVB rays which are the optimal rays are more prevalent when the sun is directly overhead - whereas the less "healthy?" UVA rays are more prevalent in the morning and late day - however, Dr Mercola advises full nudity [if possible] for 15 to 20 minutes at midday - and avoid turning pink - what do you think?

Posted On 02/14/2016

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## Guillermou

Yes Stanley, if I know Mercola advice to the sun and the explanation of the types of ultraviolet. It must take into account the temperature. Sunbathing at 30°C ((40° C on the skin), is a health hazard. The animals are protected from the sun at noon if it's hot. In winter if the sun at noon is taken. Everyone must know your body. I get tan that way. If I take the sun at noon skin itches and I freckles. Age also features. Sunbathing at noon is useful in winter, because the sun's rays have less ultraviolet.

In hot weather and at the edge of the beach, walking in wet sand is recommended at noon. It is good to bask in movement, not only because in this way a more even tan is achieved, but the risk of burners is reduced. It prevents burning and more uniform tan consequence. Drink plenty of water or tea without sugar while you sunbathe. In winter 2000UI taking vitamin D. All year, I have blood 60-70. My perfect cholesterol. My diet ancestral Seignalet (Mediterranean diet without cereals).

Posted On 02/14/2016

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## Guillermou

Do not forget that most of the physiological effects of vitamin D3 in the body are related to the activity of 1,25-dihydroxyvitamin D. Vitamin D3 that forms on the skin should be transported to the liver. In the liver, vitamin D is hydroxylated to form 25-hydroxyvitamin D. The increased exposure to sunlight and increase the recommended intake of vitamin D3, increased levels of 25-hydroxyvitamin D. In the kidney, the enzyme 25-hydroxyvitamin D3-1-hydroxylase catalyzes hydroxylation of a second 25-hydroxyvitamin D, resulting in the formation of 1,25-dihydroxyvitamin D, the form of vitamin D more powerful. This transformation is essential, and due to a necessity of the organism.

Posted On 02/14/2016

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## Guillermou

Exposure to sunlight for extended periods of time causes no vitamin D toxicity This because in the ultraviolet sun exposure of individuals for about 20 minutes, the concentration of precursors of vitamin D produced in the skin reaches a balance, allowing vitamin D degradation occurring endogenous production fácilmente. The maximum solar exposure of the whole body, it is 250 µg (10 000 IU) per day.

Vitamin D supplementation, 25-hydroxyvitamin D concentrations, and safety.  
[www.ncbi.nlm.nih.gov/.../10232622](http://www.ncbi.nlm.nih.gov/.../10232622) .

Environmental factors that influence the cutaneous production of vitamin D.  
[www.ncbi.nlm.nih.gov/.../7879731](http://www.ncbi.nlm.nih.gov/.../7879731) .

Posted On 02/14/2016

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## stanleybecker

Great information Gui - muchas gracias

Posted On 02/14/2016

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## Islander

Guillermou, the optimal hours for sun exposure are the two hours either side of solar noon, for a good reason. The sun's rays are more directly overhead and can thus deliver UVB undiluted. As the sun sinks lower on the horizon (early morning, late afternoon), UVB decreases and UVA exposure increases. True, your body needs both, but too much UVA will eliminate the effects of UVB. When your shadow is longer than you are tall, it's time to seek shade or cover up. And don't think that sitting in a sunny window will raise your vitamin D level: UVB does not penetrate glass.

Posted On 02/14/2016

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## Guillermou

Islander, thanks, I know the Mercola report. I replied to Stanley. Personally, for reasons I have explained, I feel better sunbathing on the 11 and take a bath in the sea, with the water temperature as the ambient temperature. At noon I walk along the beach. Each must be a doctor himself, and attend to their personal characteristics.

Posted On 02/14/2016

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## grulla

Hi "Gui", "Islander" brings up a critical point, "Guillermou, the optimal hours for sun exposure are the two hours either side of solar noon, for a good reason. The sun's rays are more directly overhead and can thus deliver UVB undiluted." Previous Mercola articles, (archived) explain that in detail, here is one of my favorites; [articles.mercola.com/sites/articles/archive/2013/02/07/vitamin-d-testi..](http://articles.mercola.com/sites/articles/archive/2013/02/07/vitamin-d-testi..)

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## Guillermou

grulla, thanks, I think I explained largely personal characteristics and how to adapt to the needs. To my. 66 years I am well aware that I feel good and evil. Each person must be a doctor himself. You've read my post the maximum dose that the skin can synthesize vitamin D3

Posted On 02/14/2016

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## iamblessediam

Guille -- I find Vitamin D3 and melanin (chaga mushrooms) to be a potent combo during the winter months (I live in Maryland). During the warmer months, I cut back my D3 intake but maintain the chaga dose.

Posted On 02/14/2016

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## Guillermou

Hi iamblessediam. Mushrooms provide vitamin D2: converting precursors to vitamin D3 in the body. I chaga fungus, its probably most important component is the beta-glucans, known for its ability to modulate the immune system (increase it and control it if necessary in cases of autoimmune diseases, allergies, lupus or psoriasis). Also other polysaccharides as xylogalactoglucanes, and phytosterols as lanosterol, inotodiol, ergosterol, and fecosterol. These ingredients immunomodulatory reinforce their power, working in cancer and viral or infectious processes. Betulinic acid makes it even more powerful in its action balancing cholesterol. The melanin is a natural source, highly efficient sunscreen that absorbs ultraviolet radiation and helps protect the skin and eyes.

Posted On 02/14/2016

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## Guillermou

### SEROTONIN, VITAMIN D AND OMEGA-3 IN THE BRAIN DISEASES.

Research at Children's Hospital Oakland in California, (1-2015) suggests that serotonin could be the link between vitamin D and omega-3 to improve the symptoms associated with a wide range of disorders brain. Serotonin is synthesized in the central nervous system (in serotonergic neurons) and in the gastrointestinal tract (enterochromaffin cells or Kulchitsky). The omega-3 and vitamin D are essential fatty acids to improve cognitive function and behavior in certain brain disorders. Vitamin D regulates the conversion of the essential amino acid tryptophan into serotonin, and how this can influence the development of autism, especially in children with vitamin D deficiency.

Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) increases serotonin release counteracting the effect of inflammatory signals in the brain, inhibiting the release of this neurotransmitter. Many clinical disorders such as autism spectrum disorder, hyperactivity disorder attention deficit disorder, bipolar disorder, schizophrenia and depression share low levels of serotonin in the brain. "Serotonin is an important modulator of executive function, impulse control, sensory input and pro-social behavior," the researchers explain."Our work links the production and function of serotonin vitamin D and omega-3, suggesting a way in which these important micronutrients help brain function and affect the way we behave."

Omega 3 fatty acids are precursors (eicosanoids and resolvins) anti-inflammatory substances. Serotonin affects a wide range of cognitive functions and behavior, including mood, decision making, social behavior, impulsive behavior, and even plays a role in social decision-making. (1-2015) Vitamin D and the omega-3 fatty acids control serotonin synthesis and action, part 2: relevance for ADHD, bipolar disorder, schizophrenia, and impulsive behavior. [www.ncbi.nlm.nih.gov/.../25713056](http://www.ncbi.nlm.nih.gov/.../25713056)

Posted On 02/14/2016

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## stanleybecker

GUI - if serotonin has all the functions you describe - how do you explain pharmaceutical drug pushing of Prozac and other serotonin inhibitors?

Posted On 02/14/2016

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## Guillermou

Stanley, You (better than me) is the most qualified to answer that question person, his critical spirit is better documented. Up drawing in his thought: Oh defend their guided by the pharmaceutical profession and those serving the capital. The world is ruled by capital. When a person exercises his craft, you have to defend it. But also they have a myopic view on the real medicine. There are also protocols that force doctors to prescribe drugs in severe cases. Dr. Aizpiri case (conventional medicine) in cases of depression, anxiety, no prescription drugs, but if there is risk of suicide, the protocols will require prescribing them. This doctor attends to food, exercise and supplements. The other doctors criticize him openly. This is our society.

Posted On 02/14/2016

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## Guillermou

rrealrose, good links. The origin of depression can be multifactorial. Among the main causes of depression we can be found both genetic, physiological, personal and environmental factors:

**Genetic factors:** the presence of a history of depression in the near family (parents and siblings) 25-30% increases the likelihood of depression. In several studies it has been determined that in monozygotic twins there is a 50% chance that one of the brothers suffer depression in the event of any precedent in the other.

**Physiological factors:** The occurrence and chronicity of depression has been particularly associated with decreased levels of serotonin at the level of neural connections. But this is not always the cause allergies, migraine, diabetes. hyperthyroidism, etc.

**Personal factors:** We have seen that there is a significantly higher rate of depression in women than in men. Age is also a factor, and the range between 35 and 45 years has the highest incidence of depression. Environmental factors are considered enhancers underlying the onset of this disorder all those who are negative for the subject (stress, anxiety, inability to channel the problems ...) in any of their personal domains (work, family ...), etc.

Food is essential. As you know, the gut has a lot to do. We discussed, allergies and autoimmune diseases. Each person is different, and treatment of alternative medicine, should influence the causes.

Posted On 02/14/2016

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## rubylaverne

Guillermou, I take low dose naltrexone, every night before bedtime. As one sleeps the LDN releases serotonin, making the body happy; thus shuts down the bodies urge to harm itself, as in lupus, MLS, and other autoimmune diseases. LDN is extremely inexpensive, has no serious side effects. All my Shepherds are also on LDN. I know nothing of depression. Have never been there. laverne

Posted On 02/14/2016

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## hellbent

Remember it's a bit more than just going in the sun for your VitD - best to avoid washing for 48?hours too. See the bottom of this article: [www.mercola.com/.../vitamin-d-resources.htm](http://www.mercola.com/.../vitamin-d-resources.htm)

Posted On 02/14/2016

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## stanleybecker

thank you for the Mercola article hellbent - good refresher

Posted On 02/14/2016

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## Wetiko

This is a very good point. since retiring and moving to my farm, I only bath or shower about once a week, sometimes I go even longer. I am the healthiest I have ever been, and spend long days outdoors in the spring and summer. I think that being too clean is not so good for us. Frequent washing not only destroys D3 but also reduces natural skin oils and dries up your skin.

Anti bacterial soap (yuk) and being squeaky clean is also a product of our industrial slave economy, in order to sell products, get people to be afraid of "germs" and thus do all sorts of negative things against their own interest like take vaccines, among other things. I know people who shower twice a day, always get the flu shot every year, use sunscreen, and spend the majority of their time indoors; and they are not very healthy. I agree with Stanley Becker - the sun in many ways has been vilified, which is absurd. Global warming, real or contrived is used as one way to make people hate the sun, instead of recognizing it for what it is and does and dealing with reality.

Posted On 02/14/2016

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## **iamblessediam**

Wetiko -- The emerging data from The Human Microbiome Project validates your post. There are bacterial ecosystems existing on our skin that function like an early warning system alerting 'interior' bacterial ecosystems of the host (body) being attacked. Frequent body washing with anti-bacterial soaps interrupts/disrupts this signaling mechanism. Bacteria has a level of 'intelligence' little understood and much maligned.

Posted On 02/14/2016

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## **Guillermou**

Stanley, Wetiko and iamblessediam, Very good connections. the microbiota must be respected. A healthy microbiota, protects the skin from negative bacteria coexist in the skin surface bacteria, fungi and parasites that, under normal conditions, constitute a complex ecosystem in continuous interaction with the host. This ecosystem is actively involved in the double protective function of the skin, such as physical and immunological barrier. Therefore, when the balance of the ecosystem is disturbed, predisposing negative consequences and cause the onset of disease are generated.

Overall the human microbiota, helps digestion of food, produce vitamins and protect against colonization of other organisms that may be pathogenic, which is called microbial antagonism. In particular, the balance between microbial communities that make up the microbiota of the gastrointestinal tract and the vagina is vital for human health

Posted On 02/14/2016

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## Bradroon

Fascinating. It makes me wonder what happens to the infants when the mothers are vaccinated!!! Look at this Zika farce/scam in Brazil now - it perfectly coincides with Brazil's new policy of making pregnant women get a Tdap shot!. Cytokine storm, affecting fetal brain development? Sounds like a MUCH more plausible cause of microcephaly than Zika. THAT has only been found in 270 of 4,000 cases - indicating not a CAUSATIVE relationship, but an incidental relationship. Someone should look at the Brazilian Tdap women involved and see how many were and were not vaccinated - and perhaps at which stage of fetal development they got their vaccination.

The Zika has never, of course, been linked to microcephaly prior to this, just mild fevers and other slight issues - AND WAS PATENTED BY THE ROCKEFELLER FOUNDATION IN 1947. We should clap our hands over the new magic show, where a formerly innocuous virus has suddenly turned into a brain killing terror AND THEY MAGICALLY ALMOST HAVE A ZIKA VACCINE READY.....ALREADY!!!! Obviously, i just can't contain my enthusiasm over this (propaganda) or maybe it was sarcasm. So carried away by the excitement i just can't tell. (actually it WAS really sarcasm. DEFINITELY sarcasm)

Posted On 02/05/2016

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## Maurya

This information is available, and is pretty openly available. The problem, of course, is that the truth simply has been drowned out and overwhelmed by the "official story" which, as so ably pointed out by Bradroon, is blatant falsehood, for profit making purposes.

Posted On 02/14/2016

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## Islander

First, I agree that the correlation between Zika and microcephaly or other birth defects appears to be merely coincidental. Zika has been endemic throughout the warmer latitudes for generations; it is mild and self-limiting and has no history of adverse effects.

These birth defects appear to be multifactorial, because other agents are at work. One is, of course, the Tdap, mandatory for pregnant women in Brazil as of 2014 and never proven safe for mother or child. The other factor is exposure to a pesticide, specifically a larvicide, sprayed heavily in the affected areas for mosquito control. Vaccines have a history of Guillain-Barré syndrome; pesticides also have a documented history of fetal birth defects, including microcephaly. Of course, a dozen pharmaceutical houses are scrambling to produce an unnecessary vaccine against a harmless infection, while the media whip the public into a frenzy of anxiety. In other words, BAU (Business As Usual).

Posted On 02/14/2016

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## cos8266

I have not vetted this information and website from which it was obtained, but I'd like Dr. Mercola to see it and hopefully comment. Scary stuff, if real! "The recent cases of holistic doctors who were being killed in Florida all had one thing in common: They had discovered that the nagalase enzyme protein is being intentionally added to vaccines administered to humans." [yournewswire.com/murdered-doctors-had-discovered-cancer-causing-enzyme..](http://yournewswire.com/murdered-doctors-had-discovered-cancer-causing-enzyme..)

Posted On 02/14/2016

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## mig4188

Yes I read that too. The truth coming out takes profits out of big pharma's pockets. What's a few or a dozen dead doctors matter to keep the money coming in? Don't expect the good Doc. to respond. I hope he doesn't cuz he's kinda important to us. Good observation and thanks for posting it. We must not forget this.

Posted On 02/14/2016

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## Brian\_Australia

Vitamin D from sunshine is actually quite easy to get. In a swimsuit example, 5 minutes on a sunny day will provide about 46ng/ml for the day. More is more and less is less but it needs to be practiced every day to get the full benefit. Once a week won't cut it. But also, there are at least two other factors involved in converting sunshine on skin into vitamin D. One is cholesterol in the skin, which is a carrier, and which is also vital for brain health.

The scare about cholesterol has finally been lifted but the damage has already been done. The other is a healthy thyroid which releases the hormones to convert vitamin D in the body via the liver and the kidneys in the first instance. If the thyroid is corrupted and I am deeply suspicious that glutens and sugar plays a nasty role in that regard, then no amount of sunshine is going to make any difference. Even if an expectant mother looks after her own vitamin D levels for best of babies health, after the baby is born and becomes a separate identity, sunshine on skin for even a few minutes a day remains crucial.

Posted On 02/14/2016

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## stanleybecker

hi Brian - how does 46ng/ml relate to 5000ius of Vitamin D?

Posted On 02/14/2016

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## Brian\_Australia

Stan, please multiply ng/ml by 100, so 46ng/ml =4600IU and 5000IU therefore equals 50ng/ml.

Posted On 02/14/2016

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## stanleybecker

I've just come in after an hour in the boiling sun - that's which is 55,200 ius - here I am after taking in some sun yesterday - over a 110,00 ius according to your calculations - PS Gui has posted that we have a maximum intake level that stabilizes the amount of VitD we produce in a day - so I would have stopped absorbing VitD after taking in about 10000 ius [20 minutes]

Posted On 02/14/2016

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## Brian\_Australia

Err, Stan, with respect, and assuming you were only wearing budgie smugglers and not a T-shirt as depicted in yesterdays day in the sun, good pic tho', but a T-shirt would make a huge difference in the calculations. But 55,200IU cannot convert into 110,00IU after a dash. I did say less is less and more is more. Just be aware that sunshine can be just as damaging as it is healthful and there is a concern that D above 200ng/ml or 20,000IU's per day can be toxic: [vitamind3-cholecalciferol.com/vitamin-d-toxicity](http://vitamind3-cholecalciferol.com/vitamin-d-toxicity)

Posted On 02/14/2016

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## stanleybecker

I corrected the error Brian, must be too much sun - ha ha - I quote from your link as I only use sunlight - "Sunlight alone never causes vitamin D toxicity, and we know that just 20 minutes of full body exposure to sunlight can produce the equivalent of 10 000 to 20 000 IU of vitamin D3 in fair-skinned people" PS - I always wear T shirt and hat and shorts when I do the Big Walk [18 kilometers/ 10 miles] in the white reflective moon like sand

Posted On 02/14/2016

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## Brian\_Australia

Thanks for the confirmation Stan, and 20,000IU in 20 minutes is 5,000IU in 5 minutes, which is about what is necessary for best of health, and is close to from where I came in.

Posted On 02/14/2016

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## Guillermou

Exposure to sunlight for extended periods of time causes no vitamin D toxicity This because in the ultraviolet sun exposure of individuals for about 20 minutes, the concentration of precursors of vitamin D produced in the skin reaches a balance, allowing vitamin D degradation occurring endogenous production fácilmente. The maximum solar exposure of the whole body, it is 250 µg (10 000 IU) per day.

Vitamin D supplementation, 25-hydroxyvitamin D concentrations, and safety.

[www.ncbi.nlm.nih.gov/.../10232622](http://www.ncbi.nlm.nih.gov/.../10232622) Environmental factors that influence the cutaneous production of vitamin D. [www.ncbi.nlm.nih.gov/.../7879731](http://www.ncbi.nlm.nih.gov/.../7879731)

Posted On 02/14/2016

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## grulla

"Once a week won't cut it" Living at around 32.5\* latitude north, I am able to safe tan bare chested year round, for 3 years now, weather permitting. My daily VitD3 supp. intake is, and always has been, only one 2000 IU capsule, together with one Vit K2 MK7 @ 100mcg capsule with all my other supps. with breakfast. In July of 2014, my Vit D blood work showed 61ng/ml. I tan 20+ mins, (10+ chest & 10+ back) everyday possible, sometimes as much as 5,6,+ days in a row until some adverse form of weather gets in the way.

Smog, haze, and (even thin) clouds are a detriment to safe tanning, as they will filter and refract the essential UVBs. Winter weather can be an obstacle due to clouds and cold temperatures, and likewise, a lot of tanning days can be lost during the July-August monsoon season due to clouds and haze as well. I avoid washing my skin within 48 hours of the last tan, however if tanning multiple days in a row in the summer, I'll lightly sponge bathe with cold water IMMEDIATELY BEFORE the next tanning event, or otherwise I'd never get a good nights sleep in the summer heat feeling sticky and sweaty. Sometimes when looking up at the sky, haze and smog can be difficult to see, but looking down from a weather satellite (not the weather radar), can make it easier at times;  
[sirocco.accuweather.com/sat\\_mosaic\\_640x480\\_public/ei/isaenm\\_.gif](http://sirocco.accuweather.com/sat_mosaic_640x480_public/ei/isaenm_.gif)

Posted On 02/14/2016

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## Islander

Stanley, you cover 10 miles in 2 hours? You sound like an Olympic sprinter! Three miles an hour is about my top speed...

Posted On 02/14/2016

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## rrealrose

Wish more people understood autoimmunity!! To me this discussion comes off as one-sided, with tight blinders on. Read somewhere recently that women with a thyroid condition can pass it on to their babies. Years ago, these women died young, many died in childbirth or their kids would not make it past their teen years. Not so much anymore. So who the heck is testing pregnant women for Hashi's? Who tests all women for Hashi's? That TSH only test is antiquated, more often than not, women are not tested for or being told they even have an autoimmune thyroid.

Why is this? No drugs for it, as autoimmunity comes from having certain genes and then poor lifestyle choices are a trigger: exposures to toxins, reactive foods, excess emotional stress. One size fits all health care doesn't make the grade anymore. Any autoimmune condition usually means low vit D (regardless of sun exposure) AND low key minerals like mg, zinc. As vit D and cortisol control intestinal tight junctions (against leaky gut). It is never just one thing but a combination of factors. Having any autoimmune condition either causes low D or is the result of having low D (at least for me). The thyroid function is often affected. Therefore, anything could happen during pregnancy...

Posted On 02/14/2016

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## julann

I have been able to buy K2 in Qld Australia, but the second time it was labeled for practitioner use only, but it is available. One of my five children had Asperger's despite me almost living out of doors in the Australian sun on a farm before he was born, and he has two Asperger's children himself. however his wife has been diagnosed with very low levels of vitamin D. It seems we aren't all able to absorb vitamin D from the sun. I take the vitamin every day now.

Posted On 02/13/2016

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## therealjones

Dr M. just started selling a K2 D3 combo supplement you may want to check out.

Posted On 02/14/2016

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## **mig4188**

I cut yards in the summer. Never use sunscreen. I refuse to bathe my body in toxins. My neighbor who every year gets cancer on her face removed tries to convince me to use sunscreen. Hmmmm??? I do wear a brimmed hat to cover my face (heat of the day work) but maybe I need to remove it now and then for my head to get a bit of sun? Okay I can do that. Thanks hairdresser!!!

Posted On 02/14/2016

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## **PennyRoy**

I never used suncreen until 4 years ago. I bought 30 SPF from a health food store. This was because of a friend who has Vitiligo, and has lost ALL of his pigment on his entire body.. he was harping on me for a few years, so, I tried it for a part of one month. I didn't like the feel of it, and you should re-apply it during the day if you are in water, etc. Then, you have to wash it off at the end of the day, etc. It was a nuisance, to say the least. I stopped using it as I have never been one to burn. I use CO instead, which has a small SPF, (I read somewhere, the SPF was between 4 and 8?) Plus, CO is a terrific moisturizer.

The link provided by one of the commenter's, by Kate Rheaume-Bleu, in it she suggests, taking 100-200mcg per 1000 IU's of K2. This is great info, as I take 4000 IU's Vit. D3 and was only taking 100 Mcg of K2. I will up that starting today:) My husband is not on track with me on supplements. The only one he wants to take is the Omega 3's, which is still good. The other day, he started taking Vit. D3 on his own. Well, it was kind of comical, because, he just took 1 drop, on an empty stomach. When I found out, I told him that Vit. D is fat soluble and had had to be taken with fat. Then, I told him that it was of no use to take D3 without taking Vit. K2. So, with dinner or breakfast, he gets these Vitamins. I'm waiting, patiently to see a difference and in a month or 2, or 3, I will ask:) Also, for anyone here, in August, I'm swimming in the lake every day that the weather allows. Because we shouldn't bathe for 24-48 hours afterwards, should I still be taking Vit. D3? Thanks in advance for any advice!

Posted On 02/14/2016

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## Islander

Good question, Penny. Swimming will have no effect on your absorption of vitamin D. Soap is the agent that will wash away the essential oils your skin needs to convert UVB. Use soap on your armpits and lady bits, and clear water on the rest of you, and you'll be fine!

Posted On 02/14/2016

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## PennyRoy

Islander, THANKS! Yes, I only use soap for the necessary parts! Great to know this!

Posted On 02/14/2016

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## hellbent

@ Pennyroy - hee, hee, your husband sounds like a few people in my family, particularly mum in law: sees dad in law having something - says "What's that you're having?" thinks: "if he's having it, I'm having it" - real magpie tendencies. This applies to beer, whisky, chocolate. I think if I coated our fish oil caps in chocolate then I'd have no probs getting the unruly crone to down some supplements.

Posted On 02/14/2016

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## PennyRoy

@hellbent, good one! I have never pressured hubby on this, so, he must notice something positive, which is a good thing. Now, if he would listen about salt! He says, 'Salt is salt' I only use Himalayan Pink Salt, he only uses Windsor Table Salt, yuck!

Posted On 02/14/2016

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## 19beets

Previous articles here and elsewhere also point to vaccines. See Robert F. Kennedy's insights: [www.robertfkennedyjr.com/vaccines.html](http://www.robertfkennedyjr.com/vaccines.html). On another note, I read that a doctor in NY is having success treating autistic children with B12 shots. See <http://www.drneubrande.com/>.

Posted On 02/14/2016

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## Rod Hays

I've never even thought of using sunscreen. Most of my life I worked outside doing things like roofing so I've been out in the sun a lot in my life time.. I am 67 and have lots of gray hair and I wouldn't use any dye to change the color for the simple reason it could have chemicals in the dye. I don't think putting chemicals on your head that could leach in your brain is a good idea. For years I sleep on the ground outdoors because I thought that was the best way to breathe fresh air when asleep at night.

Posted On 02/14/2016

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## stoic

some say copper (supplement) has got the gray out. but gray looks good, sometimes.

Posted On 02/14/2016

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## dogfangtoo

To prevent burning in the sun take astaxanthin. I used to get burned a lot during the summers because I mow several acres of yard. I would usually mow for 3 to 4 hours and even after tanning I would get burned. After taking astaxanthin I found that I can mow for 3 hours in Arkansas summer sun without a hat and not get burned. I take it year round...have not gotten sunburned in a few years now.

Posted On 02/14/2016

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## **ComaToasted**

I burn easy in the Florida sun, so I'll give astaxanthin a try this summer and see.

Posted On 02/14/2016

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## **Maurya**

We must just remember that astaxanthin is one supplement that will suppress the body's own production of melanin.

Posted On 02/14/2016

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## **ComaToasted**

Are first child has low-functioning Autism, he now lives in a group home. If I consider the fact that my wife does have low Vitamin-D levels then perhaps this is one of those reasons. The hospital at the time told us it was because she contracted the cytomegalovirus while she was pregnant. These same people also said he wouldn't live past his teenage years.. but he is still kicking it! :)

Posted On 02/14/2016

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## **John61**

One cannot purchase Vitamin K2 in Australia. It's not an approved supplement for sale in stores. What alternative is there?

Posted On 02/13/2016

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## Brian\_Australia

Natto, fermented soybeans, if you can find it, and then tolerate the taste. Personally, I prefer salami and brie cheese. They are both processed foods but the only ones I consume that are, because their process includes fermentation which is what provides K2.

There are other sources as well. The salami is 5th on this list: [foodinfo.us/SourcesUnabridged.aspx](http://foodinfo.us/SourcesUnabridged.aspx) Cheddar and Swiss cheese are on the charts on this one: [www.ars.usda.gov/sp2userfiles/place/80400525/articles/jafc54\\_463-467.p..](http://www.ars.usda.gov/sp2userfiles/place/80400525/articles/jafc54_463-467.p..) and also eggs, but please avoid the fast foods on the list. Brie is even better as mentioned in a previous Mercola article, but is expensive, but is much lower on calcium content than other cheeses, which is a good thing by my reckoning, so is worth it.

Posted On 02/14/2016

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## tra8834

Try Amazon as a source,good luck.

Posted On 02/14/2016

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## ComaToasted

-Brian\_Australia, I didn't know Salami had K2, Thanks man! I'm keeping that fact ready for the next time me and the wife go shopping. lol. Egg yolks also contain the maximum amount of vitamin K2, but for myself the smell of eggs make me nauseous. And OMG looking at pictures of Natto on google just turns my stomach! Natto looks like beans in snail slime! :O

Posted On 02/14/2016

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## **realfoody**

Gouda cheese is also a great source of K2. Here's a great article on food sources of K2....  
[chriskresser.com/vitamin-k2-the-missing-nutrient](http://chriskresser.com/vitamin-k2-the-missing-nutrient)

Posted On 02/14/2016

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## **stargazer30**

Here in Ontario/Canada, in the region where I reside, Vitamin K2 is also not available in stores/druggist shops. I purchase mine at a shop which specializes only in natural products/essential oils. I'm certainly glad I found this little treasure trove of natural/organic products.

Posted On 02/14/2016

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## **rosebill**

I've been diagnosed with basal cell carcinoma....on the face one of those unhealing continuing scab-comes-off "sores".....oncologist who specializes in dermatology says.....was too much sun. So will start procedures for surgical removal, hoping doesn't reoccur or leave a nice big scar on the chin, etc. [I'm a 4 time cancer victim]. My husband has melanoma, it comes on every few years for more surgery on the face on side of temple, needed plastic surgeon this last time....was told too much sun. He has also been blood tested for Vit D.....advised NOT to take Vit. D supplements & wear a hat outside....doesn't do it, works in the yard, etc. . So more Vit D and more sunshine should be considered not "for everyone" across the board like this.

Posted On 02/14/2016

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## **Maurya**

For rosebill, if you are concerned with scarring from surgery on the face, you might consider using Blood Root Salve, or black salve, to remove the basal cell carcinoma, or any other sort of cancer. This will not affect any surrounding tissue, and when healed the area will have minimal scar formation.

Posted On 02/14/2016

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## **Guillermou**

In addition to the good advice of Meurya. Coconut oil. Coconut oil contains several saturated fats, of which some of them have cancer-fighting properties. For example, palmitic acid contains 9%, which selectively kills cells damaged. To use it as a home remedy, make a paste of coconut oil and tablet melatonin. Rub this paste hard on the injury. You can also add other ingredients such as vitamin D tablets, green tea extract contains EGCG, quercetin tablets and Granada extract containing ellagic acid. All these have cancer-fighting properties.

Posted On 02/14/2016

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## **iamblessediam**

For rosebill -- Checkout the following. Frankincense essential oil topically applied; also research selenium and ellagic acid. Dr. Daniel Nixon, Professor of Hematology and Oncology at the Medical University of South Carolina, has been doing some VERY interesting research using ellagic acid on several types of cancer, including skin cancers. I share the following from LifeEnthusiast: "The Hollings Cancer Institute at the University of South Carolina is doing a double blind study on a large group of 500 cervical cancer patients that has everyone excited.

Nine years of study have shown that a natural product called ellagic acid (consuming the equivalent of 40 milligrams of Ellagic Acid from red raspberries) is causing G-arrest within 48 hours (inhibiting and stopping mitosis-cancer cell division), and apoptosis (normal cell death) within 72 hours, for breast, pancreas, esophageal, skin, colon and prostate cancer cells. Human cervical cancer cells, which are infected with the human papilloma virus (HPV) will die a normal cell death within several days." Hope this helps you and hubby and I wish you well.

Posted On 02/14/2016

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## **Shasha**

Vit E may help scars. Yes..Vit D may help the immune system. Gluten/dairy/soy/sugar/GMO may lower the immune system. Best wishes.

Posted On 02/16/2016

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## **Mary\_Lee**

Does Vitamin D3 cover both your gut and Brain needs in an elderly patient?

Posted On 02/14/2016

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## Islander

Yes, at the appropriate dosage.\* It affects every aspect of your physiology and, like so many other "nutrients," we lose the ability to absorb and process them efficiently as we age. \*One of the few instances of vitamin D overdose was a full year's worth injected in residents of an assisted living facility. Actually, no lasting harm resulted. What ever happened to common sense?,Yes, at the appropriate dosage.\* It affects every aspect of your physiology and, like so many other "nutrients," we lose the ability to absorb and process them efficiently as we age. \*One of the few instances of vitamin D overdose was a full year's worth injected in residents of an assisted living facility. Actually, no lasting harm resulted. What ever happened to common sense

Posted On 02/14/2016

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## visioneer29

Great comments, everyone. Dry skin brushing, and using soap only where you sweat heavily while showering (crotch, underarms) are great ways to protect our largest organ, the skin. Sunlight is great for us. I "eat" sunlight by opening my mouth while facing the sun, exhaling so I don't swallow air, and chewing and swallowing the sunlight. On Valentine's Day, and every day, I wish all Mercolans love, health, peace, abundance, laughter, friendship, courage, community, and joy.

Posted On 02/14/2016

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## rubylaverne

We get tested every six months. I NEVER let my Vit D drop below 90. In addition to supplementation, I already have a nice tan.

Posted On 02/14/2016

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## Shasha

I could not take tryptophan/taurine/tyrosine for awhile. I can finally take taurine. I should try the other two. I have been detoxing heavy metals for a long time. Maybe something has changed. See how important tryptophan/serotonin is to the brain I will try it again.

Posted On 02/16/2016

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## alldoc1

Unfortunately, the research on prenatal D links low levels to apparently irreversible changes in neurotransmitter pathways, leading to higher incidence of schizophrenia. Hopefully, there will be further insight into Autism, and constructive, healthy workarounds. A 'healthy' workaround would not be to give a reuptake inhibitor drug, as these have long-term dire consequences. Look up Othello disease or syndrome and read the recent case of the man on dopamine reuptake inhibitors that was caught while trying to kill his wife. I wish the D testing labs would do more-frequent testing because it appears that some people's D levels are more labile than others, and tracking that may shed further (sun)light on this growing problem.

Posted On 02/15/2016

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## sustain

Aluminum and mercury bind critical enzymes in production of vitamin d and its receptors. Fetal tissue in vaccines cultures create antibodies to fetal tissues including the brain. Aluminum and Mercury increase inflammatory response, cytokine cascades which damage neural tissue directly and in repatterning its development. This is not as simple as their not being enough vitamin d because we no longer have pastured animal fats ( though an issue). Glyphosates also block Vit D production.

Posted On 02/15/2016

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## DocChambreau

Our bodies are so amazing. Two separate actions of Vitamin D and tryptophan and serotonin in the gut and the brain. Gut - lowers serotonin so less inflammation. Brain - Increases serotonin so better mood.

The #tryptophan connection is reflected in animals as well, to some degree. As a veterinarian and editor of the Integrative Veterinary Care Journal, I get to keep learning. While I have known the benefit of feeding a fresh meat diet to dogs and cats, rarely we see some increased #aggression that made no sense to me. Then Steve Brown (Unlocking the Canine Ancestral Diet) wrote for our journal ([www.IVCjournal.com](http://www.IVCjournal.com)) that when meat that is too high in fat is fed, there is low protein, therefore low tryptophan, and in dogs already susceptible (genetically, probably) to aggression, the low tryptophan causes low serotonin in the brain and can increase aggression. Easy cure - do not merely add fatty (cheap) ground beef to the processed dog food. As with people, it is best to feed a variety of protein sources, then you will not run into this problem with tryptophan.

Posted On 02/15/2016

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## archesia

Hi DocChambreau Are you a Liberal Democrat? From your photo, you appear to lean strongly to the left. :-)

Posted On 02/15/2016

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Linking with the first report, autism spectrum disorder is a complex disorder and multiple factors intervene in the development of autism disorder, such as genetic factors, epigenetic modifications and environmental factors. Therefore, the inheritance pattern is not completely known. ASD can be caused by a microdeletion of chromosome 16p11.2. Several genes associated with autism have been identified, including the PTCHD1, 9 11 HOX, CHD2, CHD8, FOXP2, SHANK3, and OXTR genes (Table 1). Environmental factors can cause ASD, such as viral infections or taking medications during pregnancy, since the placenta is an imperfect barrier that limits what enters the fetus and therefore partially protects it.

Materials or chemicals can cross the placenta; Small nonpolar molecules that do not dissolve easily in water can cross the placenta easily, while large polar molecules can cross poorly. Those chemicals increase DNA methylation, providing evidence for possible epigenetic changes involved in ASD. Depending on the country, medications have different types of testing procedures and various companies have tested and rated medications based on their safety for use during pregnancy. There is a threshold and a sub-threshold effect, an abnormality for the fetus is generally not expected.

Additionally, it is important to consider gestational age in case of exposure to teratogens. The fetus is affected by teratogens during organ development. For this reason, some sources of teratogens can compromise the normal development of an organ. There is also growing evidence that air pollution could be one of the factors causing autism. Each chemical can be teratogenic and will depend on how much the mother consumes it. The lifestyle of a pregnant woman is important. During pregnancy, if she smokes or consumes alcohol, this can cause several problems in the fetus.

## Guillermou

Adopting a healthy diet is also important for the health of the fetus. The effects of these can occur during postnatal or prenatal life, meaning that if the mother has been exposed to teratogens during pregnancy, this will lead to abnormalities in brain development or various health problems in the fetus. Parental age at conception may also be associated with increased risk of autism. Consequently, serious problems such as prematurity or lack of oxygen can be faced. This report is very complete [www.ncbi.nlm.nih.gov/.../PMC8635813](http://www.ncbi.nlm.nih.gov/.../PMC8635813) (2021) WHAT IS EPIGENETICS, AND WHAT DOES IT HAVE TO DO WITH AUTISM? Epigenetics helps us understand the interaction of genetics and environment in predisposition to autism. This report has many links [www.autismspeaks.org/news/what-epigenetics-and-what-does-it-have-do-au..](http://www.autismspeaks.org/news/what-epigenetics-and-what-does-it-have-do-au..)

Posted On 03/03/2024

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## Villainesse

The whole point of THIS article was to explain how D both helps the healthy fetal brain development, while at the same time protecting it from the mother's immune system killing it. D is extremely hard to get enough of through food, (we evolved our huge brains while naked all day under the Tropical African UVB!) so this brand-spanking-new knowledge is critical to remediating an obviously common and dangerous deficiency issue. Just as folate is automatically supplemented and pregnant mothers are encouraged to avoid toxins, so should D be supplemented!

Levels should be regularly measured. And since D, alone, can turn on or off up to 1 of every 10 genes, that moderating epigenetic power must be enabled with optimal levels of D, which tragically, almost nobody has nowadays. Traditional Maasai pregnant mothers know this. They already maintain optimal LEVELS throughout life, but when pregnant, they must eat some powerful D foods, because they have even higher protective levels throughout pregnancy and lactation.

Posted On 03/03/2024

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Hey Professor, along with the Sun is Poison either stay out of the sun or slather up with chemicals, is the loss of Sulfur in the foods as a result of Glyphosate use, as Dr. Steph has shown. She has pointed out the Sun, Vit D and Sulfur work together. Then add in C-sections denying the child biome from the mother, EMF's, Toxins from all sides, leaky guts, and for too many, the final insult, massive overload of Vaxxx's some can't handle. To go from one in ten thousand to one in fifty and as RFKJR points out the marked jump occurs when all these seemingly separate things converged in the 80's. If the memory is working, the Department Fauci has run for decades was originally set up because the one in ten thousand children developing autism was considered alarming. Now it is one in fifty, some are very concerned possibly soon to be one in ten? Another area Fauci is not being held accountable for.

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## Guillermou

Villainesse, we also know that vitamin D level has an inversely significant relationship with fasting blood glucose, fasting insulin, 2-h postprandial sugar level, 2-h postprandial insulin and HOMA2-IR as glycemic indices and insulin resistance. Likewise, it was concluded that vitamin D deficiency has a high prevalence (100% outbreak) in the community under study; Therefore, planning to improve the vitamin D level of the population seems to be a good way to prevent insulin resistance and its serious consequences. [www.sciencedirect.com/science/article/abs/pii/S2405457721000267](http://www.sciencedirect.com/science/article/abs/pii/S2405457721000267) (2021) The decrease in vitamin D in obese people is a constant finding across all ages, ethnicities, and geographies.

This may not always reflect a clinical problem. Obese people need higher vitamin D loading doses to achieve the same serum 25-hydroxyvitamin D as normal weight. The fat solubility of vitamin D leads to the hypothesis that a sequestration process occurs in body fat depots, resulting in lower bioavailability in the obese state.

[www.ingentaconnect.com/content/wk/coedo/2017/00000024/00000006/art0000..](http://www.ingentaconnect.com/content/wk/coedo/2017/00000024/00000006/art0000..) (2017)

[www.nature.com/.../s41367-019-0010-8](http://www.nature.com/.../s41367-019-0010-8) (2019) Various evidence has revealed the importance of vitamin D in various processes that include its action in the prevention of immune dysfunctions, cancer and cardiometabolic disorders.

Studies have confirmed the role of VD in controlling the expression of approximately nine hundred genes, including insulin gene expression. VD insufficiency may be related to the pathogenesis of diseases associated with insulin resistance (IR), including diabetes and obesity. This review provides insight into the molecular mechanism that manifests itself and how VD insufficiency can be related to IR and diabetes. It also discusses the effect of VD on the maintenance of Ca<sup>2+</sup> levels in pancreatic beta cells and insulin-responsive tissues. [link.springer.com/.../s12291-022-01105-0](http://link.springer.com/.../s12291-022-01105-0) (2023)

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## Guillermou

Just, exercising in the sun can also increase the benefits. When the sun comes into contact with our skin, it generates vitamin D3, reducing the risk of cardiovascular diseases. Sunbathing has a positive effect on the thyroid glands and pituitary gland, helping to correctly regulate hormonal secretion. Likewise, it regulates glucose metabolism, so that its concentration in the blood is reduced. The sun also increases blood circulation and increases sweating for good temperature regulation. This in turn makes us more resistant to intense physical work. The body adapts to the heat by reducing blood lactate, increasing muscle force production and improving the myocardial efficiency of the heart.

Exercise and controlled sun exposure contribute to maintaining low body mass indexes, losing weight, regulating blood pressure, increasing lung capacity, providing flexibility and firmness to muscles, and balancing blood sugar levels, increasing our response immunological and reducing the incidence of infections by increasing the number of white blood cells and lymphocytes in the blood. A study published in the *Journal of Applied Physiology* suggests two theories as to why: that heat improves the body's ability to deliver oxygen to tissues that need it; and that increases blood flow, causing a positive adaptation to our blood vessels.

When your skin is exposed to the sun's rays, it produces two types of sulfur: cholesterol sulfate and vitamin D3 sulfate. Healthy cholesterol and sulfur levels also depend largely on vitamin D levels. Stephanie Seneff, a senior researcher at the Massachusetts Institute of Technology, says: "I think heart disease is a problem of cholesterol deficiency, and in particular , a cholesterol sulfate deficiency problem..." Cholesterol and sulfur are oxidized after exposure to sunlight. Cholesterol oxidation is the first step in the process by which cholesterol is transformed into vitamin D3.

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## Guillermou

Cholesterol sulfate deficiency can cause glucose intolerance, fat cells store more fat to supply fuel to muscles and excess fat accumulates causing obesity and metabolic disorders. Red blood cells produce cholesterol sulfate, and this molecule protects red blood cells from disintegration. Recent research seems to determine that vitamin D produced by the body itself thanks to a short daily exposure to sunlight can protect against certain types of cancer (ovary, colon, bladder, uterus, stomach, lymphomas or prostate).

Exposure to the sun reduces blood pressure and the rhythm of breathing, which is transferred to the neurovegetative system, producing a feeling of well-being and calming states of tension and excitability. Infrared radiation, on the other hand, has a sedative effect (drowsiness that occurs after sunbathing). Vitamin D3 is also important for regulating and balancing our hormones. Among other benefits, it improves biological rhythms and increases melatonin, which helps you gain more muscle and fall asleep at night.

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## Guillermou

Blood and circulatory system: with sunlight, the quality of the blood improves, increasing the number of red blood cells and, therefore, their capacity to transport oxygen to all the cells of the body. The number of white blood cells also increases, and consequently the body's defenses against infections are reinforced. On the other hand, blood vessels also dilate, which promotes blood circulation and makes the heart work with less effort. The sun and strength training with medium/heavy loads respectively increase free testosterone in men with the benefits that increased testosterone has for muscle hypertrophy. The sun also reduces blood pressure. The vitamin D generated by the body itself for this reason induces a reduction in the parathyroid hormone, responsible for releasing calcium from the bones and regulating blood pressure.

A 20-year Swedish study shows that avoiding the sun is as bad for your health as smoking cigarettes. Women who avoid the sun have 10 times the risk of breast cancer than those who embrace it. Women who sunbathe regularly have half the risk of death over a 20-year period compared to those who stay indoors. [holisticprimarycare.net/topics/nutrition-a-lifestyle/sulfate-the-most-..](https://holisticprimarycare.net/topics/nutrition-a-lifestyle/sulfate-the-most-..) .----  
[www.opexfit.com/.../sun-exposure](https://www.opexfit.com/.../sun-exposure) .---- [www.menshealth.com/uk/health/a37063409/what-happens-when-i-train-in-th..](https://www.menshealth.com/uk/health/a37063409/what-happens-when-i-train-in-th..) .--- [www.sanitas.es/biblioteca-de-salud/prevencion-salud/salud-en-verano/ef..](https://www.sanitas.es/biblioteca-de-salud/prevencion-salud/salud-en-verano/ef..) .---

Posted On 03/03/2024

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## Villainesse

Guillermou, you are a wealth of scientific knowledge on D! I on the other hand knew nothing until I finally diagnosed my own severe morbid obesity and all the ills of metabolic syndrome as due to a 25-year prescription for known D-depleting carbamazepine putting me into severe D deficiency of only 6ng/ml. I was finally tested the year before Covid at 250 pounds 5'2", but I had been an extremely fit competitive bike racer shortly before the brain surgery that gave me epilepsy. I did not change anything else, I did not go into the UVB, I only started taking my Rx'd preloading & 5,000IU/day pills, which because of my huge fatmass could not even get me to 30ng/ml.

When Covid came, I quickly recognized my danger and quadrupled my dose to 20,000IU/day, reaching safety >50ng/ml before I caught a ridiculously mild Delta of half a day's sore throat and anosmia. Soon my long severe depression and all pains disappeared and I began, first with expanding my fasting window, then a couple weeks later, realizing that the high carb food I was still eating was only making it harder, moved towards full ketosis.

I had done nothing other than supplement D up until that point. Now my pre-diabetes and the rest are gone and I've joyfully lost 80 pounds. I'm only half way there, but D gave me back my future. Tragically, most doctors do not understand how high a dose of D is needed for the obese. I had to do it on my own. And so few read any of the miraculous studies showing all these varied good effects, they don't even consider testing people's levels, nor considering how much we really need.

I am still just technically obese, but my cholesterol labs show that I am now in a newly recognized category, only in those staying ketogenic. I have scary high LDL, but also very high HDL and very low TG. I am still very far from thin, but we are called "Lean Mass Hyper Responders" LMHR and most of us are currently highly athletic. Perhaps previous athleticism matters too?

Posted On 03/03/2024

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## **fvomasch**

Gui- In my opinion the Vitamin D deficiency epidemic started decades ago with the Ozone Hole in the southern Hemisphere. People in Australia and southern locations were getting more skin cancer than normal. That's when they decided to eliminate Freon as a refrigerant and replace it with less harmful chemicals to the ozone layer. This is when the SPF factor in sunblocks increased from 10 or 15 to 50-100 and above. This in turn kept people from getting the beneficial rays from the sun by blocking UV rays which we need in small amounts to keep healthy.

Fast forward 30-40 years from the ozone crisis to now when we have a Vitamin D deficiency pandemic type of crisis. RDA values are still at only 600-800 iu's far too low to achieve levels of 50-70. The RDA values have not been increased to offset the increased SPF numbers. Look at all the health problems just because of low D levels and nothing is discussed in mainstream media. I just got my D level results and I'm at 41 and I take around 2,500 iu's per day with K2 and a healthy fat. I will increase to 5K for a while.

Posted On 03/04/2024

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## **Skysurfer86**

Being a supplemental vitamin D consumer (along with other vitamins) I am looking for opinions on the validity of assertions that synthetic Vitamins are NOT healthy, including vitamin D. Here is an example of information I have been looking at [chemtrails.substack.com/p/vitamin-d-is-rat-poison-the-fraudulent](https://chemtrails.substack.com/p/vitamin-d-is-rat-poison-the-fraudulent)  
What do you think about that?

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## Villainesse

This vitamin (HORMONE!) D power explains why the Maasai pregnant women, who already maintain optimal blood LEVELS, get their levels even higher than they might have been pre-pregnancy! A very interesting Hormone D-related polymorphism (perhaps the source of the challenging D-absorption polymorphism?) would be in the Aleutians who used to subsist on whale blubber, by which they were ingesting massive amounts of D. That was clearly dangerous, so they adapted with a metabolism that could shed/de-activate much of it. Then recently, faced with Covid, I fear they suffered greatly!

Posted On 03/03/2024

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