

## Vitamin D3

### Description

#### Vitamin D3

Vitamin D3, cholecalciferol is a hormone that most of us can not make enough of. When we used to be on the equator we would make 30,000 IU/750 micrograms (mcg) per day. Living in the US few people make anywhere near 750mcgs per day, especially in the autumn, winter & spring.

On vitaminDwiki.com is documented over 100 health issues that get better or are gone when vitamin D3 intake is high enough. Some notables from just 75ng/ml blood levels vs under 20ng/ml are doctors visits go down to one per year from an average of four, some cancers get reduced by over 80%, viral infections by over 90%, and it helps people live longer than any other factor in a 47 year study on longevity.

How do we know when our levels are high enough? Doctors who have reversed even autoimmune disorders like MS start with 125mcg (50k IU) per week along with 500mg of vitamin K2 (all preferably under the tongue or gums, if swallowed must be after a meal with fat+) to take calcium out of the blood (vitamin D3 increases calcium absorption from food) & build bones & teeth. As autoimmune symptoms lower & calcium levels stay normal doctors usually increase to twice a week, then three times, four, five, six & even to every day until the autoimmune symptoms are near zero, and bone density grows higher.

Once autoimmune symptoms are gone, doctors can reduce dosage to one less day per week for a month to see what the maintenance dosage is.

#### Docs with experience with high vitamin D3

High calcium is prevented by taking 500mcg of vitamin K2 or natto (powder or fresh) for every 1.25mg/50K IU of vitamin D3. This also may reverse osteoporosis & type 2 diabetes, heart disease, & cancer.

[riordanclinic.org/2019/09/revolutionary-high-dose-vitamin-d-protocol-for-autoimmunity-obesity-and-improved-sleep/](http://riordanclinic.org/2019/09/revolutionary-high-dose-vitamin-d-protocol-for-autoimmunity-obesity-and-improved-sleep/)

[youtu.be/91\\_FE7M31Hk?t=3661](https://youtu.be/91_FE7M31Hk?t=3661)

or [youtube.com/watch?v=91\\_FE7M31Hk&t=1s](https://youtube.com/watch?v=91_FE7M31Hk&t=1s) got to 1 hour mark (last 5 minutes)

Edmond – OK – Dr. Brian Lamkin DO

Naples – FL – Dr. Suzana Tanimoto, MD.

Naples – FL – Dr. Barrett Ginsberg

Lakeside – AZ – Dr. Scott Jensen

Saint Petersburg – FL – Dr. Edward Les Cole, MD

Seattle – Dr. Tressa Pinkleton

## Vitamin D3

Vitamin D3 appears far more effective than vitamin D2. Taking vitamin D3 (as with most meds & supplements) under the tongue appears at least 2x more effective than swallowing, gets converted into the final form we use many times faster, lasts twice as long in the bloodstream.

Taking once a week 1.25mg (50K IU) vitamin D3 under the tongue appears to get most people above 75 ng/ml. The other best option appears to be to take the liquid or powder form at 125mcg (5K IU) under the tongue daily. The powder form can be under 5 cents for 1.25mg (50K IU), far cheaper than most capsules except Nusapure at 8 cents a capsule for 1.25mg (50K IU).

Getting blood levels above 75ng/ml appears to reduce most viral infections by 90%, many cancers by 80%, & many other health conditions by over 70% including chronic pain & reduce doctor visits by 75%.

Getting blood levels above 75 ng/ml from below 20 ng/ml appears to increase longevity greater than any other factor in a 47 year study on longevity.

Getting blood levels above 150 ng/ml by following the below protocol appears to reduce autoimmune disorders (vitamin D resistance) & their symptoms by 95% by selectively inhibiting the Th17 autoimmune reaction while greatly enhancing some normal immune reaction to infections. Parathyroid hormone measurement can prevent calcium buildup to increase vitamin D3 supplementation safely as well as 90oz/2.5L of water intake.

Cofactors make vitamin D3 many times more effective by helping move calcium from the blood for people with high calcium levels & into the bones. Taking spirulina, the source in fish oil of EPA & DHA omega3 fatty acids, with a vegetable makes vitamin D3 work far better. Eating dark leafy greens like organic kale that have all the calcium needed to avoid supplementation, magnesium, vitamin K1 (our bodies make into K2), methylfolate (if uncooked), zinc & boron make vitamin D3 safer & far more effective including against osteoporosis by moving calcium to the bones & away from the heart & improve mood. Or magnesium threonate supplements should be taken at least an hour before a meal. Vitamin K2 supplements (fat soluble) should be taken under the tongue or with a meal with fat or gotten through a small amount of fermented natto (kept frozen) daily. A high dose sustained release vitamin B complex (with methylfolate) appears essential for vitamin D3 to be it's most effective.

<https://vitamindwiki.com/Dr.+Coimbra+discusses+Vitamin+D%2C+Magnesium%2C+Folic+Acid%2C+B12>

<https://vitamindwiki.com/Interview+of+Dr.+Coimbra%3A+MS%2C+Autoimmune%2C+Vitamin+D%2C+B29>

<https://vitamindwiki.com/Multiple+Sclerosis+Coimbra+Protocol+stories+on+Facebook>

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If levels are low taking high loading doses of vitamin D3 (like 125mg under the tongue for a few days) may reverse disease symptoms quickly.

Many health conditions including cancer & viral infections & heart problems appear to be greatly reduced with high dosage vitamin D3 taken as a preventative or when symptomatic.

Topical vitamin D3 appears to increase the effectiveness of oral/sublingual vitamin D3 for skin autoimmune disorders like eczema, psoriasis, & vitiligo.

VitaminDwiki.com

cholecalciferol meta-analysis

<https://vitamindwiki.com/Guide+for+patients+on+high+doses+of+Vitamin+D+%E2%80%93+Coimbra+201>

### **Category**

1. Uncategorized

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