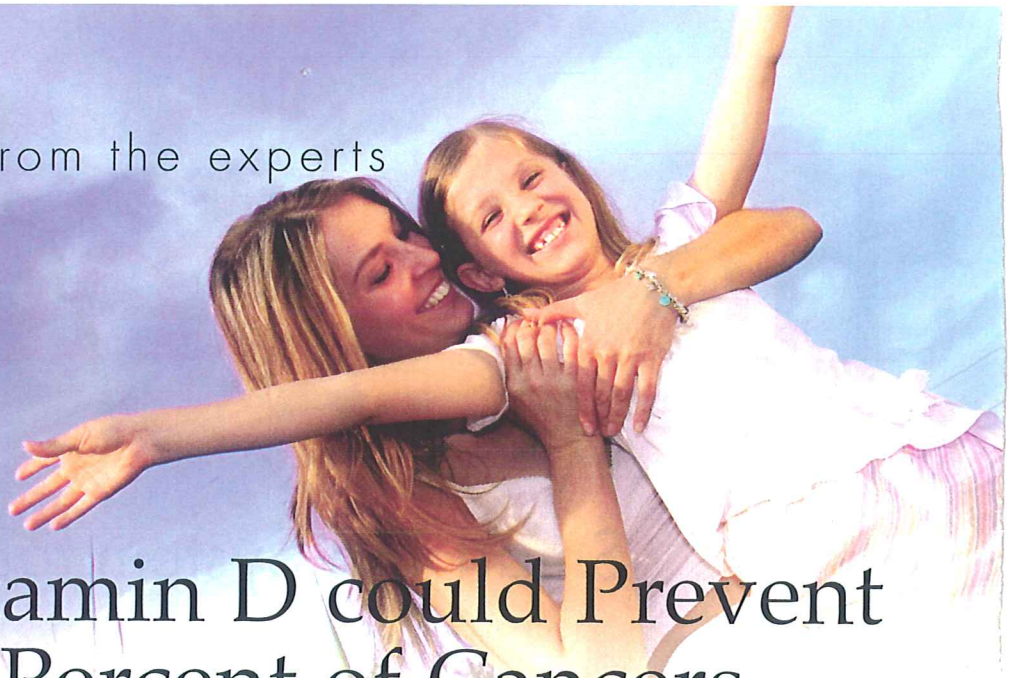

Vitamin D could Prevent 60 Percent of Cancers

▸▸ A landmark study on vitamin D – a first-ever clinical trial showing the people with healthy vitamin D levels have 60 percent fewer cancers – will be published in the American Journal of Clinical Nutrition in June.

According to the Toronto Globe & Mail, one of Canada's most-read news sources, it is "perhaps the biggest bombshell about vitamin D's effects."

> "…people with healthy vitamin D levels have **60 percent** fewer cancers…"

A four-year clinical trial involving 1,200 women found those taking the vitamin had about a 60 percent reduction in cancer incidence, compared with those who didn't take it, – twice the impact on cancer attributed to smoking.

"Those studying the vitamin say the hide-from-sunlight advice has amounted to the health equivalent of a foolish poker trade," reports the Globe. "Anyone practicing sun avoidance has traded the benefit of a reduced risk of skin cancer – which is easy to detect and treat and seldom fatal – for an increased risk of the scary, high-body-count cancers, such as breast, prostate and colon, that appear linked to vitamin D shortages."

"The sun advice has been misguided information of just breathtaking proportions," says John Cannell, head of the Vitamin D Council, a non-profit, California-based organization. "Fifteen hundred Americans die every year from [skin cancers]. Fifteen hundred Americans die every day from the serious cancers."

Robert Heaney, a professor of medicine at Creighton University in Nebraska, was one of the researchers who made the discovery. Heaney says vitamin D deficiency is showing up in so many illnesses besides cancer that nearly all disease figures in Canada and the U.S. will need to be reevaluated. "We don't really know what the status of chronic disease is in the North American population," he says, "until we normalize vitamin D status."

The article in the Globe makes points to health authorities as typically well-intentioned contributors to the vitamin D epidemic of North America. Acknowledging that geography and modern lifestyles have also decreased the amount of sunlight we receive, authorities have advocated sun avoidance and blanket sunscreen protection for decades, both of which completely block the skin's ability to produce vitamin D.

Reinhold Vieth, professor at the Department of Nutritional Sciences at the University of Toronto and one of the world's top vitamin D experts, says that the recommended levels of vitamin D are not nearly high enough. With the extensive blood testing that he has done, he's found the majority of Canadians and North Americans to be D deficient.

Vieth refers back to history, comparing what the vitamin D levels in humans would be if they were still always outdoors, skin exposed, near the equator. Then compare the vitamin D levels of humans today that spend the majority of their time indoors or driving in cars, void of sunlight. Only some outdoor workers during certain times of the year achieve these higher amounts that are now being recommended by vitamin D experts like Vieth. ◂◂