



60 percent of Americans are vitamin D deficient

The Vitamin D Cure aims to change that

You read that right. Research tells us that the majority of Americans are deficient in this essential vitamin. The research is also making it increasingly clear how dangerous vitamin D deficiency is. It's been linked to heightened risk of many types of cancers; arthritis; autoimmune diseases, like multiple sclerosis and lupus; diabetes; heart disease; obesity; and hypertension. That's why rheumatologist **James E. Dowd, M.D.**, says that "Physicians should check vitamin D levels as routinely as they check cholesterol levels and blood pressure." It's also why he wrote *The Vitamin D Cure* (Wiley, January 2008, hardcover, \$24.95). In this urgently needed book he shows you how to make the simple dietary and lifestyle changes that can boost vitamin D levels and get you in peak health. Here's just some of what you'll find in *The Vitamin D Cure*.

How we got here. Vitamin D deficiency is a result of too little sun, too little exercise, and a diet high in processed foods. No surprise then that this condition has exploded in today's digital age. It started a long time ago, though. Dowd traces the widespread plummet in vitamin D from the time human beings began to move farther away from the equator. Migration to North America from sunnier climates compounded it, as did the shift from an agrarian to an industrial economy. Today, with many of us spending our days in front of a computer and grabbing the quickest food available vitamin D levels are at an all-time low.

How vitamin D deficiency is linked to the most prevalent diseases of our time.

Vitamin D deficiency is linked to a number of illnesses that affect present-day Americans in record numbers. Obesity, breast cancer, prostate cancer, autoimmune diseases, depression, heart disease, and hypertension have all been linked to vitamin D deficiency. For research findings see the next page.

What pregnant women & parents of young children should know. Vitamin D is particularly important to pregnant women and small children. We know that it controls brain development in fetuses and that children who are born to mothers who are vitamin D deficient have decreased bone mass. Amazingly, we're even starting to see a resurgence of rickets in the US due to vitamin D deficiency. In infants, vitamin D ensures healthy immune system development. Studies show that 55 percent of children are vitamin D deficient. As a pediatric rheumatologist Dr. Dowd knows that sometimes what is dismissed as "bad growing pains" is really an indication of a this and other dietary deficiencies in children, which can spell trouble later in life. That's why he gives pregnant women and parents essential vitamin D information and guidance in *The Vitamin D Cure*.

Why African Americans and Latinos are at greater risk. The sun is a primary source of vitamin D. Because melanin acts as a natural sunscreen, African Americans and Latinos are at particular risk of not getting enough vitamin D. Studies show that African Americans of all ages have at least a 90 percent chance of having vitamin D deficiency.

5 steps to more vitamin D and peak health. The good news is that with adequate vitamin D you can substantially decrease your risk of illness, improve your mood, lessen pain, and boost your energy. With clear guidance and a supportive tone Dr. Dowd walks you through five steps for boosting vitamin D. They include finding out how much vitamin D you need; Using sun and supplements to achieve great D levels; Reducing your acid excess (both a cause and symptom of low vitamin D) by changing your diet; covering all of your bases with supplements; and starting on an simple exercise regimen to sustain good vitamin D levels. In addition, you get an easy-to-follow menu plan and recipes for elevating vitamin D.

THE WEB SITE:
thevitamindcure.com

- A Vitamin D calculator that tells you if you're at risk for vitamin D deficiency.
- Dr. Dowd's Vitamin D blog and e-newsletter.
- More info about the book, Dr. Dowd, and Vitamin D.

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VITAMIN D FACT:

The Harvard Nurses Health Study found that women under 60 who had high vitamin D levels had a 43 percent lower risk of breast cancer than those with low vitamin D levels.

**FOR MORE
VITAMIN D FACTS
SEE NEXT PAGE**

vitamin d fact sheet

- According to the Center for Disease Control and Prevention more than half of the general population is vitamin D deficient regardless of age. About 70 percent of elderly Americans and 90 percent of Americans of color are vitamin D deficient.
- Rickets, a disease caused by insufficient vitamin D and once believed to be obsolete is on the rise in the US. In 2003 The American Academy of Pediatrics acknowledged this and told pediatricians to recommend daily vitamin D supplements for their patients.
- Both the Third National Health and Nutrition Examination Survey and the Women's Health Study Data showed that low vitamin D and calcium intake led to metabolic syndrome (obesity, high blood pressure, insulin resistance, and cardiovascular disease).
- A study published in the *American Journal of Clinical Nutrition* found that women who were given calcium and vitamin D supplements showed a 60 percent reduction in cancer risk compared with women who weren't given the supplements.
- Scientists at Harvard reported that high levels of vitamin D reduced children's likelihood of developing asthma.
- A study done in Boston found that rates of heart attack, stroke, and heart failure were about 50 percent higher in those with low levels of vitamin D.
- Recent research at Washington University in St. Louis found that 58 percent of Alzheimer's patients had below-normal vitamin D levels. The same study also found that those with low vitamin D were eleven times more likely to have a mood disorder and three times more likely to have impaired understanding when compared with subjects who had normal vitamin D levels.
- Researchers at McGill University showed that vitamin D switches on an element of the immune system that kills bacteria, including the tuberculosis bug.
- The Harvard Nurses Health Study showed a 40 percent reduction in the rates of multiple sclerosis among nurses who took at least 400 IU of vitamin D daily.
- The results of the National Cancer Institute study in 2004 indicate that the risk of developing melanoma is decreased by taking in larger amounts of vitamins D and A.
- A study done in Pittsburgh found that pregnant women with low vitamin D had greater risk of preeclampsia, a dangerous form of high blood pressure.
- The Iowa Women's Health Study showed that women who took vitamin D supplements were less likely to develop rheumatoid arthritis than those who didn't.
- An analysis of the Framingham Health Study showed that people who were in the lowest 20 percent of vitamin D levels had a two- to threefold rate of osteoarthritis progression. A study conducted at Boston University showed that rising vitamin D levels in patients with osteoarthritis reduced the severity of symptoms and disability.
- Death rates are lower among colon cancer patients with higher vitamin D levels, than among those with lower levels, many studies have shown.

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- A landmark study done in the Netherlands showed an 80 percent reduction in the rate of type 1 diabetes among children who were given vitamin D supplements.
- When Mayo Clinic researchers looked at the Vitamin D level of patients who had unexplained widespread musculoskeletal pain for a long time they found that 93 percent had vitamin D deficiency.
- Multiple sclerosis and other autoimmune diseases occur more frequently in the northern US states than in the southern ones. Many scientists suspect that's due to lower exposure to vitamin D-producing sunlight.
- One study showed that infants have lower bone mineral content when their mothers are vitamin D deficient.
- Recent studies from several universities demonstrate that vitamin D is required for adequate production of antimicrobial proteins from immune cells in response to infection.
- Vitamin D replacement is more effective at relieving seasonal affective disorder (SAD) than light therapy, according to research. There is also evidence that women and men with a history of depression have lower bone mass and more signs of bone turnover—both symptoms of vitamin D deficiency.
- Studies suggest an inverse relationship between vitamin D levels and the incidence of heart attack: the lower the vitamin D levels, the higher the incidence of heart attack.
- Research has established that a clear link exists between vitamin D deficiency and the inflammation that is related to heart disease.

about james e. dowd, m.d.

James E. Dowd, M.D., F.A.C.R., is Associate Clinical Professor of Medicine at Michigan State University and the founder and director of both the Arthritis Institute of Michigan and the Michigan Arthritis Research Center. Dr. Dowd's board certifications include general internal medicine, adult rheumatology, and pediatric rheumatology. He has been interviewed on national media and widely published in the professional literature.

raves for *the vitamin d cure*

"It is rare these days to have clear and understandable explanations of medical science. Fortunately, Dr. Dowd has the knowledge and has taken the time to provide some excellent insights into the health advantages available to everyone through natural environmental resources like vitamin D. The writers of this book are to be highly commended and thanked."

—**Benjamin S. Carson, Sr., M.D.**, Director of Pediatric Neurosurgery and Professor of Neurological Surgery, Oncology, Plastic Surgery, and Pediatrics, the Johns Hopkins Medical Institutions

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“In writing *The Vitamin D Cure*, Dr. Dowd has brought forth important information to the general public that vitamin D scientists have known for the past decade, that vitamin D deficiency decreases one's quality of life or worse. The patient should use the information in this book to improve their health and help educate their healthcare provider on this important topic.”

—**Bruce Hollis, Ph.D.**, Professor of Pediatrics at the Medical University of South Carolina and author of more than 150 peer-reviewed scientific articles on vitamin D

“*The Vitamin D Cure* is a revolutionary way to think about health and disease. My daughter suffered from a severe vitamin D deficiency and connecting it made a positive difference in her life. This book is practical and easy to read, and it offers hope for millions of people who suffer from pain, low energy, obesity, or depression.”

—**Daniel Amen, M.D.**, Director, Amen Clinics, Inc., and author of *Making a Good Brain Great* and *Change Your Brain, Change Your Life*

“For decades nutritional scientists assumed that recommended intakes of vitamin D prevented bone disease but offered few other health benefits. In this skillfully written book, Dr. Dowd expertly explains how vitamin D is actually a hormone whose insufficiency represents one of the most widespread health problems in the United States. By following the individualized program of supplementation and sun exposure outlined in this book, the risk for numerous chronic diseases can be reduced.”

—**Loren Cordain, Ph.D.**, Professor of Health and Exercise at Colorado State University, author of more than fifty peer-reviewed scientific articles on the diet in primitive man and author of *The Paleo Diet*

“This is a timely and unique book that highlights the importance of vitamin D in the prevention and control of many common conditions, including diabetes, high blood pressure, and cardiovascular disease. Recent clinical studies have documented the fact that most people are vitamin D deficient and that taking vitamin D supplements can reduce the risk of dying from all diseases. Dr. Dowd's five-step plan provides insight into the wonders of the forgotten vitamin and offers a practical and user-friendly game plan to place us on the road to heart health and a longer life.”

—**Jennifer H. Mieres, M.D.**, Associate Professor of Medicine and Director of Nuclear Cardiology at the New York University School of Medicine, coauthor of the *Heart Smart Guide for Black Women and Latinas*

“Vitamin D is truly a miracle vitamin—it is fundamentally important to health and fighting many different diseases. And yet most people don't come close to obtaining optimal amounts. In this book, Dr. James Dowd explains everything you need to know about vitamin D and how it can improve your health.”

—**Jack Chellem**, author of *Stop Prediabetes Now*, *The Inflammation Syndrome*, and *The Food-Mood Solution*

suggested interview questions

1. You say that a staggering 60 percent of Americans are vitamin D deficient. Why is this?
2. In *The Vitamin D Cure* you talk about a whole host of illnesses that vitamin D deficiency is linked to. What are some of these and how does insufficient vitamin D contribute to them?
3. What does the research tell us about how having adequate vitamin D levels can improve our health and lower our risk of getting certain illnesses?
4. Are there segments of the population who are particularly at risk for vitamin D deficiency and if so, why?
5. In *The Vitamin D Cure* you say that vitamin D deficiency is nearly as bad in children as it is in adults. What are a few things every parent should know about vitamin D and what are some lifestyle changes that parents should make if they discover that their child is deficient in vitamin D?

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6. What does the research tell us about how vitamin D affects fetal development and how much vitamin D do expectant moms need?
7. You offer a lot of guidance on how we can boost levels of vitamin D in your book. They involve changes in diet and lifestyle. Give us an overall description of this.
8. Do you also recommend supplements and if so how can consumers choose the best ones?
9. For decades now we've been told to avoid the sun, but you say that one of the reasons why Americans are so deficient in vitamin D is because they don't get enough sun. Give us some guidelines for this. How much sun do we need? How much is too much?
10. You also tell your story in *The Vitamin D Cure*. Can you tell us how you came to suspect that you had a vitamin D deficiency and how did confirming this change your life and how you practice medicine?
11. What are three things that everyone should know about vitamin D?

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