



DR ELSTEIN'S WEEKLY HIGHLIGHTS

from the world of health and nutrition

Vitamin D Update

Should we all be taking extra Vitamin D?

When the global financial crisis was about to erupt, financial institutions, who were some of the prime instigators of this meltdown, commissioned prominent and internationally revered Harvard economists to provide them with a glowing commendation and to jettison any information that might tarnish their image or derail their ongoing mismanagement and iniquitous activities. Michael Holick is a professor at Boston University School of Medicine and a highly respected academic and researcher. I attended a seminar yesterday, 23rd July, at which the lead presenter, Michael Holick, regarded as a world authority on vitamin D, suggested, well actually insisted, that just about all of us should be taking extra vitamin D, to the tune of 1000-2000iu daily - this not only to improve bone health and prevent osteoporosis but, as a panacea for preventing heart disease, cancer and dementia, the unwelcome trifecta that beckons with ageing.

What professor Holick conveniently ignored and what he brushed over dismissively during question time, when I quizzed him, was the link between vitamin D and cancers of the oesophagus, breast and prostate, as well as suppression of the immune system. In other words, if we are all being encouraged to take extra vitamin D, we might be headed for a health catastrophe, which matches the devastation that we are still negotiating, post the global financial crisis. For those who are members of the journal club (and I would encourage you to subscribe if you haven't already by clicking on this link http://www.eternalhealth.org/journal_club) you will be receiving the original research linking vitamin D with breast cancer and muzzling of the immune system.

Professor Michael Holick has financial links with pharmaceutical companies that manufacture vitamin D as well as with the UV foundation and Mushroom Council and Dairy Management Incorporated.