{DIV(class="lefth4")}{maketoc Title=""}{DIV}

        {img type="attId" attId="19700" width="600"}
        {FONT(size="18")}__{ATTACH(inline="1" id="19711" icon="1")}Download the PDF from VitaminDWiki {ATTACH}__{FONT}

!!!!VitaminDWiki

        ~hs~__{ATTACH(inline="1" id="19611")}PDF{ATTACH}__

~/tc~"parse_included_page="y"}

_10 Most-visited pages in ((…)) category__
"This list is automatically updated"
{DIV(class="hide2columns")}{LISTPAGES(categId=XX, max=10, sort="hits_desc")} {LISTPAGES}{DIV}
__10 most-recently changed items in ((….)) Category__
"This list is automatically updated"
{DIV(class="hide2columns")}{LISTPAGES(categId=XX, max=10, sort="lastModif_desc")} {LISTPAGES}{DIV}

From for page alias: **~tc~ (alias(Vitamain D genes – June 2022)) ~/tc~**

{REDIRECT(url=tiki-index.php?page_id=xxxx) /}
        https://vitamindwiki.com/tiki-index.php?page_id=13239}
        {redirect url="url"}   *can even be a heading*

{FONT(size="17")}__   __{FONT}
Not bullets?

Font size for entire DIV – including bullets – but not tables? May 2022
{DIV(style="font-size:20px;")}
*AAAAAAAAAA
*BBBBBBBBBB
*CCCCCCCCC
{DIV}

!!!!! There have been **~~#00F: {SQL(db=>vitamind)}SELECT hits FROM tiki_pages WHERE page_id=YYYY{SQL}~~ visits to this page**

!!!!VitaminDWiki – (()) **category** has **~~#00F:{SQL(db=>vitamind)}SELECT COUNT(*) FROM `tiki_category_objects` WHERE `categId`=XX{SQL}**
items~~ along with related searches

!!!!VitaminDWiki - {SQL(db=>vitamind)}SELECT COUNT(*) FROM (SELECT catObjectId, COUNT(*) FROM `tiki_category_objects` WHERE categId = XXX OR categId = YYY GROUP BY catObjectId HAVING COUNT(*) > 1) AS categs INNER JOIN tiki_objects ON tiki_objects.objectId = categs.catObjectId WHERE type = "wiki page"{SQL}   studies in both categories XXX and YYY
"This list is automatically updated"
{category id="XX+YY" types="wiki" sort="created_desc" split="n" and="y" sub="n"- showdescription="n" showname="y" showtype="n" one="y" showTitle="n"}

*List items in all 3 categories 1+2+3;   List items in any of 3 categories 1:2:3; List items in the first category – but not in 2 or 3 1-2-3

Count # of items which are in both of two categories
* __~~#00F: {SQL(db=>vitamind)}SELECT COUNT(*) FROM (SELECT catObjectId, COUNT(*) FROM `tiki_category_objects` WHERE categId = XXX OR categId = YYY GROUP BY catObjectId HAVING COUNT(*) > 1) AS categs INNER JOIN tiki_objects ON tiki_objects.objectId = categs.catObjectId WHERE type = "wiki page"{SQL}~~articles are in both XXX and YYY categories__

!!!! Mortality and Virus {SQL(db=>vitamind)}SELECT COUNT(*) FROM (SELECT catObjectId, COUNT(*) FROM `tiki_category_objects` WHERE categId = 30 OR categId = 155 GROUP BY catObjectId HAVING COUNT(*) > 1) AS categs INNER JOIN tiki_objects ON tiki_objects.objectId = categs.catObjectId WHERE type = "wiki page"{SQL} studies
"This list is automatically updated"
{category id="30+155" types="wiki" sort="created_desc" split="n" and="y" sub="n"- showdescription="n" showname="y" showtype="n" one="y" showTitle="n"}

!!!! Vitamin D meta-analyses of Virus {SQL(db=>vitamind)}SELECT COUNT(*) FROM (SELECT catObjectId, COUNT(*) FROM `tiki_category_objects` WHERE categId = 82 OR categId = 155 GROUP BY catObjectId HAVING COUNT(*) > 1) AS categs INNER JOIN tiki_objects ON tiki_objects.objectId = categs.catObjectId WHERE type = "wiki page"{SQL} studies
"This list is automatically updated"
{category id="82+155" types="wiki" sort="created_desc" split="n" and="y" sub="n"- showdescription="n" showname="y" showtype="n" one="y" showTitle="n"}

!!!!VitaminDWiki – ((COVID-19 treated by Vitamin D - studies, reports, videos))
{include page="COVID-19 treated by Vitamin D - studies, reports, videos" start="~tc~ startsum ~/tc~" stop="~tc~ endsum ~/tc~"}

*{img type="src" src="https://c19vitamind.com/dsummary.png" width="800"}
**The above image is automatically updated

!!!!VitaminDWiki – ((**26 health factors increase the risk of COVID-19 – all are proxies for low vitamin D**)) includes
{include page="26 health factors increase the risk of COVID-19 – all are proxies for low vitamin D" start="~tc~ start ~/tc~" stop="~tc~ stop ~/tc~" parse_included_page="y"}

Include whole page   {include page="Vitamin D in 5 minutes" parse_included_page="y"}

Include only the first 50 characters of a page
{include page="Crohn's disease in black children is worse in 6 ways – Dec 2015" max_chars_included=50"}
–   NOT WORK FOR SW version <20

!!!!Presented by xxxxx at Scientific Workshop
__"Vitamin D, in the prevention of health disparities during adult life, mediterranean experts meeting" __
-Held on 30-31/8/2018, in Aristotle University Research Dissemination Center
(ility!!!![https://www.youtube.com/watch?time_continue=59&v=0HF0lOvmNaM|Youtube video] 16 minutes

{img type="attId" attId="105xx" width="500"}

{img type="attId" attId="105xx" width="900"}

 4-7-8 Breathing Technique
!!!![https://www.livemedia.com/video/330776 |This is one of 19 videos from the workshop]

!!!!See also VitaminDWiki

!!!!::~~#00F:Short URL for this page=~hs~~hs~ is.gd/xxxx~~::

Jumps: **Overview summaries**   **Category numbers**   **Make new Generic Category**   *ctrl-left mouse*

#	Category
39	About D - introduction
40	About D - more info.
123	Admin Only
148	Antibiotics, probiotics
66	Autism
34	Autoimmune
144	Back pain
6	Bone - Health
28	Books, videos on Vitamin D
7	Breathing
154	Calcitriol
50	Cancer
74	Cancer - after diagnosis
44	Cancer - Bladder
42	Cancer - Breast
41	Cancer - Colon
134	Cancer - Leukemia
89	Cancer - Lung
88	Cancer - Lymphoma
113	Cancer - Other
147	Cancer - Ovarian
45	Cancer - Pancreatic
43	Cancer - Prostate
46	Cancer - Skin
13	Cardiovascular
149	Category
120	Cholesterol
110	Cognitive
153	Consensus
87	Cost savings with Vitamin D
68	Cystic Fibrosis
3	Deficiency of Vitamin D
16	Dental
48	Depression
17	Diabetes
86	Evidence for D
111	Falls and Fractures
65	Fertility and sperm
136	Follow-thru
8	Food sources for Vitamin D
52	Forms of Vitamin D
112	Fortification with Vitamin D
72	Genetics
94	Gut
62	Headache
27	Health
95	High Risk
117	HIV
4	How much Vitamin D
78	How, when to take Vitamin D
101	Hypertension
60	Images of D
35	Immunity
159	Increased use of D
109	Infant-Child
131	Inflammation
59	Interactions with Vitamin D
97	Intervention
15	Kidney
81	Kidney Stones
14	Liver
73	Loading dose for Vitamin D
31	Lupus
82	Meta-analysis of Vitamin D
96	Metabolic Syndrome
90	Middle East
38	More D topics
30	Mortality and D
18	Multiple Sclerosis
9	Noontime sun and D
19	Obesity
91	Off Topic
141	old name
135	Optimum
151	Orient
121	Osteoarthritis
49	Osteoporosis
76	Overview for doctors
57	Overviews
20	Pain - chronic
67	Parkinson
80	Patent
138	Predict Vitamin D
12	Pregnancy
21	Psoriasis
32	Rheumatoid Arthritis
22	Rickets
5	Seniors
139	Shut-in
116	Skin
2	Skin - Dark
107	Sleep
129	Spinal Cord
11	Sports and Vitamin D
114	Stroke
26	Supplement
47	Technical D
24	Tests for Vitamin D
79	Thyroid and parathyroid
152	Too much D
98	Top news
37	Toxicity of Vitamin D
64	Trauma and surgery
85	Treatment by Vitamin D
23	Tuberculosis
10	UV and Vitamin D
1	Veterinary and Vitamin D
128	Video page names
155	Virus
156	Virus-Pregnancy
70	Vision
143	Vit D Binding Protein
119	Vitamin D and Boron
53	Vitamin D and Calcium
124	Vitamin D and Iron
54	Vitamin D and Magnesium
122	Vitamin D and Omega-3
118	Vitamin D and Vitamin A
106	Vitamin D and Vitamin K
63	Vitamin D Far from equator
104	Vitamin D in Australia & New Zealand
105	Vitamin D in Canada
103	Vitamin D in Europe
142	Vitamin D Receptor
51	Vitamin D3 instead of D2
115	Women
102	World
93	Youth
126	Z
157	Zinc
140	Z-section

s

/////////////////////////////// **End of Frequently-used-features** ///////////////////////////

WORDS IN TITLE

{filter field="title" content="METASTATIC OR METASTASIZE OR METASTASIS"}
{filter field="title" content="Cancer OR Leukemia OR melanoma OR basal OR metastatic"}

!!!!~~#F00:XX+~~ VitaminDWiki pages with BMI in the title
''This list is automatically updated''
{LIST()}
{list max="150"}
{filter field="title" content="BMI"}
{filter type="wiki page"}
{sort mode="modification_date_major_desc"}
{OUTPUT(template="table")}
  {tableparams allowtableexpansion="n" shownbitems="y" title=""}
   {column sort="title" label="Title" field="title" mode="raw"}{column}
   {column label="Modified" sort="modification_date_major" field="modification_date_major"}
{OUTPUT}
{FORMAT(name="title")}{display name=title format="objectlink"}{FORMAT}
{FORMAT(name="modification_date_major")}{display name=modification_date_major format="date"}{FORMAT}
{LIST}

!!!!~~#F06:XX+~~ VitaminDWiki pages with both POOR **AND** RESPONSE in the title
    ''This list is automatically updated''
{LIST()}
  {filter type="wiki page"}
  {filter field="title" content="poor AND response"}
  {sort mode="modification_date_major_desc"}
{OUTPUT(template="table")}
  {tableparams allowtableexpansion="n" shownbitems="y" title=""}
   {column sort="title" label="Title" field="title" mode="raw"}{column}
   {column label="Modified" sort="modification_date_major" field="modification_date_major"}
{OUTPUT}
{FORMAT(name="title")}{display name=title format="objectlink"}{FORMAT}
{FORMAT(name="modification_date_major")}{display name=modification_date_major format="date"}{FORMAT}
{LIST}

!!!!~~#F06:XX+~~ VitaminDWiki pages with "Traumatic Brain Injury OR TBI" in title
''This list is automatically updated''

```
{LIST()}
{list max="100"}
{filter field="title" content="\"Traumatic Brain Injury\" OR "\"TBI\""}
{filter type="wiki page"}
{sort mode="modification_date_major_desc"}
{OUTPUT(template="table")}
  {tableparams allowtableexpansion="n" shownbitems="y" title=""}
   {column sort="title" label="Title" field="title" mode="raw"}{column}
   {column label="Modified" sort="modification_date_major" field="modification_date_major"}
{OUTPUT}
{FORMAT(name="title")}{display name=title format="objectlink"}{FORMAT}
{FORMAT(name="modification_date_major")}{display name=modification_date_major format="date"}{FORMAT}
{LIST}
```

Search 1 word within a category

D

Search 2 words within a category

!!!!~~#F06:XX+~~ VitaminDWiki Pregnancy pages with "COVID" in title

"This list is automatically updated"

```
{LIST()}
{list max="50"}
{filter categories="12"}
{filter field="title" content="\"Traumatic Brain Injury\" OR \"TBI\""}
{filter type="wiki page"}
{sort mode="modification_date_major_desc"}
{OUTPUT(template="table")}
  {tableparams allowtableexpansion="n" shownbitems="y" title=""}
   {column sort="title" label="Title" field="title" mode="raw"}{column}
   {column label="Modified" sort="modification_date_major" field="modification_date_major"}
{OUTPUT}
{FORMAT(name="title")}{display name=title format="objectlink"}{FORMAT}
{FORMAT(name="modification_date_major")}{display name=modification_date_major format="date"}{FORMAT}
{LIST}
```

NOT XXX in title strings

!!!!~~#F06:XX+~~ VitaminDWiki pages with GRANT (but not migrant) in title

"This list is automatically updated"

```
{LIST()}
{list max="70"}
{filter field="title" content="grant" | "migrant"}
{filter type="wiki page"}
{sort mode="modification_date_major_desc"}
{OUTPUT(template="table")}
  {tableparams allowtableexpansion="n" shownbitems="y" title=""}
   {column sort="title" label="Title" field="title" mode="raw"}{column}
```

```
     {column label="Modified" sort="modification_date_major" field="modification_date_major"}
{OUTPUT}
{FORMAT(name="title")}{display name=title format="objectlink"}{FORMAT}
{FORMAT(name="modification_date_major")}{display name=modification_date_major format="date"}{FORMAT}
{LIST}
```

A but not (B, C,)
        {filter field="title" content="GRANT" |("MIGRANT" OR "GRANTED" OR "GRANTS")}

```
!!!~~#F06:XX+~~  VitaminDWiki pages with HAIR (but not chair) in title
"This list is automatically updated"
{LIST()}
{list max="70"}
{filter field="title" content="hair AND NOT (chair OR red)"}
{filter type="wiki page"}
{sort mode="modification_date_major_desc"}
{OUTPUT(template="table")}
  {tableparams allowtableexpansion="n" shownbitems="y" title=""}
   {column sort="title" label="Title" field="title" mode="raw"}{column}
   {column label="Modified" sort="modification_date_major" field="modification_date_major"}
{OUTPUT}
{FORMAT(name="title")}{display name=title format="objectlink"}{FORMAT}
{FORMAT(name="modification_date_major")}{display name=modification_date_major format="date"}{FORMAT}
{LIST}
```

Following Box used at top of many OVERVIEWS – more needed

Try to use consistent color (**#FF9)-**

{BOX(title="Did you know?" class="border" bg=>#FF9,width= "550px")}

+~hs~~hs~~hs~~hs~~hs~~hs~(More on .... info below)
{include page=IncludeOverview}
{BOX}

Colored box without a title bar

{DIV(class="alert alert-info" width="700px")}
Text
{DIV}
  Details at https://getbootstrap.com/docs/3.3/components/#alerts) like this:

Attached PDFs

!!!!~~#00F: {ATTACH(inline="1" id="XXXX" icon="1")}Download the PDF from VitaminDWiki{ATTACH}~~
Have to change the ID# to match that of page attached to the file

There can be multiple PDFs attached to a page
Pages made before about 2014 merely ask the user to go to the bottom of the page to download the file
The new code above should be used to replace the generic go to bottom of page statement

Link to file in gallery, rather than bottom of a page
Using a file in a gallery, as opposed to at the bottom of the page, is only used for files which will likely be updated in the future
   (Because the file attached to the bottom of a page does not have a constant number – the number changes when deleted then replaced)

   {FILE(type="gallery" fileId="1541")}child asthma{FILE} ATTACH FILE

Extract some PDFs to web page

Some PDFs are so interesting/important that some or all of the PDF is extracted to viewable text and graphics
Generally the tables break during extraction – the "important tables" are srally captured as graphics (not translate)
The rate VERY IMPORTANT tables are reconstructed – so that they can be translated
Extraction takes 1-3 hours per PDF – using ABBYY sosftware

When renaming a page

This page was renamed on YYYYY. There have actually been __{SQL(db=>vitamind)}SELECT hits FROM tiki_pages WHERE page_id=**XXXX**{SQL}__ visitors to this page since it was originally made

Tikiwiki allows easy renaming a page, but doing do will break links from the web AND will break links defined internally for portions of pages – such as used by excepts of Overviews .
As of 2018 you can rename a web page and a link will be automatically made to the new name.
The link is an option in the rename process
Alternately, you can redirect to a new page using the following TIKI function
   {REDIRECT(url=tiki-index.php?page_id=xxxx) /}

   Edit a redirected file   www.vitamindwiki.com/tiki-editpage.php?page_id=XXXX

And can paste the page name to the following code to enable renaming a page (added Feb 2021)
   https://vitamindwiki.com/tiki-rename_page.php?page=

INCLUDE all or just of portion of a page

Include whole page   {include page="Vitamin D in 5 minutes"}
   To have a second title for a page, OR to include an entire page in a larger page
   Even works if the page to be included has a restriction – such as admin

Include portion of page
{include page="Cardiovascular" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

{include page="Benefits of Vitamin D often limited by genes" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

Link to Category list

Most pages are linked to one category
Some pages are linked to 2,3, . . . categories – as needed
When editing a page, click on the CATEGORY tab at the top to add or subtract categories

Table of Contents

{maketoc title="Table of Contents for the rest of this page"}
    This is an example of how to have a non-default title for a table of contents
Title="" = no title line

{maketoc title="On this page" showhide=y maxdepth="1"}   for only heading level 1 to be shown
Will only include !!! And !!!!!   Be careful – there must be no space before the "=" sign

{maketoc title="title" maxdepth="2"} will only show level 2? Or 1 & 2?

{DIV(class="lefth4")}{maketoc}{DIV}

    Provides a table of contents which is left adjusted for !!!! Items (level 4) but still recognizes all levels
{DIV(class="lefth4")}{maketoc levels="4,5"}{DIV} ignores levels 1-3
   the above might not work Sept 2016. March 2019

Overviews and start of categories

Click on A Chart and jump to page
RCT summary
{img type="fileId" fileId="3316" width="950" link="COVID-19 treated by Vitamin D - studies, reports, videos"}
''Click on chart for details''

::You will be automatically informed of updates to this page if you click on ::
::{img type="attId" attId="14579" width="300"}::
::below::

VIRUS

!!!!See also in VitaminDWiki
__[https://vitamindwiki.com/COVID-19+Coronavirus+can+most+likely+be+fought+by+Vitamin+D#COVID-19_News_highlights|COVID-19 news]__

__((COVID-19 more frequent and deadly for those with dark skins (high risk of low vitamin D)|COVID-19 and Dark Skins))__
__((**COVID-19** treated by Vitamin D - studies, reports, videos))__

{include page="**COVID-19** treated by Vitamin D - studies, reports, videos" start="~tc~ startsum ~/tc~" stop="~tc~ endsum ~/tc~"`parse_included_page="y"`}

{include page="COVID-19 treated by Vitamin D - studies, reports, videos" start="~tc~ start ~/tc~" stop="~tc~ stop ~/tc~"`parse_included_page="y"`}

__((Clinical trials are proving that Vitamin D fights COVID-19 in hospitals))__

__((Clinical trials are proving that Vitamin D fights COVID-19 in hospitals)) includes__

{include page="Clinical trials are proving that Vitamin D fights COVID-19 in hospitals" start="~tc~ start ~/tc~" stop="~tc~ stop ~/tc~"`parse_included_page="y"`}

__((Vitamin D recommended to fight COVID-19 by 2 groups – Dec 7, 2020))__
Includes specific recommendations for prevention and treatment

__((Take 50,000 IU of Vitamin D weekly before and after COVID-19 vaccination))__

{include page="Take 50,000 IU of Vitamin D weekly before and after COVID-19 vaccination" start="~tc~ start ~/tc~" stop="~tc~ end~/tc~"`parse_included_page="y"`}

!!!!Many clinical trials are underway which are testing Vitamin D to fight COVID-19
{img type="fileId" fileId="3316" width="1000"}

!!!!50 most-recently changed items in ((Virus)) Category in VitaminDWiki
{DIV(class="hide2columns")}{LISTPAGES(categId=155, max=50, sort="lastModif_desc")} {LISTPAGES}{DIV}

__Note: >70% of the RCT using Vitamin D to fight COVID-19 are using %%%~~#F00:at least **100,000 IU during the first week**~~__
{img type="fileId" fileId="3321" width="600"}

!!!! ~hs~~hs~~hs~ ~~#F00:**COVID-19 links**~~
__[https://vitamindwiki.com/COVID-19+Coronavirus+can+most+likely+be+fought+by+Vitamin+D#COVID-19_News_highlights|COVID-19 news]__
__[https://vitamindwiki.com/COVID-19+Coronavirus+can+most+likely+be+fought+by+Vitamin+D#most-recently_changed_items_in_Virus_Category|COVID-19 recently updated files]__
__((COVID-19 treated by Vitamin D - studies, reports, videos|COVID-19 and Vitamin D))__
__((COVID-19 more frequent and deadly for those with dark skins (high risk of low vitamin D)|COVID-19 and Dark Skins))__

__((**COVID-19** treated by Vitamin D - studies, reports, videos))__

*{include page="**COVID-19** treated by Vitamin D - studies, reports, videos" start="~tc~ startsum ~/tc~" stop="~tc~ endsum ~/tc~"`parse_included_page="y"`}
and has the following recent updates

{include page="COVID-19 treated by Vitamin D - studies, reports, videos" start="~tc~ start ~/tc~" stop="~tc~ stop ~/tc~"`parse_included_page="y"`}

!!!!COVID fought by 50 ng of Vitamin D

{include page="COVID probably fought by Vitamin D, might need 50 ng - Dr. Patrick Nov 8, 2021" start="~tc~ start ~/tc~" stop="~tc~ stop ~/tc~"`parse_included_page="y"`}

!!!!Early COVID treatments must be made within ((Review of Early Treatments of COVID-19 (within a few days of symptoms) |a few days of symptoms))
{include page="Review of Early Treatments of COVID-19 (within a few days of symptoms)" start="~tc~ start ~/tc~" stop="~tc~ stop ~/tc~"`parse_included_page="y"`}

!!!!((Vitamin D3 instead of D2)) category in VitaminDWiki starts with

{include page="Vitamin D3 instead of D2" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"`parse_included_page="y"`}

!!!!VitaminDWiki ((ADHD and Vitamin D Deficiency)) category contains
{include page="ADHD and Vitamin D Deficiency" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}
   Not work as of Nov 2022 ? ? ?   Dec?? With parsing

!!!!VitaminDwiki – ((Overview Alzheimer's-Cognition and Vitamin D)) contains
{include page="Overview Alzheimer's-Cognition and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!((Antibiotics, probiotics)) contains
{include page="Antibiotics, probiotics" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Autoimmune**)) category contains
{include page="**Autoimmune**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Vitamin D Receptor is associated in over 40 **autoimmune studies**))

[https://vitamindwiki.com/Depression+substantially+reduced+by+Vitamin+D%2C+Omega-3%2C+Magnesium%2C+etc+%E2%80%93+many+studies#Anxiety|**Anxiety studies**]

{include page="Depression substantially reduced by Vitamin D, Omega-3, Magnesium, etc – many studies" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!((Overview Asthma and Vitamin D)) contains

{include page="Overview Asthma and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDwiki – ((Autism)) category icontains

{include page="Autism" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki -((**Back Pain**)) category contains

{include page="**Back Pain**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Bone - Health**)) category contains
{include page="Bone - Health" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Breathing**)) category starts with the following__
{include page="Breathing" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Overview **Breast Cancer** and Vitamin D)) contains
{include page="Overview Breast Cancer and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Cancer)) category contains
{include page="Cancer" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Cancer)) increases if poor Vitamin D Receptor
{include page="Cancer" start="~tc~ startcvdr ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Cancer - After diagnosis)) category contains
{include page="Cancer - After diagnosis" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Cancer - Colon)) category contains
{include page="Cancer - Colon" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

((Pancreatic Cancer trials using Vitamin D and viral therapy – Nov 2018)) contains the following
{include page="Pancreatic Cancer trials using Vitamin D and viral therapy – Nov 2018" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Cancer - Skin)) category contains
{include page="Cancer - Skin" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDwiki – ((**Cardiovascular**)) category contains
{include page="Cardiovascular" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDwiki – ((**Cholesterol**)) category contains
{include page="**Cholesterol**" start="~tc~ start ~/tc~" stop="~tc~ **end** ~/tc~"}

((COPD Overview)) has the following
{include page="COPD Overview" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}
{include page="COPD Overview" start="~tc~ start2 ~/tc~" stop="~tc~ end2 ~/tc~"}
{img attId="4971"}

!!!!VitaminDWiki – ((**Cognitive**)) category contains
{include page="Cognitive" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

Colitis and nanoD
{include page="IBD (Colitis, Crohn's) was active 6X more often if low vitamin D – June 2015" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Consensus** Vitamin D)) category contains:
{include page="Consensus Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – (**Cystic Fibrosis**)) category listing contains
{include page="**Cystic Fibrosis**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Overview Dark Skin and Vitamin D**)) contains
{include page="Overview Dark Skin and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Skin - Dark)) contains
{include page="Skin - Dark" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Blacks die more often than whites of many diseases (they have less vitamin D) – 2012**)) contains the following summary__
{include page="Blacks die more often than whites of many diseases (they have less vitamin D) – 2012" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Overview Deficiency of vitamin D)) contains
{include page="Overview Deficiency of vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Dental)) category contains
{include page="Dental" start="~tc~ xx ~/tc~" stop="~tc~ yy ~/tc~"}

!!!!Intervention of Vitamin D for **Depression**
{category id="97+48" types="wiki" sort="created_desc" split="n" and="y" sub="n" showdescription="n" showname="y" showtype="n" one="y" showTitle="n"}

!!!!Meta-analyses of Vitamin D and Depression
{category id="48+82" types="wiki" sort="created_desc" split="n" and="y" sub="n" showdescription="n" showname="y" showtype="n" one="y" showTitle="n"}

!!!!VitaminDWiki – ((**Depression**)) contains
{include page="Depression" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Overview Diabetes** and vitamin D)) contains
{include page="Overview Diabetes and vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}
__Diabetic Epidemic__
{include page="Overview Diabetes and vitamin D" start="~tc~ start2 ~/tc~" stop="~tc~ end2 ~/tc~"}

!!!!VitaminDWiki – **((Deficiency of Vitamin D)) category** contains
{include page="Deficiency of Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Overview **Epileptic** children and Vitamin D)) category contains
{include page="Overview Epileptic children and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Falls and Fractures)) category contains
{include page="Falls and Fractures" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Fertility and Sperm)) category contains
{include page="Fertility and Sperm" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Fertility and sperm |**Vitamin D greatly improves Fertility**))__
{include page="Fertility and Sperm" start="~tc~ start2 ~/tc~" stop="~tc~ end2 ~/tc~"}

!!!!VitaminDWiki – ((Flu)) contains
{include page="Flu" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Genetics**)) category contains
{include page="Genetics" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

((Some diseases reduce vitamin D getting to blood or cells))
{include page="Some diseases reduce vitamin D getting to blood or cells" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Calcitriol**)) category listing starts with__
{include page="Calcitriol" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**CYP27B1**)) category contains
{include page="CYP27B1" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**CYP24A1 enzyme and Vitamin D - many studies**

|Cancers might alter CYP24A1 gene))
{include page="CYP24A1 enzyme and Vitamin D " start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki - ((Genetics)) chart shows the vitamin D genes
{img type="fileId" fileId="3239" width="350"}

!!!!VitaminDWiki – ((Vitamin D Binding Protein)) category listing has ~~#00F:{SQL(db=>vitamind)}SELECT COUNT(*) FROM `tiki_category_objects` WHERE `categId`=143{SQL} items~~ and the following introduction
{include page="Vitamin D Binding Protein" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Vitamin D Binding Protein)) has a list of health problems

{include page="Vitamin D Binding Protein" start="~tc~ start2 ~/tc~" stop="~tc~ end2 ~/tc~"}

__Additional information on the Genes in VitaminDWiki__
{include page="Genetics" start="~tc~ startmore ~/tc~" stop="~tc~ endmore ~/tc~"}

!!!!VitaminDWiki – Sample of ((Genetics)) studies
{include page="Genetics" start="~tc~ startsample ~/tc~" stop="~tc~ sample ~/tc~"

!!!!VitaminDWiki – CYP24A1 contains
{include page="CYP24A1 enzyme and Vitamin D - many studies" start="~tc~ start ~/tc~" stop="~tc~ stop ~/tc~"}

__((**Gout** and Vitamin D)) has the following summary__
{include page="**Gout** and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"parse_included_page="y"}

 List of **Grave** studies
{include page="Graves' disease 2X more likely if poor Vitamin D Receptor (like many other autoimmune diseases) – May 2021" start="~tc~ start ~/tc~" stop="~tc~ stop ~/tc~"}

!!!!VitaminDWiki – ((Overview **Gut** and vitamin D)) has
{include page="Overview Gut and vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Overview **Gut** and vitamin D)) contains **gut-friendly** information__
{include page="Overview Gut and vitamin D" start="~tc~ GFstart ~/tc~" stop="~tc~ GFend ~/tc~"}

!!!!VitaminDWiki – ((**Gut**)) category listing contains
{include page="Gut" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__The following **Herpes Hypothesis** ((**Treating herpes reduced incidence of senile dementia by 10 X (HSV1 reduces VDR by 8X) – 2018**
|from))__
{include page="**Treating herpes reduced incidence of senile dementia by 10 X (HSV1 reduces VDR by 8X) – 2018**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Headache)) has the following on **metals** and migraines__
{include page="Headache" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Headache)) starts with__
{include page="Headache" start="~tc~ starts ~/tc~" stop="~tc~ ends ~/tc~"}

!!!!40-150 ng of Vitamin D need to treat health problems
{include page="Is 50 ng of vitamin D too high, just right, or not enough" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**High Risk**)) category contains
{include page="**High Risk**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((HIV)) category listing contains the following__
{include page="HIV" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Hypertension)) category contains
{include page="Hypertension" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Inflammation)) category:
{include page="Inflammation" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Immunity)) category contains
{include page="Immunity" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Infant-Child)) category has ~~#00F:{SQL(db=>vitamind)}SELECT COUNT(*) FROM `tiki_category_objects` WHERE `categId`=**109**{SQL} items~~ and contains
{include page="Infant-Child" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}
{include page="Infant-Child" start="~tc~ start2 ~/tc~" stop="~tc~ end2 ~/tc~"}

__((Infant-Child)) category has ~~#00F:{SQL(db=>vitamind)}SELECT COUNT(*) FROM `tiki_category_objects` WHERE `categId`=**109**{SQL} items~~ and has__
{include page="Infant-Child" start="~tc~ startinto ~/tc~" stop="~tc~ end**into** ~/tc~"}

!!!!VitaminDWiki – ((Kidney)) category contains
{include page="Kidney" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Overview **Kidney** and vitamin D)) contains
{include page="Overview Kidney and vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

Long-haul and Long-COVID list
{include page="Half as much Long-Haul with Omicron - June 2022 " start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Lupus)) category contains
{include page="Lupus" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Metabolic Syndrome)) contains
{include page="Metabolic Syndrome" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!Metabolic Syndrome Associations with other categories
{include page="Metabolic Syndrome" start="~tc~ starta ~/tc~" stop="~tc~ enda ~/tc~"}

!!!!VitaminDwiki – ((Overview Muscles and Vitamin D)) contains
{include page="Overview Muscles and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__**MS** updates from Brazil__
{include page="Autoimmune disorder patients in Brazil helped by vitamin D – video and Facebook – Nov 2012" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Overview **MS** and vitamin D)) contains
{include page="Overview MS and vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Multiple Sclerosis and (lots of) Vitamin D - book by patient on Coimbra protocol - Feb 2016)) contains **protocol** description__
{include page="Multiple Sclerosis and (lots of) Vitamin D - book by patient on Coimbra protocol - Feb 2016" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Multiple Sclerosis and (lots of) Vitamin D - book by patient on Coimbra protocol - Feb 2016)) contains **Facebook** Groups__
{include page="Multiple Sclerosis and (lots of) Vitamin D - book by patient on Coimbra protocol - Feb 2016" start="~tc~ startFB ~/tc~" stop="~tc~ endFB ~/tc~"}

      Great summary of MS on VitaminDWiki
!!!!**VitaminDWik – ((**Multiple Sclerosis 32 percent less likely among those with more than 32 ng of vitamin D – Dec 2019))
{include page="Multiple Sclerosis 32 percent less likely among those with more than 32 ng of vitamin D – Dec 2019" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Overview **Obesity** and Vitamin D)) contains
{include page="Overview Obesity and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

{include page="**Obese need 2X to 3X more vitamin D** - Nov 2014" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!**VitaminDWik – ((**Obesity is associated with low Vitamin D (and treated by D as well) – Aug 2019)) has the following__
{include page="Obesity is associated with low Vitamin D (and treated by D as well) – Aug 2019" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!**VitaminDWik – ((**Optimum)) category contains
{include page="Optimum" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Osteoarthritis**)) category includes the following __
{include page="Osteoarthritis" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

((Obese need 2X to 3X more vitamin D - Nov 2014| Click here for 2014 study))

!!!!VitaminDWiki – ((Overview **Osteoporosis** and vitamin D)) contains
{include page="Overview Osteoporosis and vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – (**Osteoporosis**)) category contains
{include page="Osteoporosis" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Pain - chronic**)) category has the following__
{include page="Pain - chronic" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Who said vitamin D could not be patented)) International Patents 2018__
{include page="Who said vitamin D could not be patented" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}
__Vitamin D Patents have so far been made for__
{include page="Who said vitamin D could not be patented" start="~tc~ start2 ~/tc~" stop="~tc~ end2 ~/tc~"}

!!!!VitaminDWiki - ((Overview Parkinson's and Vitamin D)) contains
{include page="Overview Parkinson's and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki - ((**Pregnancy)**) category contains
{include page="Pregnancy" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Healthy **pregnancies** need lots of vitamin D)) contains
{include page="Healthy pregnancies need lots of vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – (((Ensure a healthy pregnancy and baby - take Vitamin D before conception)) has   **Chart is in Pregnancy Category**
{img type="fileId" fileId="3271" width="450" link="Ensure a healthy pregnancy and baby - take Vitamin D before conception" }
    Dupicates chart contained above

*((Preterm births are VERY costly – Feb 2017)) contains this cost-analysis
{include page="Preterm births are VERY costly – Feb 2017" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Vitamin D varies with **latitude**))__ has the following
{include page="Vitamin D varies with latitude" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Proof** that Vitamin D Works)) has the following **table**__
{include page="Proof that Vitamin D Works" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Proof** that Vitamin D Works)) has the following **list** __
{include page="Proof that Vitamin D Works" start="~tc~ StartList ~/tc~" StopList="~tc~ end ~/tc~"}

!!!!VitaminDWiki - ((Overview **Prostate Cancer** and Vitamin D)) contains
{include page="Overview Prostate Cancer and Vitamin D" start="~tc~ start ~/tc~" end="~tc~ end ~/tc~"parse_included_page="y"} ? ? ? ?

*__86__ ((Proof that Vitamin D Works |Health Problems were proven to be fought by Vitamin D)) by Nov 2018

!!!!**VitaminDWiki – ((Psoriasis)) category contains**
{include page="Psoriasis" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

Renu Mahtani on VitaminDWiki
{include page="Wonders of Vitamin D - Renu Mahtani video and transcription - Feb 2022" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Rheumatoid Arthritis**)) category contains
{include page="Rheumatoid Arthritis" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDwiki – ((Overview of **Rickets** and vitamin D)) contains
{include page="Overview of Rickets and vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Sarcopenia (muscle loss) and Vitamin D)) contains the following summary__
{include page="Sarcopenia (muscle loss) and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki - ((Overview **Schizophrenia** and Vitamin D)) contains
{include page="Overview Schizophrenia and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki - ((**Suicide** associated with low vitamin D)) contains:
{include page="Suicide associated with low vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Sepsis is both prevented and treated by Vitamin D**)) contains
{include page="Sepsis is both prevented and treated by Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Skin**)) category starts with__
{include page="skin" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Sleep**)) category contains
{include page="Sleep" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Spinal Cord)) has the following__
{include page="Spinal Cord" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Overview **Sports** and vitamin D)) contains
{include page="Overview Sports and vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Sports**)) categroy contains
{include page="Sports" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Stroke**)) category contains
{include page="Stroke" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Thyroid** and parathyroid)) category contains
{include page="Thyroid and parathyroid" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Trauma and surgery**)) category contains
{include page="Trauma and surgery" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDwiki – ((**Tuberculosis**)) category contains
{include page="**Tuberculosis**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDwiki – ((Overview Tuberculosis and Vitamin D)) contains

{include page="Overview Tuberculosis and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__**Youth** category in VitaminDWiki starts with__
{include page="Youth" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Virus**)) category starts with the following__
{include page="Virus" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

+
List of some enveloped virus
{include page="Vitamin D can inhibit enveloped virus (e.g. Corona, Herpes, Zoster, Epstein, Hepatitis, RSV) – March 2011" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

{FONT(size="16")}__ **25 most-recent changes** to ((VIRUS)) pages (Coronavirus) in VitaminDWiki__{FONT}
{DIV(class="hide2columns")}{LISTPAGES(categId=155, max=25, sort="LastModif_desc")} {LISTPAGES}{DIV}

!!!!VitaminDWiki – ((**Vision**)) category contains
{include page="Vision" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Women**)) category starts with the following__
{include page="Women" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

– –
VitaminDWiki Major Topics – May 2018
{include page="AboutUs" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"

Vitamin D needed to TREAT Health problems 30 ng rickets, 150 ng MS
{include page="Is 50 ng of vitamin D too high, just right, or not enough" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}
*[https://vitamindwiki.com/Is+50+ng+of+vitamin+D+too+high%2C+just+right%2C+or+not+enough#Vitamin_D_needed_to_TREAT_Health_problems|Click here for more information]

!!!!**6 times to 55** times more likely to get the following health problems if Vitamin D deficient
{include page="**3 to 55 X more likely to have these health problems if low Vitamin D**" start="~tc~ start ~/tc~" stop="~tc~ end6X ~/tc~"}
((3 to 55 X more likely to have these health problems if low Vitamin D |__CLICK HERE for entire 3X to 55X list__)) for more information

__((Diseases that are related via low vitamin D)) contains__
{include page="Diseases that are related via low vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!((**Shiftwork** diseases are often due to lack of vitamin D|Shift Worker and Low Vitamin D Studies in VitaminDWiki))
{include page="Shiftwork diseases are often due to lack of vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Promising Vitamin D Clinical Trials - 2017**)) contains the following __
{include page="**Promising Vitamin D Clinical Trials - 2017**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!((Huge increases in health problems – risk factors include Vitamin D, Antibiotics, and Roundup)) has the following
{include page="**Huge increases** in health problems – risk factors include Vitamin D, Antibiotics, and Roundup" start="~tc~increase start~/tc~"
stop="~tc~increase stop~/tc~"}

*((**Chart of Vitamin D levels vs disease** - Grassroots Health June 2013)) has the following chart
        {img fileId="2635" max="600"}

__((**Antibiotics** and Vitamin D are associated with many of the same diseases)) contains the following __
{include page="**Antibiotics** and Vitamin D are associated with many of the same diseases" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki ((**Air Pollution reduces Vitamin D**)) page contains
{include page="**Air Pollution reduces Vitamin D**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Interactions with Vitamin D**)) contains
{include page="**Interactions with Vitamin D**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Vitamin D and Boron)**) contains the following __
{include page="**Vitamin D and Boron**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Calcium bioavailability and how much to take)**) contains
{include page="**Calcium bioavailability and how much to take**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDwiki – ((How Much Vitamin D**)) contains**
{include page="**How Much Vitamin D**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((**Comparing High-dose vitamin D therapies)**) contains the following __
{include page="**Comparing High-dose vitamin D therapies**" start="~tc~ start ~/tc~" stop="~tc~ table ~/tc~"}

!!!!((**Cost savings** with Vitamin D)) contains
{include page="**Cost savings with Vitamin D**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Vitamin **B12)) contains**
{include page="Vitamin **B12**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

*__((Take vitamin D3 daily or weekly)) show how large dosing might get more into cells
{include page="Take vitamin D3 daily or weekly" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

*[http://vitamindwiki.com/tiki-index.php?page_id=8300|**Poor guts** need different forms of vitamin D]
{include page="**Vitamin D injection is far better than oral for diabetics (poor gut) – RCT March 2017**" start="~tc~ start ~/tc~" stop="~tc~ end
~/tc~"}

!!!!VitaminDwiki – ((Injection)) contains
{include page="Injection" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__Less Vitamin D getting to tissues__
{img fileId="1843" max ="400" link ="Many reasons why vitamin D deficiency has become epidemic"}
"Click on chart for details"

!!!!VitaminDwiki – ((Microbiome)) contains
{include page="Microbiome" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((One pill every two weeks gives you all the vitamin D most adults need|1 pill every two weeks fights all of the following)) __
{include page="One pill every two weeks gives you all the vitamin D most adults need" start="~tc~ start2 ~/tc~" stop="~tc~ end2 ~/tc~"}

__((One pill every two weeks gives you all the vitamin D most adults need| Health problems fought by 50,000 IU weekly:)) __
{include page="One pill every two weeks gives you all the vitamin D most adults need" start="~tc~ startw ~/tc~" stop="~tc~ endw ~/tc~"}

{include page="Instant vitamin D test now available for doctors to test at very low cost – March 2013" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

((Take vitamin D3 daily or weekly)) contains (image)
{include page="Take vitamin D3 daily or weekly" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Tests for Vitamin D)) contains the following overview/opinion__
{include page="Tests for Vitamin D " start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((No – 10 minutes per day of sun-UVB is NOT enough)) contains the following summary__
{include page="No – 10 minutes per day of sun-UVB is NOT enough" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – WARNING ((Chemotherapy might be amplified by vitamin D))
{img fileId="2018" max ="700" link ="Chemotherapy might be amplified by vitamin D"}
::Click on chart for details::

!!!!VitaminDWiki ((Reasons for low response by vitamin D level in the blood))
{include page="Reasons for low response by vitamin D level in the blood" start="~tc~ startreasons ~/tc~" stop="~tc~ endreasons ~/tc~"}

!!!!VitaminDWiki – ((Magnesium and Vitamin D)) contains
{include page="Magnesium and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Magnesium and Vitamin D)) shows relationships between Magnesium and health problems__   subset of previous entry
{include page="Magnesium and Vitamin D" start="~tc~ start2 ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Overview Magnesium and vitamin D)) Venn diagram
{include page="Overview Magnesium and vitamin D" start="~tc~ vstart ~/tc~" stop="~tc~ vend ~/tc~"}

!!!!VitaminDWiki – ((Calcidiol)) contains
{include page="Calcidiol" start="~tc~ start ~/tc~" stop="~tc~ stop ~/tc~"}

!!!!VitaminDWiki – ((Mortality)) contains

{include page="Mortality" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

Longer {include page="Mortality" start="~tc~ start ~/tc~" stop="~tc~ end2 ~/tc~"}

!!!!VitaminDWiki – ((Overview Meta-analysis of Vitamin D |Many reasons that Meta-analyses often do not find a benefit from Vitamin D))
{include page="Overview Meta-analysis of Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki - ((Middle East and Vitamin D)) contains
{include page="Middle East and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki - ((Vitamin D and Omega-3|Omega-3 helps many health problems))
 {include page="Vitamin D and Omega-3" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki - [https://vitamindwiki.com/Vitamin+D+and+Omega-3#Associations_with_the_category_Omega-3|Omega-3 associations with other categories]
 {include page="Vitamin D and Omega-3" start="~tc~ startlist ~/tc~" stop="~tc~ endlist~/tc~"}

!!!!VitaminDWiki – ((Overview Vitamin K and Vitamin D)) contains
{include page="Overview Vitamin K and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

((Noontime sun and D)) category starts with
{include page="Noontime sun and D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((Topical Vitamin D)) category contains
{include page="Topical Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

((Why Alzheimer's studies using Omega-3 have mixed results – quality, dose size, Omega-6, genes, etc. March 2018|Reasons why Omega-3 may not always help Alzheimer's)) category starts with
{include page="Why Alzheimer's studies using Omega-3 have mixed results – quality, dose size, Omega-6, genes, etc. March 2018" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Criteria to associate a health problem with low vitamin D) contains the following __
{include page="Criteria to associate a health problem with low vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Smoking reduces vitamin D)) contains the following __
{include page="Smoking reduces vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

*((Overview Toxicity of vitamin D)) has the following chart
{img fileId="1485" max="500"}

__((Video references)) contains the following__
{include page="Video references" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Free Vitamin D evaluation service)) had the following questions as of April 2014__

{include page="Free Vitamin D evaluation service" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((10 reasons why seniors need more vitamin D)) has the following__
{include page="10 reasons why seniors need more vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

(and includes the 10 reasons above)
!!!!VitaminDWiki – ((Seniors)) contains:
{include page="Seniors" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDwiki ((Seniors)) category is associated with 37 categories – examples
{include page="Seniors" start="~tc~ startcag ~/tc~" stop="~tc~ endcat ~/tc~"}

__((Low cost cofactors for vitamin D|What cofactors admin of Vitamin D actually takes)) __
{include page="Low cost cofactors for vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

((Vitamin D Cofactors in a nutshell)) table show the importance of each
{include page="Supplements" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDwiki – ((Calcium and Vitamin D|Calcium)) category contains
{include page="Calcium and Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"parse_included_page="y"}

__((Ways to improve health|Perspective of the importance of Vit D and co-factors to health))__
{img type="fileId" fileId="3287" width="400"}

__((Predict Vitamin D)) category has the following summary__
{include page="Predict Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Fortification with Vitamin D))__
{include page="Fortification with Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((Fortification with Vitamin D|Bread Fortification))__
{include page="Fortification with Vitamin D" start="~tc~ startb ~/tc~" stop="~tc~ endb ~/tc~"}

__[tiki-index.php?page_id=11386|Change of Vitamin D Fortification in Denmark]__
{include page="60 percent more life births after infertility diagnosis if Vitamin D fortification (Denmark) - Nov 2019" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

__((4,000 IU of Vitamin D is OK - 19 organizations agree - 2018)) has the follllowing__
{include page="4,000 IU of Vitamin D is OK - 19 organizations agree - 2018" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

Sources and Products
*((Getting Vitamin D into your body)) has the following chart
{img src="display2696" width ="700" link="Getting Vitamin D into your body"}

*((**Getting Vitamin D into your body**)) has a section on poor digestion
{include page="**Getting Vitamin D into your body**" start="~tc~ startd ~/tc~" stop="~tc~ stopd} ? ? ? ?

*((**Glyphosate**)) category starts with"
{include page="**Glyphosate**" start="~tc~ start ~/tc~" stop="~tc~ stop ~/tc~"}

((**Highlight notes**)) category has the following
{include page="**Highlight notes**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

*Click on image to see full **infographic**
{img fileId="7479" width ="650" link="Vitamin D infographic - Vitamin D [[s.Org - 2016"}
   On front page Dec 12, 2016

!!!!VitaminDWiki – ((**Loading Dose** of Vitamin D)) category contains
{include page="Loading Dose of Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

*[tiki-index.php?page_id=10189|Vitamin D levels have been crashing]
{img type="fileId" fileId="3303" width="600" link=[tiki-index.php?page_id=10189}
**"Click on chart for details"

*((**Reasons for low response by vitamin D level in the blood**)) has a section on poor digestion
{include page="**Reasons for low response by vitamin D level in the blood**" start="~tc~ startr ~/tc~" stop="~tc~ stopr ~/tc~"}

*((**The many reasons why Vitamin D trials fail – Oct 2020**)) contains
{include page="**The many reasons why Vitamin D trials fail – Oct 2020**" start="~tc~ startr ~/tc~" stop="~tc~ stopr ~/tc~"}

!!!! Test of ToC of another page   CRASHED SITE July 2022
{include page="VitaminDWiki interview and transcript - Jan 2022" start="~tc~ startr ~/tc~" stop="~tc~ stopr ~/tc~"}

((**Overview Iron Supplements and Vitamin D**)) has the following table by Mercola
{include page="Overview Iron Supplements and Vitamin D" start="~tc~ startm ~/tc~" stop="~tc~ endm ~/tc~"}

((**Supplements**)) category in VitaminDWiki has the following
{include page="Supplements" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

((**More vitamin D needed -nutshell**)) has the following
{include page="More vitamin D needed -nutshell" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!!VitaminDWiki – ((**Better than Daily**)) contains
{include page="Better than Daily" start="~tc~ start ~/tc~" stop="~tc~ stop ~/tc~"}

!!!! VitaminDWiki – ((**Increased use of D)**) contains
{include page="Increased use of D" start="~tc~ start ~/tc~" stop="~tc~ stop ~/tc~"}

((More vitamin D needed -nutshell| x x x x))

!!!!VitaminDWiki – (**Nanoemulsion Vitamin D may be a substantially better form**)) updated March 2019
{include page="Nanoemulsion Vitamin D may be a substantially better form" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!VitaminDWiki – ((**Nanoemulsion** **Vitamin D may be a substantially better form**)) has the following **comparison**
{include page="Nanoemulsion Vitamin D may be a substantially better form" start="~tc~ start2 ~/tc~" stop="~tc~ end2 ~/tc~"}

Traumatic Brain Injury interview and transcript
{include page="Vitamin D, glutathione, and heat shock protein to treat concussions, etc. – US Patent Dec 2019" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

((Off Topic: 10 ways to find medical studies on the web|Sci-Hub))

((**Overview Veterinary and vitamin D**)) has the following
{include page="Overview Veterinary and vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

((Getting Vitamin D into your body)) describes fast acting forms
{include page="Getting Vitamin D into your body" start="~tc~ Fast1 ~/tc~" stop="~tc~ Fast2 ~/tc~"}

__((Vitamin D and Vitamin A|Vitamin A)) category listing has ~~#00F:{SQL(db=>vitamind)}SELECT COUNT(*) FROM `tiki_category_objects` WHERE `categId`=**118**{SQL} items~~ along with the following map__
{img type="attId" attId="11628" width="600"}

!!!!VitaminDWiki - The risk of ~~#F00:44+ ~~ diseases at least double with poor ((Vitamin D Receptor))

!!!!VitaminDWiki - ((Vitamin D Receptor)) activation can be increased in 14 ways
__((Resveratrol)), ~hs~((Overview: Omega-3 many benefits include helping vitamin D|Omega-3)), ~hs~((Magnesium and Vitamin D |Magnesium)),~hs~ ((Zinc and Vitamin D |Zinc)), ~hs~ ((Quercetin (flavonoid) helps activate the Vitamin D receptor – March 2016| Quercetin)), ~hs~ ((Better than Daily|non-daily Vit D)), ~hs~((Curcumin may increase Vitamin D in tissues (activates Vitamin D Receptor) – Dec 2010|Curcumin)), intense exercise, ((14th activator of the Vitamin D Receptor – Butyrate (from gut bacteria, or supplement) |Butyrate)) ~hs~ Ginger, ~hs~ Essential oils, etc~hs~ Note: The founder of VitaminDWiki uses 10 of the 14 known VDR activators__

!!!!VitaminDWiki – ((Resveratrol improves health (Vitamin D receptor, etc.))) contains
{include page="Resveratrol improves health (Vitamin D receptor, etc.)" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Vitamin D Receptor**)) category contains
{include page="Vitamin D Receptor" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**The Vitamin D Receptor is associated with many health problems**)) __
{include page="Vitamin D Receptor" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((**Vitamin D Receptor**)) category:

{include page="Vitamin D Receptor" start="~tc~ start ~/tc~" stop="~tc~ **long** ~/tc~"}

!!!!Diseases associated with a poor Vitamin D Receptor
{include page="Vitamin D Receptor" start="~tc~ starttable ~/tc~" stop="~tc~ **long** ~/tc~"}

!!!!((A poor Vitamin D Receptor is associated with many cancers (oral cancer in this case) – Jan 2019|Vitamin D Receptor and Cancers))
{include page="A poor Vitamin D Receptor is associated with many cancers (oral cancer in this case) – Jan 2019" start="~tc~ start ~/tc~"
stop="~tc~ end ~/tc~"}

Transcripts in VitaminDWiki
(include page = "Transcripts in VitaminDWiki"}

*((Overview Rare Allergic reaction to vitamin D| Allergic reaction to vitamin D)) includes both reasons and solutions
{include page="**Overview Rare Allergic reaction to vitamin D**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

*((Intervention - Vitamin D)) includes a table of recent studies in which Vitamin D is given and results are observed
{include page="**Intervention - Vitamin D**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

!!!!VitaminDWiki – ((UV and D)) contains
{include page="**UV and D**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

*((Is 50 ng of vitamin D too high, just right, or not enough)) hasVitamin D levels
{include page="Is 50 ng of vitamin D too high, just right, or not enough" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~" `parse_included_page="y"`}

*((Fully Vaccinated Are COVID 'Super-Spreaders,' Says Inventor of mRNA Technology - Oct 13, 2021)) has the comment by the founder of
VitaminDWiki
{include page="**Fully Vaccinated Are COVID 'Super-Spreaders,' Says Inventor of mRNA Technology - Oct 13, 2021**" start="~tc~ start ~/tc~"
stop="~tc~ end ~/tc~"}

!!!!((Vitamin D from low-cost UVB lamps)) has the following update
{include page="**Vitamin D from low-cost UVB lamps**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

Unethical to not give Vitamin D to all
{include page="Unethical to restrict Vitamin D to half of the asthmatic children in RCT – June 2018" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

((Take vitamin D3 daily or weekly|#Infrequent_dosing_provides_higher_Vitamin_D_gradient |Less frequent dosing often results in better response for
many health problems))

((**Is too much vitamin D bad – possible causes and cures**)) category has the following
{include page="**Is too much vitamin D bad – possible causes and cures**" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

*((WHO recommends zero vitamin D during pregnancy, rest of the world disagrees – Dec 2018))

include page="WHO recommends zero vitamin D during pregnancy, rest of the world disagrees – Dec 2018" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

*((Zika virus potentially stoppable by Vitamin D)) body, but without summary introduction

{include page="Zika virus potentially stoppable by Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

{include page="Fight the hidden Zika storm in your storm drains – Aug 2016" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

*__((Zika birth defects may be prevented by Vitamin D – May 2016))__
      __Recently changed Virus pages on VitaminDWiki__
{DIV(class="homepagetable")}{listpages max="10" categId="155" sort="lastModif_desc"}{DIV}

__Recently changed Virus-Pregnancy pages on VitaminDWiki__
{DIV(class="homepagetable")}{listpages max="10" categId="156" sort="lastModif_desc"}{DIV}

{img fileId="3153" width ="350" link="Stop Zika Birth Defects with Vitamin D"}

((Stop Zika Birth Defects with Vitamin D)) has the following
{include page="Stop Zika Birth Defects with Vitamin D" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

((Stop Zika Birth Defects with Vitamin D)) book written by VitaminDWiki has the following:
{include page="Stop Zika Birth Defects with Vitamin D" start="~tc~ SUMstart ~/tc~" stop="~tc~ SUMend ~/tc~"}

Personal Note – Health Problems which founder of VitaminDWiki no longer has
{include page="Premature ejaculation associated with low vitamin D – Aug 2018" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}

B I O   T E CH
{include page="One pill every two weeks gives you all the vitamin D most adults need" start="~tc~ start ~/tc~" stop="~tc~ end ~/tc~"}
~hs~~hs~ ((One pill every two weeks gives you all the vitamin D most adults need |Here are details))

Category displays

Category with TOP items listed first

__ ~~#00F:The TOP articles are here:~~ __
{category id="42+**98**" types="wiki" sort="created_desc" split="n" and="y" sub="n" showdescription="n" showname="y" showtype="n" one="y" showTitle="n"}
~~#F00:__Here are all of the articles__~~

Meta-analysis of BC, top BC, then all BC
__ ~~#900: The Meta-analysis of many studies of Breast Cancer and Vitamin D are listed here:~~ __

{category id="42+82" types="wiki" sort="created_desc" split="n" and="y" sub="n" showdescription="n" showname="y" showtype="n" one="y" showTitle="n"}

__~~#900: Items in both categories XXX and YYY are listed here:~~ __
{category id="XX+YY" types="wiki" sort="created_desc" split="n" and="y" sub="n" showdescription="n" showname="y" showtype="n" one="y" showTitle="n"}

example pairs: Genes and Obesity **"**72+19"; Obesity and Metabolic Syndrome "19+96" ; Diabetes and Obesity "17+19"

Category redirects
About half of the category lists are simple
The other half of the category lists are very powerful and informative – examples: show TOP items, Related Categories, Items which are in the current and another category, Important pages from the web
Have to have a category redirect to get to the powerful category displays
    http://www.vitamindwiki.com/tiki-admin.php?page=look – customization tab – and add a line

Get HELP While editing a wiki page:
 1. Click the (?) button
2. In the Help popup window, click the PLUGIN HELP tab.
3. Use the Filter field to find the specific plugin (such as INCLUDE)
4. Click the button to add the plugin.
5. Complete the fields on the window.
 See http://twbasics.tikiforsmarties.com/Installing+and+Accessing+Plugins#Using_Plugins for samples

Hyperlinking to an anchor in a page
Create Anchor {ANAME()}A1{ANAME} invisible – can be placed anywhere

Link to the Anchor – **on same page**:   {ALINK(aname=A1)}link text{ALINK}
    Workaround Jan 2016   *__[#A1|How Vitamin D is associated with many health problems]__

Link to the Anchor –**from different page**:   {ALINK(aname=A1,pagename="Wiki Page Name")}link text{ALINK}

Warning: ALINK must have correct "page name" – example – do not use in INCLUDE without page name

Hyperlink to a heading on same page https://doc.tiki.org/Wiki-Syntax-Links
[#Heading_full__name|Display]
Example   [#Influenza_-A_infections_half_as_often|enhances the activity of vaccines]

Hyperlink to a heading on another page   ((Page Name|#Heading_Name |what to display))
    Must have underscores between heading words   did not work on front page Nov 2019

Color of text

Foreground, background __~~white,black:PAGE~~__ `PAGE`
Color of hyperlink =#ED6223
Color in an image can be found at: http://imagecolorpicker.com/

Image/chart display

Clickable chart for charts in the image category (which are not at the bottom of a page)
{img fileId="2699" width ="500" link="People die sooner if they have low vitamin D – Nov 2014"}

Display image which is at the bottom of a page
5th icon from the left = IMAGE
Enter the number of the attached image (JPG, GIF, PNG, etc) in Attachment ID box
Optionally add **WIDTH, MAX, HEIGHT** in the form {img attId="111" **max="555"**}
MAX = maximum width – SW will SHRINK to fit if needed
WIDTH = exact width – SW with SHRINK or EXPAND to fit

Text Formatting Rules: https://tiki.org/WikiSyntax

Emphasis: '' for italics, __ for bold, ''__ for both
Multi-page pages: use ..<!-- this tag is broken inside of "np"; I've fixed this in HEAD. -- rlpowell, 24 May 2004 -->.page... to separate pages.
"----" makes a horizontal rule "===text===" **underlines text**
Title bar: "**-=**title**=-**" creates a title bar. – left adjusted
Wiki File Attachments: {file name=file.ext desc="description text" page="wiki page name" showdesc=1} Creates a link to the named file. If page is –not given, the file must be attached to the current page. If desc is not given, the file name is used for the link text, unless showdesc is used, which makes the file description be used for the link text.

Images: "{img src=http://example.com/foo.jpg width=200 height=100 align=center link=http://www.yahoo.com desc=foo}" displays an image height width desc link and align are optional

Drawings: {draw name=foo} creates an editable drawing named "foo".
Dynamic content: "{content id=n}" Will be replaced by the actual value of the dynamic content block with id=n
Colored text: "~~#FFEE33:some text~~" Will display using the indicated HTML color
2nd color in a heading: {HTML()}XXXXXX{HTML}
Center: "::some text::" Will display the text centered
underline text ===text===

Non parsed sections: "~np~ data ~/np~" Prevents wiki parsing of the enclosed data.

HTML formatting https://doc.tiki.org/PluginHTML {HTML()}   did not work in simple test May 2019
your text that you want to align

Preformated sections: "~pp~ data ~/pp~" Displays preformated text/code; no Wiki processing is done inside these sections (as with np), and the spacing is fixed (no word wrapping is done).

Block Preformatting: Indent text with any number of spaces to turn it into a monospaced block that still follows other Wiki formatting instructions. It will be indented with the same number of spaces that you used. Note that this mode does not **preserve exact spacing and line breaks; use "~pp~ data ~/pp~" for that.**

Insert Module Output: {MODULE(module=>some_module)}text{MODULE} can be used to insert the output of module "some_module" into your Wiki page. See PluginModule for more information.

Rendering Program Code: {CODE()}some code{CODE} will render "some code" as program code. This plugin has other options; see PluginCode.

{FONT(size="18")}__ big text __{FONT}

Plugins-

In addition, here is a guide to the plug-in syntax, which is displayed when you click Show Plugins Help in the Wiki quick help screen. More information on plug-ins is available: PluginsList.

Note that plugin arguments can be closed in double quotes ("); this allows them to contain , or = or >.

CATEGORY   Insert list of items for the current/given category into wiki page
CATORPHANS   Display Tiki objects that have not been categorized
CENTER   Centers the plugin content in the wiki page
COPYRIGHT Insert copyright notices
EXAMPLE   No description available
FANCYTABLE   Displays the data using the TikiWiki? odd/even table style
GAUGE   Displays a graphical GAUGE
MODULE   Displays a module inlined in page
MONO Displays the data using a monospace font
SORT Sorts the plugin content in the wiki page asc|desc|reverse|shuffle
WIKIGRAPH   Renders a graph

Delete entire comment: http://www.vitamindwiki.com/tiki-list_comments.php.

Special Characters – both TikiWiki and HTML

The most often used special characters can be given (case insensitive) as:

~bs~	~hs~	~amp~	~ldq~	~rdq~	~lsq~	~rsq~	~c~	~--~	"--"	~lt~	~gt~
\		&	“	”	‘	’	©	—	—	<	::>
\		&	"	"	'	'	©	~-	" "	<	>

Furthermore any HTML numeric character entities can be input as "~nnn~" which give "&#nnn;" where 'nnn' is the numeric value of the character

Special HTML symbols/characters EURO CENT POUND
~0128~ = €,   ~0162~ = ¢,   ~0163~ = £
Micro ~0181~   Greater or equal ~242~   Less or equal ~243~
Down arrow~8595~   http://www.ascii-code.com/html-symbol.php , http://www.w3schools.com/charsets/ref_utf_arrows.asp
http://character-code.com/arrows-html-codes.php

Unable to link to file at bottom of a category page
Error in early Category pages – some of which have been corrected
*   To enable attaching to Category page must add -cat*
<form action="tiki-searchresults.php" method="get" id="search-form-cat">
  Also must have </form> before final {HTML}

–> inside of table: stops new lines later in the page

Rollback
Available at bottom of almost every displayed page
Can use the following to access a page to be rolled back if it is not displayable
http://vitamindwiki.com/tiki-listpages.php to view a page's history and **roll back to a prior version**.

SPLIT a section of a page into multiple columns
Example of use: the HOME PAGE
{SPLIT(fixedsize="y" colsize="330px|420px|")}
–-
{SPLIT}

Following are rarely used

Tiki errors and workaround
Have ( )   inside of ((|)) ~np~(~/np~ aaa~np~)~/np~

FADE – might use to hide a section – *hidden items are NOT translated*
{**FADE**(label="click here for more")}
Many
Many
lines
{FADE}

Narrow bulletpoints

This is rarely used
   (customclass="customlist")
http://vitamindwiki.com/tiki-admin.php?page=look&cookietab=6 I created a new style for the bulleted list in the table on the home page:
table.customlist ul {padding-left:1em;line-height:1.4em;margin-top:0.5em}

VitaminDWiki specifics

Page width 1000 pixels default

600 pixel screen when being viewed by mobile devices
Ctrl Z to undo the latest edit
There is a problem with the positioning of the cursor with the regular editor.
When opening a file to edit it is best to hit the spacebar, and 30% of the time a space will not be entered at the cursor.

Editing – WYSIWYG is typically avoided

Have not learned how to switch a page between normal and WYSIWYG editor without breaking the formatting

Typical page content sequence

Page title

Title cannot contain a variety of special characters: such as $, /, ?
Like to have the title start with the subject and end with the month and year
About 1% of the time dose the page title = title of the publication

Publication title

Preceded by **!!!! typically**
Preceded by __ If title is ~> 80 characters long and followed by__
Preceded by __ If using {maketoc) which indexes all of the headings in the file – and followed by__

Journal name, volume, page, DOI, etc

Typically compact the information to just one line – separated with "," or ";"
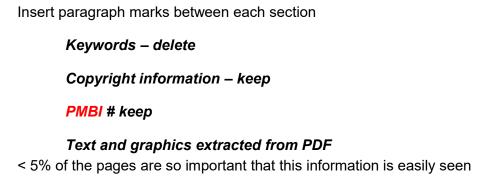
Delete line "Author information"

Authors

Nice to have 1 author per line, but not necessary
Nice to have the author affiliation # separated by a space from the initial so that the name can be easily searched for

Delete line or word – "Abstract"

Separate out the Intro:, Methods:, Results:, Conclusions:, etc

Some publishers run this material together in a single paragraph

Insert paragraph marks between each section

Keywords – delete

Copyright information – keep

PMBI *# keep*

Text and graphics extracted from PDF
< 5% of the pages are so important that this information is easily seen

Divider = ___

Avoid use of ALL CAPS anywhere (such as GOOD, TREAT, PREVENT)
Google does not try to translate ALL CAPS – **might use different color instead**

Link not operating:
I removed the link from the page, made a page preview and saw, that now the next link became inactive. From this I guessed, that somewhere in the above sections of the page there must be an unclosed link syntax.

Find pages which display an image
{SQL(db=>vitamind)}SELECT page_id FROM tiki_pages WHERE data LIKE "%ATTACH(%id=\"7953\"%)%"{SQL}

Categories – in numeric order

#	Category	#	Category	#	Category	#	Category
1	Veterinary and Vitamin D	32	Rheumatoid Arthritis	68	Cystic Fibrosis	107	Sleep
2	Skin - Dark	34	Autoimmune	70	Vision	109	Infant-Child
3	Deficiency of Vitamin D	35	Immunity	72	Genetics	110	Cognitive
4	How much Vitamin D	37	Toxicity of Vitamin D	73	Loading dose for Vitamin D	111	Falls and Fractures
5	Seniors	38	More D topics	74	Cancer - after diagnosis	112	Fortification with Vitamin D
6	Bone - Health	39	About D - introduction	76	Overview for doctors	113	Cancer - Other
7	Breathing	40	About D - more info.	78	How, when to take Vitamin D	114	Stroke
8	Food sources for Vitamin D	41	Cancer - Colon	79	Thyroid and parathyroid	115	Women
9	Noontime sun and D	42	Cancer - Breast	80	Patent	116	Skin
10	UV and Vitamin D	43	Cancer - Prostate	81	Kidney Stones	117	HIV
11	Sports and Vitamin D	44	Cancer - Bladder	82	Meta-analysis of Vitamin D	118	Vitamin D and Vitamin A
12	Pregnancy	45	Cancer - Pancreatic	85	Treatment by Vitamin D	119	Vitamin D and Boron
13	Cardiovascular	46	Cancer - Skin	86	Evidence for D	120	Cholesterol
14	Liver	47	Technical D	87	Cost savings with Vitamin D	121	Osteoarthritis
15	Kidney	48	Depression	88	Cancer - Lymphoma	122	Vitamin D and Omega-3
16	Dental	49	Osteoporosis	89	Cancer - Lung	123	Admin Only
17	Diabetes	50	Cancer	90	Middle East	124	Vitamin D and Iron
18	Multiple Sclerosis	51	Vitamin D3 instead of D2	91	Off Topic	126	Z
19	Obesity	52	Forms of Vitamin D	93	Youth	128	Video page names
20	Pain - chronic	53	Vitamin D and Calcium	94	Gut	129	Spinal Cord
21	Psoriasis	54	Vitamin D and Magnesium	95	High Risk	131	Inflammation
22	Rickets	57	Overviews	96	Metabolic Syndrome	134	Cancer - Leukemia
23	Tuberculosis	59	Interactions with Vitamin D	97	Intervention	135	Optimum
24	Tests for Vitamin D	60	Images of D	98	Top news	136	Follow-thru
26	Supplement	62	Headache	101	Hypertension	138	Predict Vitamin D
27	Health	63	Vitamin D Far from equator	102	World	139	Shut-in
28	Books, videos on Vitamin D	64	Trauma and surgery	103	Vitamin D in Europe	140	Z-section
30	Mortality and D	65	Fertility and sperm	104	Vitamin D in Australia & New Z	141	old name
31	Lupus	66	Autism	105	Vitamin D in Canada	142	Vitamin D Receptor
		67	Parkinson	106	Vitamin D and Vitamin K		

143	Vit D Binding Protein
144	Back pain
147	Cancer - Ovarian
148	Antibiotics, probiotics
149	Category
151	Orient
152	Too much D
153	Consensus
154	Calcitriol
155	Virus
156	Virus-Pregnancy
157	Zinc
159	Increased use of D

Generic Category Page

Copy to word processor, then replace XX and ZZ

__~~#00F:{SQL(db=>vitamind)}SELECT COUNT(*) FROM `tiki_category_objects` WHERE `categId`=XX {SQL} items in ZZ category~~__ ~hs~- __see also (( ))

{BOX(title="Did you know?" class="border" bg=>#FF9,width= "800px")}

*

+~hs~~hs~~hs~~hs~~hs~~hs~(More ZZ info below this box)

{include page=IncludeOverview}

{BOX}

!!!!10 most-visited pages in ZZ

{DIV(class="hide2columns")}{LISTPAGES(categId=XX, max=10, sort="hits_desc")} {LISTPAGES}{DIV}

--

!!!!The articles in both of the categories ZZ and Meta-Analysis are:

{category id="XX+82" types="wiki" sort="created_desc" split="n" and="y" sub="n" showdescription="n" showname="y" showtype="n" one="y" showTitle="n"}

--

!!!!ZZ Intervention using Vitamin D

{category id="XX+97" types="wiki" sort="created_desc" split="n" and="y" sub="n" showdescription="n" showname="y" showtype="n" one="y" showTitle="n"}

--

!!!!Articles in both of the categories ZZ and YY

{category id="XX+YY" types="wiki" sort="created_desc" split="n" and="y" sub="n" showdescription="n" showname="y" showtype="n" one="y" showTitle="n"}

{DIV(bg="#ffffff" width="250px" float="right")}^^Search for items ''in this category'':{HTML()}<form action="tiki-searchresults.php" method="get" id="search-form">
<input id="highlight" name="words" type="text" accesskey="s" value="" />
<input type = "submit" class = "wikiaction tips button_default" name = "search" value = "Search" title="Search|Search for text within the items in this category." />
<input type="hidden" name="boolean" value="on" />
<input type="hidden" name="where" value="pages" />
<input type="hidden" name="categId" value="XX" />
{HTML}
{content id=1}

{GROUP(groups=Registered)}^To "watch" this category for new items {button href="cat XX
&watch_event=category_changed&watch_object=XX &deep=off&watch_action=add" _text="CLICK HERE"}^
{GROUP}
{DIV}

!!!!Here are all of the ZZ articles
{category id="XX" types="wiki" sort="created_desc" sub="n" showdescription="n" showtype="y" one="y" showlinks="y" categoryshowlink="n" maxRecords="500" showTitle="n"}
– – – – – – – END GENERIC CATEGORY PAGE – – – – – –
https://doc.tiki.org/PluginCategory

SQL count in a cell of a table
||[http://www.vitamindwiki.com/tiki-browse_categories.php?parentId=143&sort_mode=created_desc| Vitamin D Binding Protein] | {SQL(db="vitamind" delim="|" raw="1")}SELECT COUNT(*) FROM `tiki_category_objects` WHERE `categId`=143{SQL} | blood||

Short URL
__Short URL =~hs~ [https//is.gd/xxxxx]__   all lower case, open and close brackets
========================
Google Chrome Developer: cntrl shift I
=============================
allintitle:"t1 diabetes" OR "type 1 diabetes" site:vitamindwiki.com
Site search
================================
Indent paragraph

HTML()}<div style="padding-right:50px;">**paragraph to be indented**</div>
{HTML}
   Did not seem to work July 2019
more information: https://www.w3schools.com/cssref/pr_padding.asp
==

ISummary which can also be used to email to Vitamin D Group
{BOX(title=>VitaminDWiki Summary class="border" bg=>#FF9,width= "600px")}

   {BOX}
=================================

To include # of items in Category in "Did You Know That"
*There are __~~#00F:{SQL(db=>vitamind)}SELECT COUNT(*) FROM `tiki_category_objects` WHERE `categId`=144{SQL}~~__ items in the ((Back Pain)) category in VitaminDWiki

Nice 1 page summary of XXXX from Bioharmonium.com
{img type="attId" attId="12500" width="1000"}
.
In order to use the hyperlinks, you must ..**{ATTACH(inline="1" id="12500" icon="1")}Download the PDF {ATTACH}** and then view it in a hyperlink capable viewer
      – such Adobe PDF viewer (free)

List of pages with XXX in the title
*[https://www.vitamindwiki.com/tiki-listpages.php?lang=&find=xxx&sort_mode=page_id_desc|Web pages with XXX in the title]
768 as of Aug 2020   (RCT)

&showPageAlias="n"   HIDE
showNameOnly=Y"   see https://doc.tiki.org/PluginListPages