

Vitamin D & Thyroid

90-day Action Plan

Download audio from:
www.is.gd/thyroidrg

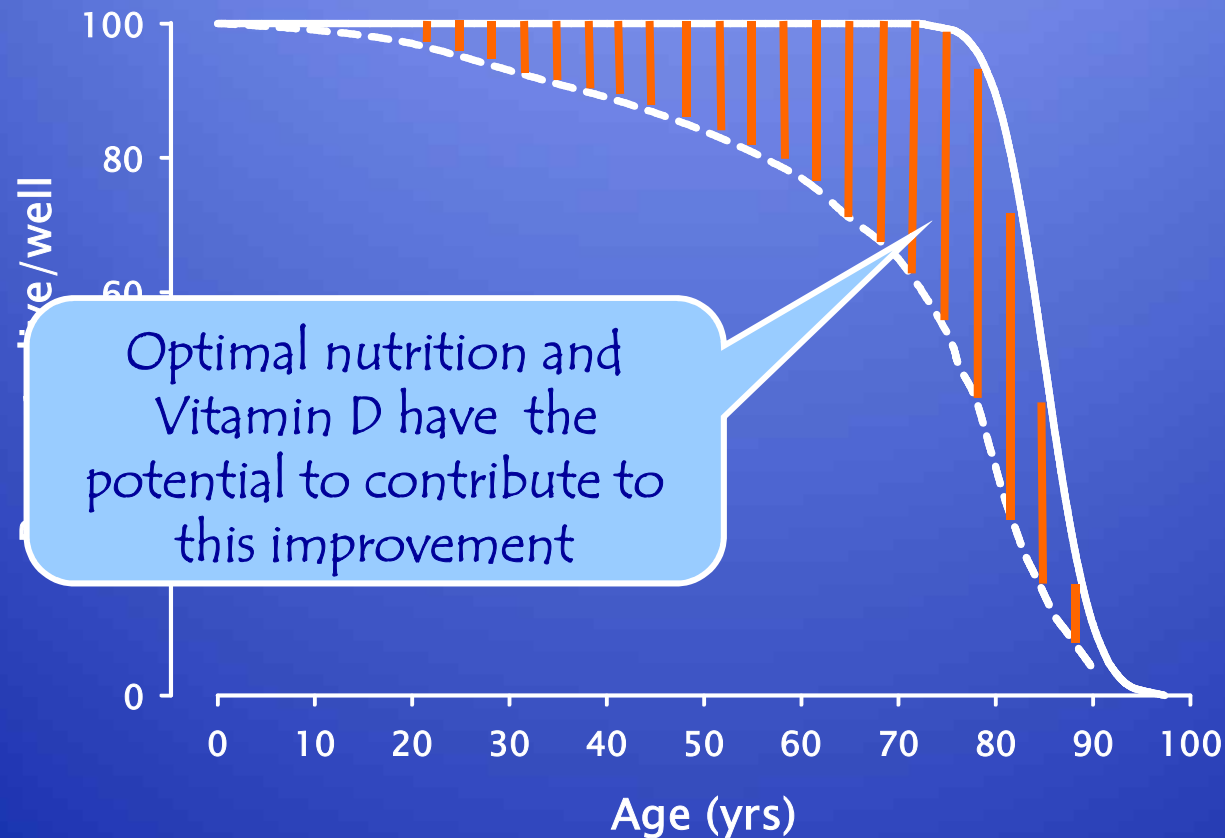
This information is provided for educational purposes only and is not meant to provide any medical advice. Please work with a qualified health care practitioner to correctly use any of the products in the right amounts.

Rufus Greenbaum

- A private individual - interested in preventative health
- I understand the difference between *Hypothesis & RCT Evidence*
- Correspondence with UK government about Vitamin D
 - DoH, SACN, NICE, BNF & others
 - since December 2009
- Involved with 5 hospitals in NW London, since July 2010
- Organised 4 conferences about Vitamin D, since December 2010
- Contact:
 - rufus@greenbaum.com
 - www.rufusgreenbaum.com
- I am commercially involved:
 - **BioTech Pharmacal** **USA** www.biotechpharmacal.com
 - **House of Bentley** **UK** www.houseofbentley.com

My primary interest – healthy ageing

I want to live longer in good health



My primary interest – healthy ageing

My initial source of information:

TRANSCEND – Nine Steps to Living Well Forever

Book by: Ray Kurzweil & Dr Terry Grossman

<i>T</i>	<i>Talk with your doctor</i>
<i>R</i>	<i>Relaxation</i>
<i>A</i>	<i>Assessment</i>
<i>N</i>	<i>Nutrition</i>
<i>S</i>	<i>Supplements</i>
<i>C</i>	<i>Calorie Reduction</i>
<i>E</i>	<i>Exercise</i>
<i>N</i>	<i>New Technologies</i>
<i>D</i>	<i>Detoxification</i>

My primary interest – healthy ageing

I am interested in complementary medicine where it may offer prevention or treatment for long-term & age-related illnesses:

- Alzheimer's www.foodforthebrain.org
www.coconutketones.com
- Cancer www.grassrootshealth.net
www.vitamindassociation.org
- Depression www.vitamindwiki.com & www.drkalish.com
- Diabetes www.vitamindwiki.com
- Osteoporosis www.vitamindwiki.com
- Multiple Sclerosis www.vitamindwiki.com
- Parkinson's www.vitamindwiki.com & www.drkalish.com
- Pernicious Anaemia www.pernicious-anaemia-society.org
- Thyroid www.tpauk.com & www.thyroiduk.org.uk

DANGER – Be careful with Vitamin D

If you have any Thyroid problems

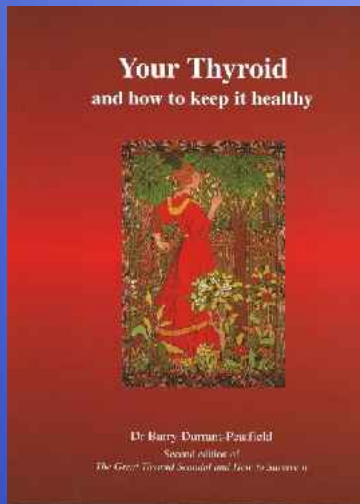
do not take Vitamin D

*until you have corrected other problems
like Adrenal Deficiency*

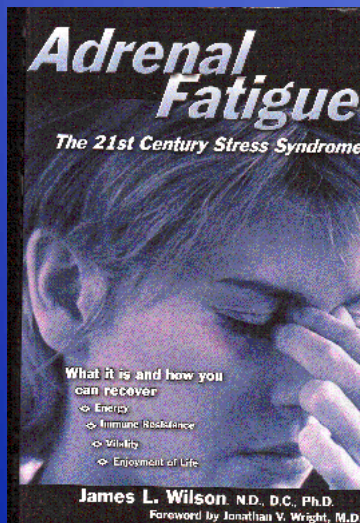
However,

***Vitamin D is one of many nutrients
required for creation of T3 from T4***

Following is partly based on 2 books:



*Your Thyroid
and how to keep it healthy*
Dr Barry Durrant-Peatfield




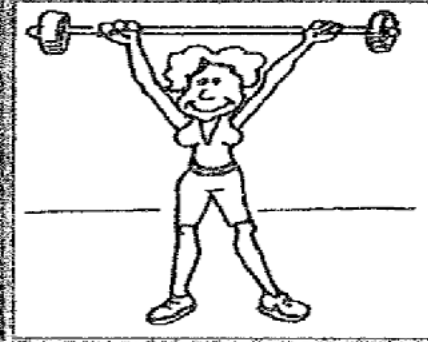

Adrenal Fatigue
Dr James Wilson
www.adrenalfatigue.org
Online questionnaire

Suggested 90-day Action Plan

1. Exercise briefly - 3 different types 90 days +
2. Sleep better & longer 90 days
3. Do passive detoxification 90 days
4. Do food detoxification 90 days
5. Eliminate Candida & leaky gut 90 days
6. *Replenish Adrenal glands* 90 days
7. *Increase Vitamin D* after 30 days
8. *Try Thyroxine T4* after 60 days
9. *Do active detoxification* after 90 days
10. *Try T3* after 90 days
11. *Check hormones* after 90 days

1. Modest exercise – 3 types

EXERCISES - COMBINE AEROBICS, ANAEROBICS AND FLEXIBILITY

Aerobics Builds Stamina	Anaerobics Builds Strength	Flexibility Increases Range of Motion of Joints & Muscle Length
		
FAST WALKING STAIR CLIMBING NORDIC TRACK X-COUNTRY SKIING SWIMMING WATER AEROBICS TREAD MILL WIND SPRINTS	WEIGHT LIFTING ISOMETRIC CONTRACTIONS ISOTONIC EXERCISES WEIGHT MACHINES LIFTING & CARRYING WEIGHTS PUSH-UPS SIT-UPS CHIN-UPS STOMACH CRUNCHES	YOGA TAI CHI STRETCHING SLOW STRETCHING EXERCISES PILATES

1. Modest exercise – 3 types

Aerobic exercise

- *10-30 minutes - at least every 3 days*
- *do enough exercise to increase breathing rate*
- *just brisk walking may be enough*

Anaerobic exercise

- *muscle strength training - at least every 3 days*
- *elastic bands on door frame work well*
(Everlast Pilates Door Gym or Reebok Resistance Tube)

Flexibility

- *Yoga, Tai Chi or Pilates – at least once a week*

2. Sleep better

- *Sleep helps the body to repair itself*
- *Try and sleep from 10:00pm until 7:00am or later*
- *If disturbed by partner, try a separate bed for 30-90 days*
- *Try and replace other sleeping drugs with Melatonin or natural sleeping aids like Valerian or Natrasleep*
- *Melatonin is freely available in USA (0.3 to 10 mg)*
- *Melatonin is only available in UK under prescription*
- *Ask your UK doctor for Circadin (www.circadin.com)*
- *Try 2mg and then increase or decrease the dose*
- *I take 0.125mg of melatonin (quarter of a 0.5mg tablet)*

3. Passive de-toxification

Eliminate all smoking – active & passive

Question use of Barbiturates, Lithium & Amiodarone

Eliminate all Fluoride in toothpaste etc.

Drink only spring water from glass bottles - for 90 days

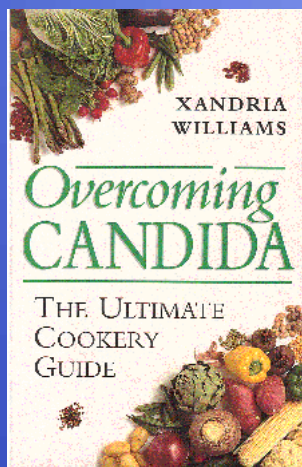
Check all household chemicals for toxic contents

- *Aerosols*
- *Air Fresheners*
- *Cleaners*
- *Liquid soaps*
- *Shampoos*
- *Washing up liquid*

4. Food de-toxification

1. *Eat organic foods for 90 days*
 2. *Keep a food diary for 90 days*
 3. *Eliminate Soy (A goitrogen that blocks Iodine)*
 4. *Eliminate the most common food allergens*
 - *try each one for 14 days & then re-introduce them*
- *Cow's Milk*
 - *Wheat – try Gluten Free*
 - *Corn & corn-fed meat*
 - *Chocolate*
 - *Peanuts*
 - *Tomatoes*
 - *Beef (try grass-fed meat)*

5. Eliminate Candida & Leaky Gut



Overcoming Candida
By Xandria Williams

www.xandriawilliams.co.uk



The Kalish Method
Dr Dan Kalish

www.drkalish.com

5. Eliminate Candida & Leaky Gut

Starve it out

- *eliminate refined sugars & starches*
- *replace with high fibre fruit & vegetables*
- *try going Gluten-Free*

Kill the Candida

- *Use fungicides like: Nystatin, Sporonox or Fluconazole*
- *Combine with Caprylic acid, grapefruit seed extract or garlic*
- *Cook with Olive Oil*
- *Drink Aloe Vera juice*

Add beneficial bacteria & enzymes

- *Pre & pro-biotics & enzymes*
- *Lactobacillus, bacteroides, bifidobacteria*
- *Live Sauerkraut, Kefir or similar*

6. Adrenal Glands - Foods

Vitamin B	<i>Whole grains, brewers yeast, liver, Marmite, broccoli, salmon, sweet potatoes</i>
Vitamin C	<i>Peppers, tomatoes, alfalfa, sprouts, oranges</i>
Calcium	<i>Milk, goats milk, humus, kale, beans, nuts, kelp</i>
Magnesium	<i>Kelp, brown rice, green beans, nuts & seeds</i>
Potassium	<i>Avocados, bananas, potatoes</i>
Fibre	<i>Vegetables, fruits, seeds, whole grains, psyllium seed</i>
Various	<i>Watercress, Parsley, Yucca, Slippery Elm Coconut Oil / Milk, Butter, Royal Jelly</i>
Salt	<i>Iodised salt</i>
Herbs	<i>Licorice Root (tea with honey) Ashwagandha (take at night) Korean Ginseng (mostly for men – women be careful) Siberian Ginseng (OK for women) Ginger root Gingko Biloba</i>

6. Adrenal Glands - Vitamins

You probably can't absorb enough of the required nutrients from food, so consider taking some key vitamins

6. Adrenal Glands - Vitamins

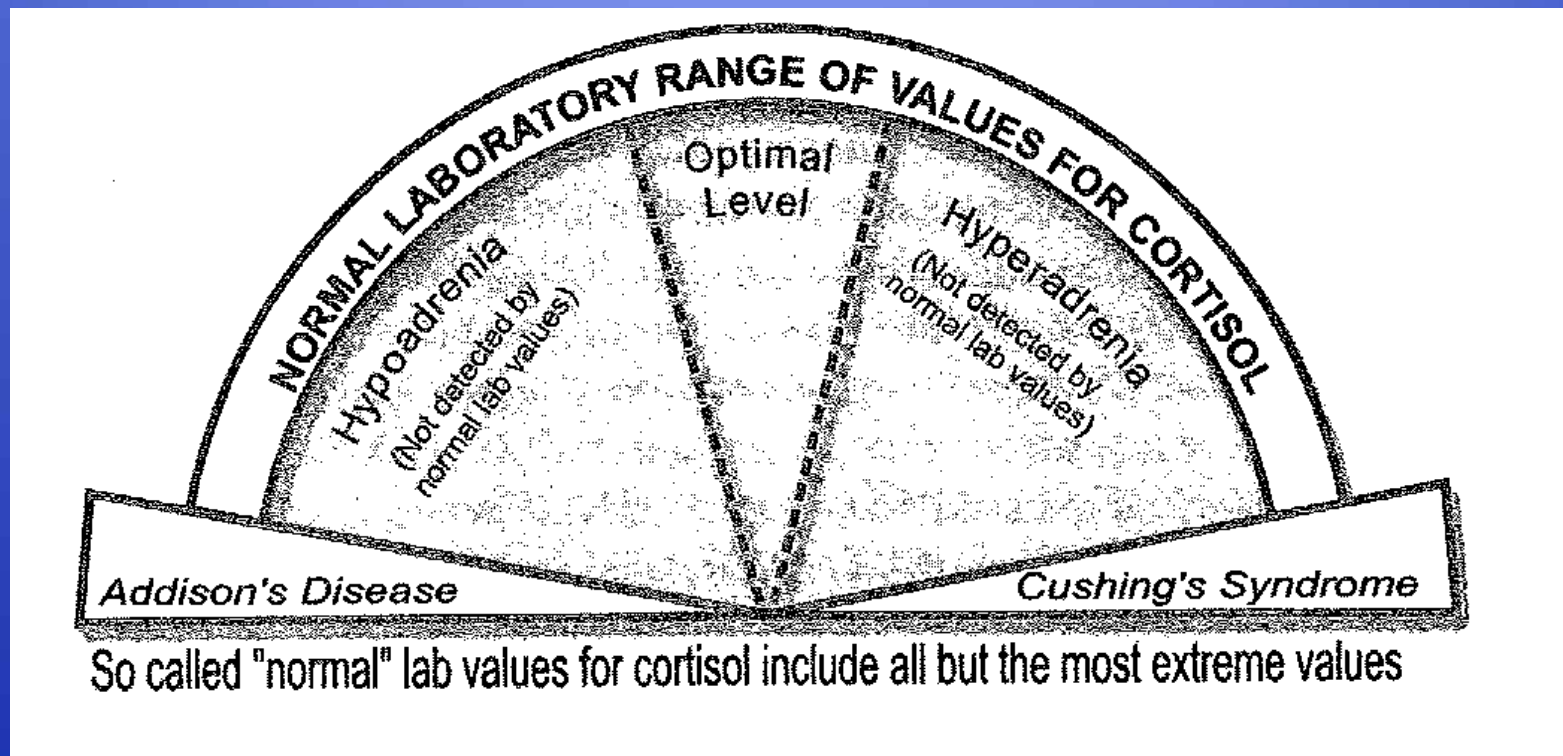
	<u>Doc BDP (P117)</u>	<u>Doc JLW (P193)</u>	<u># HOB</u>
* Vitamin C	2-10 grams	2-20 grams	C-kit
* Bioflavonoids	500mg	50% of Vitamin C	C-kit
* Magnesium	250-500mg	400mg	500mg
* Vitamin B5	100-500mg	1,500mg	B-kit
Vitamin B3 (Niacin)	-	25-50mg	B-kit
Vitamin B6	50-100mg	50-100mg	B-kit
Vitamin B12	-	200-400µg	B-kit
Vitamin E	-	800IU	E-kit
Zinc	20-30mg	-	50mg
Coenzyme Q10	TBA	-	Ubiquinol
Vitamin A	800 IU	-	Vitamin A
Vitamin D	15 µg (600 IU)	-	Vitamin D
Omega 3	TBA	-	Omega 3
Multivitamin	TBA	TBA	Multivitamin

* Doc JLW suggests increase amounts during times of stress

HOB = www.houseofbentley.com

6. Adrenal Glands - balance

Need to balance your Cortisol level



7. Vitamin D deficiency

Short (weeks)

Muscle strength, back pain & “bone pain”

Medium (months)

Rickets, Depression, SAD, Hypertension,
Diabetes, Insulin resistance, Myopathy, Vision
Influenza, Falls in elderly, Kidney,
Infertility, Pre-Eclampsia
Tuberculosis, Sepsis, COPD, Psoriasis, HIV
Crohn's, Asthma, Lupus, Raynauds +++ ???

Thyroid

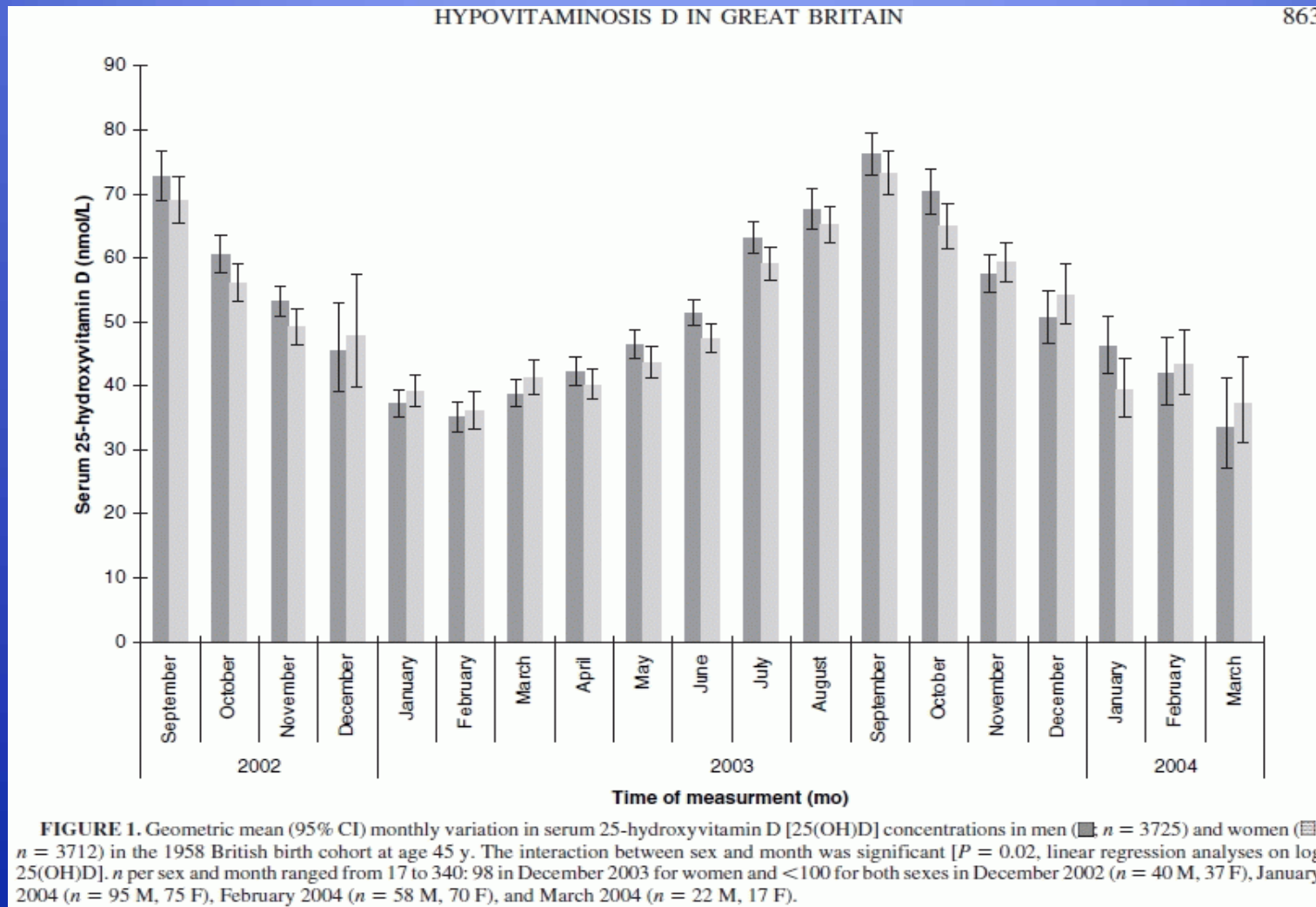
Long (years)

Cancers, Multiple Sclerosis,
Osteopenia, Osteoporosis
Alzheimer's, Parkinson's, **Thyroid**

Proof for 34+ illnesses (RCT)

www.vitamindwiki.com

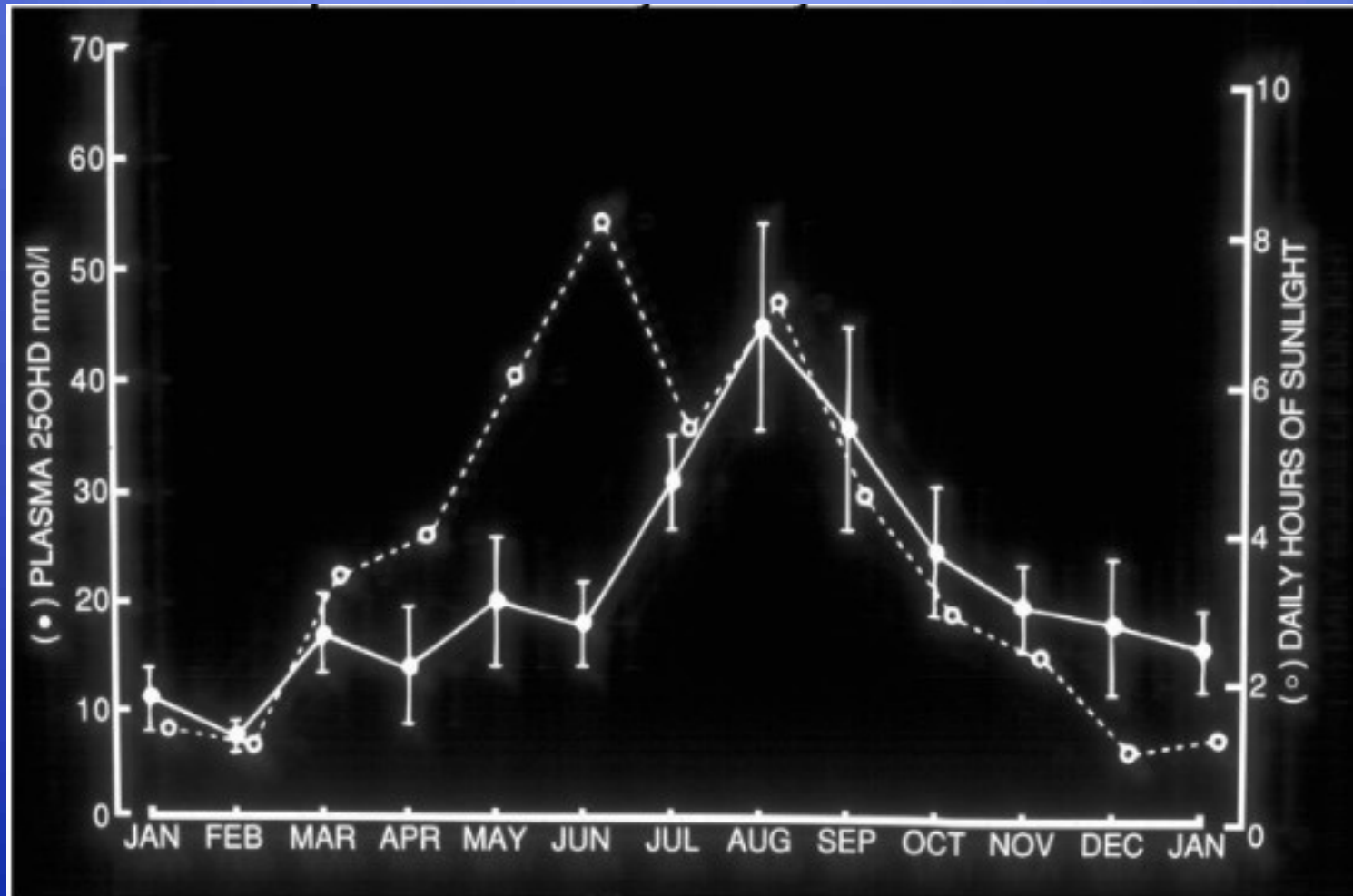
7. UK Data – England (50-55°N)



<- 75nmol/L
Summer

<- 35 nmol/L
Winter

7. UK Data – Scotland (56-57°N)



7. Effect of sunlight & food

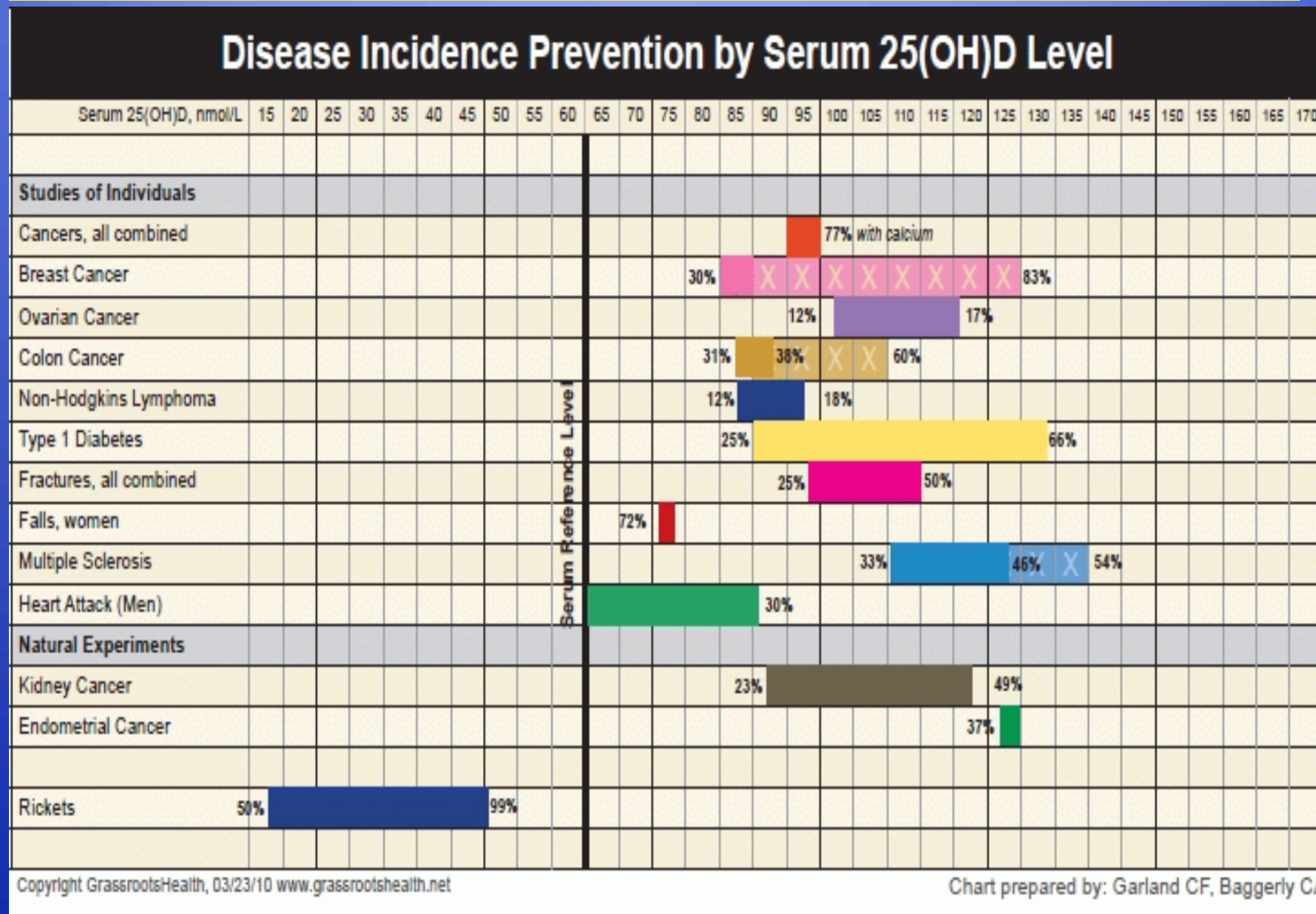
If illness varies with the season

- suspect sunlight / Vitamin D may be a factor

Difficult to obtain enough Vitamin D from food

- Sunlight 20,000 IU***
- Oily fish 300 IU***
- 1 egg 50 IU***

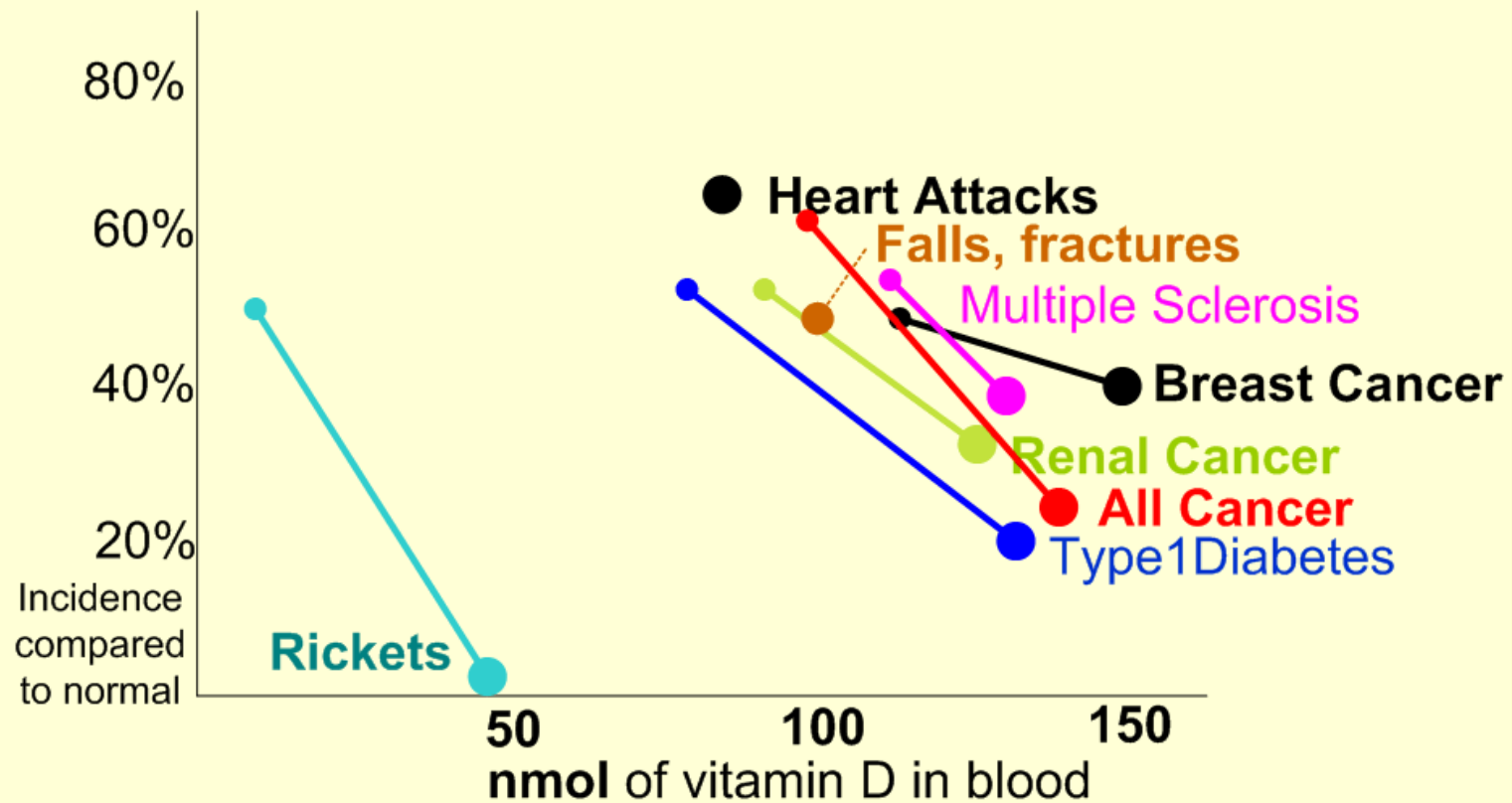
7. Disease Prevention with Vitamin D



Source: Vitamin D for Cancer Prevention (Professor Cedric Garland et.al www.ucsd.edu 2009)

7. Vitamin D – Health outcomes

More Vitamin D in blood reduces incidence of major health problems



Lahore August 2010 using data of Garland and Baggerly 2010

7. Vitamin D – Hypothesis

Less sun => Less Vitamin D => Less Health

Less Sun

Less time outdoors

- Air Conditioning
- TV & internet & video games
- Live in smoggy cities
or in suburbs with little walking
- Less work outdoors
- Fear skin cancer and wrinkles

Less sun when outdoors

- Sunscreen
- Protective clothing

*Additional reasons at:
is.gd/lowvitamind*

Henry Lahore 11b/2013 VitaminDWiki
details at is.gd/sundisease

Less Health

Breast Cancer, Cognitive Decline, Cong. Heart Failure*, Cystic Fibrosis, Diabetes*, Falls/fractures*, Kidney, Hypertension*, Infection (anti-biotics*), Influenza, Lupus, MS*, Osteopenia*, Osteoporosis*, RA, Rickets*, Pain-Back*, Parkinson's*, Prostate Cancer*, Pregnancy problems, Raynaud's*, Tuberculosis, Ulcer -leg*

Allergy, ALS, Alzheimer's, Anemia, Asthma, Autism, Bone, Cancers, Celiac, Chronic Fatigue, Chronic Pain, COPD, Dental, Depression, Fertility, Fibromyalgia, Headache, Heart Disease, HIV, IBD, Metabolic Syndrome, MRSA, Myopathy, Overweight, Psoriasis, Sepsis, Thyroid

Liver, Osteoarthritis, Rosecea, SAD, Vision

Strong Proof

that increase in Vit D decreases incidence

* = TREAT as well

Associated

with low Vit D for most people with the disease

Suspected

relationship with low Vitamin D

7. Vitamin D – Call to Action - 1



A Consortium of Scientists, Institutions, and Individuals
Committed to Solving the Worldwide Vitamin D Deficiency Epidemic

University of California Scientists Panel

University of California Davis

Bruce D. Hammock, Ph.D.

Hari A. Reddy, Ph.D.

Ray Rodriguez, Ph.D.

University of California Los Angeles

John Adams, M.D.

Martin Hewison, Ph.D.

H. Phillip Koeffler, M.D.

Keith C. Norris, M.D.

University of California Riverside

Mathew Mizwicki, Ph.D.

Anthony W. Norman, Ph.D.

Laura P. Zanello, Ph.D.

University of California San Diego

Richard L. Gallo, M.D., Ph.D.

Cedric F. Garland, Dr. P.H.

Frank C. Garland, Ph.D. †

Edward D. Gorham, Ph.D.

Tissa Hata, M.D.

University of California San Francisco

David Gardner, M.S., M.D.

Bernard P. Halloran, Ph.D.

International Scientists Panel

Scientists' Call to D*action

The Vitamin D Deficiency Epidemic

40-75% of the world's population is vitamin D deficient.

The causal link between severe vitamin D deficiency and rickets or the bone disease of osteomalacia is overwhelming, while the link between vitamin D insufficiency and osteoporosis with associated decreased muscle strength and increased risk of falls in osteoporotic humans is well documented by evidence-based intervention studies.

There are newly appreciated associations between vitamin D insufficiency and many other diseases, including tuberculosis, psoriasis, multiple sclerosis, inflammatory bowel disease, type-1 diabetes, high blood pressure, increased heart failure, myopathy, breast and other cancers which are believed to be linked to the non-calcemic actions of the parent vitamin D and its daughter steroid hormone. Based on the evidence we now have at hand, action is urgent.

7. Vitamin D – Call to Action - 2

Atascadero State Hospital
John J. Cannell, M.D.
Boston University School of Medicine
Michael F. Holick, Ph.D., M.D.
Creighton University
Robert P. Heaney, M.D.
Joan M. Lappe, Ph.D., R.N.
Emory University
Vin Tangpricha, M.D., Ph.D.
Harvard School of Public Health
Edward Giovannucci, M.D., ScD.
Walter C. Willett, Dr. P.H., M.D.
International Medical Center of Japan
Tetsuya Mizoue, M.D., Ph.D.
Linus Pauling Institute
Adrian F. Gombart, Ph.D.
Massachusetts General Hospital
Carlos A. Camargo, Jr., M.D., Dr. P.H.
McGill University
John H. White, Ph.D.
Medical University of Graz, Austria
Stefan Pilz, M.D.
Medical University of South Carolina
Bruce W. Hollis, Ph.D.
Carol L. Wagner, M.D.
Roswell Park Cancer Institute
Candace Johnson, Ph.D.
Donald L. Trump, M.D.
Society For Medical Information and Prevention
Joerg Spitz, M.D.
Sunlight, Nutrition and Health Research Center
William B. Grant, Ph.D.
University of Albany - SUNY
JoEllen Welsh, Ph.D.
University of Alberta
Gerry Schwalfenberg, M.D., CCFP
University of Saskatchewan
Susan J. Whiting, Ph.D.
University of Toronto, Mt Sinai Hospital
Reinhold Vieth, Ph.D.

It is projected that the incidence of many of these diseases could be reduced by 20%-50% or more, if the occurrence of vitamin D deficiency and insufficiency were eradicated by increasing vitamin D intakes through increased UVB exposure, fortified foods or supplements. The appropriate intake of vitamin D required to effect a significant disease reduction depends on the individual's age, race, lifestyle, and latitude of residence. The latest Institute of Medicine (IOM) report, 2010, indicates 10,000 IU/day is considered the NOAEL (no observed adverse effect level). 4000 IU/day can be considered a safe upper intake level for adults aged 19 and older.

It is well documented that the darker the skin, the greater the probability of a vitamin D deficiency. Even in southern climates, 55% of African Americans and 22% of Caucasians are deficient.

More than 1 billion people worldwide are affected at a tremendous cost to society.

A Scientists' Call to Action has been issued to alert the public to the importance to have **vitamin D serum levels between 40 and 60 nanograms/milliliter (100-150 nanomoles/liter)** to prevent these diseases. Implementing this level is safe and inexpensive.

The benefit of an adequate vitamin D level to each individual will be better overall health and a reduction in illnesses and, ultimately, a significant reduction in health care costs. The benefit of adequate vitamin D levels to society/businesses is a more productive workforce and, lower health care costs.

The D*action project has as its purpose to serve as a model for public health action on vitamin D. It is a test bed for techniques, and for providing outcome evaluation at a community level.

Revised 1/12/11

7. Actions depend on the definition !

If Target is:

25 nmol/L *

50 nmol/L

75 nmol/L

100-150 nmol/L

Action required:

(Current UK definition of **Deficient**)
No perceived national problem !
No preventive action required

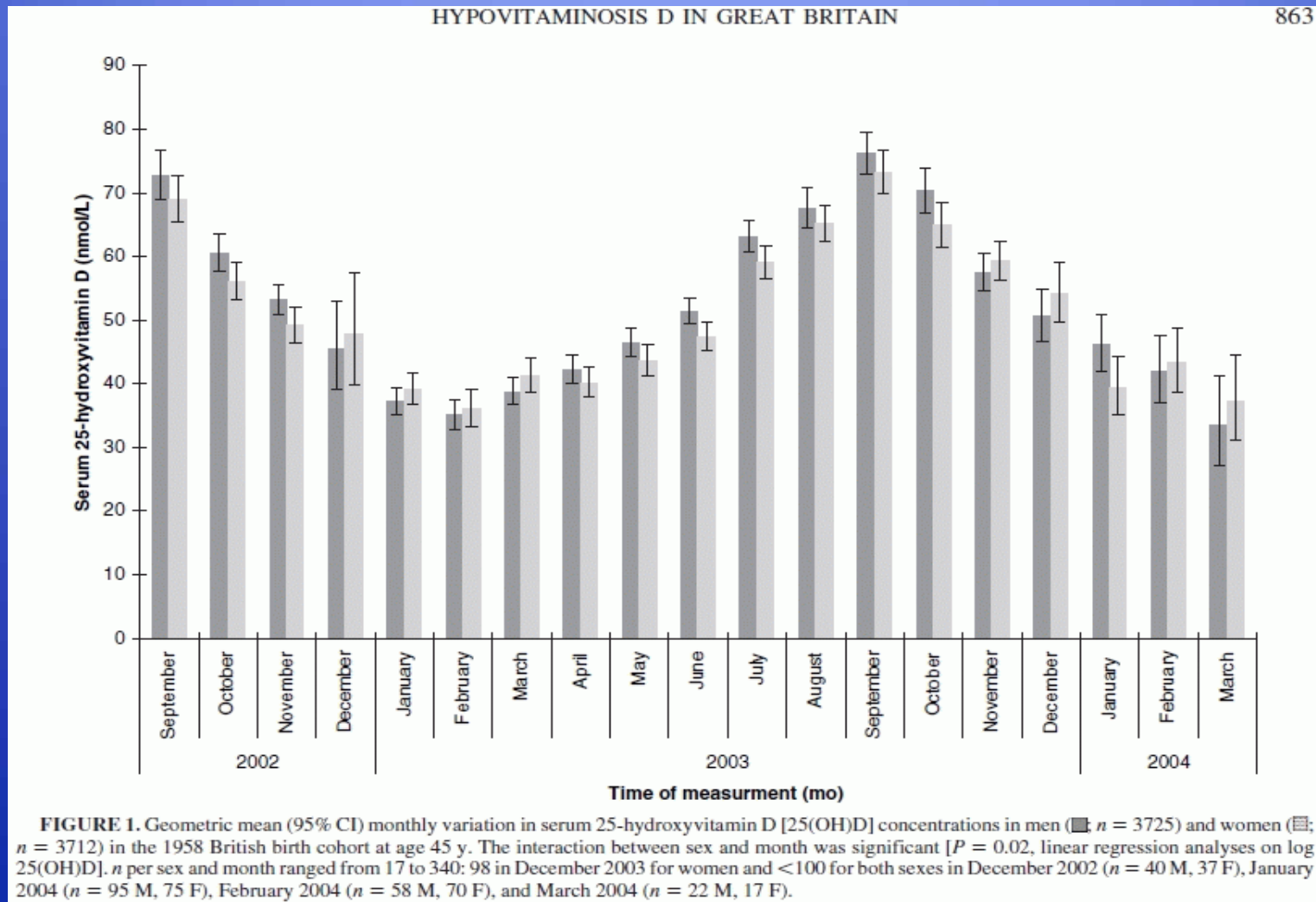
(Current UK definition of **Adequate**)
Minor Deficiency for a few months
No preventive action required

Everyone is deficient all year round
- now what action is required ?

Everyone is *very* deficient all year round
- now what action is required ?

* **25-hydroxyvitamin-D in blood test = 25(OH)D**

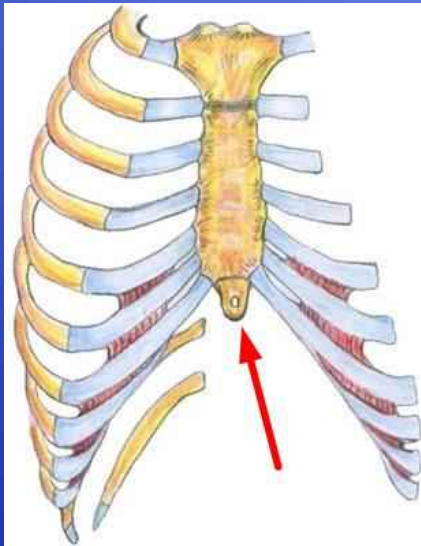
7. UK Data – England (50-55°N)



>100 nmol/L
Target

7. Vitamin D – self-test

- *Quick, free, self test of vitamin D deficiency*
- *Not a quantitative test, but FREE*
- *Press as hard as you can on your sternum and your tibia*
- *Are your bones painful when you press them ?*
- *Read more about this at: www.vitamindwiki.com*



**If you feel pain:
Mayo Clinic says
93% chance
that you are
Vitamin D deficient
(<25 nmol/L)**

7. Vitamin D – public testing for £25

www.cityassays.org.uk



Blood Spot Test for Vitamin D

Direct to the public testing



Phone: 0121 507 4278 (Sandwell & West Birmingham Hospitals - NHS)

7. My Vitamin D test results:

I take 5,000 IU of Vitamin D3 each day:

Your Results:

Total vitamin D: 143.5 nmol/L

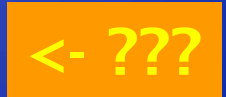
Status: Adequate ●

25-hydroxyvitamin D₃: 140.7 nmol/L

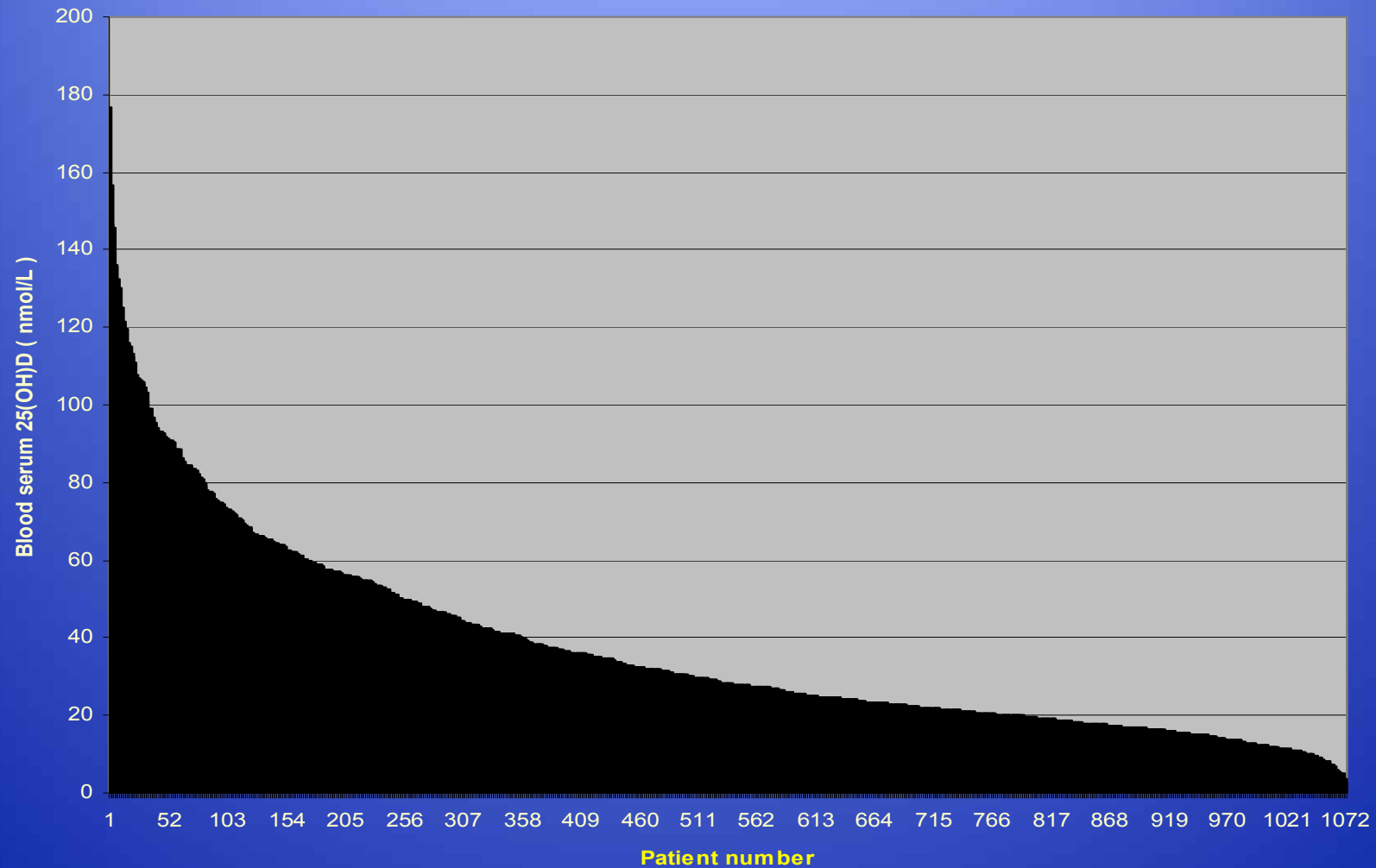
25-hydroxyvitamin D₂: less than 2.8 nmol/L

Interpretive Guide:

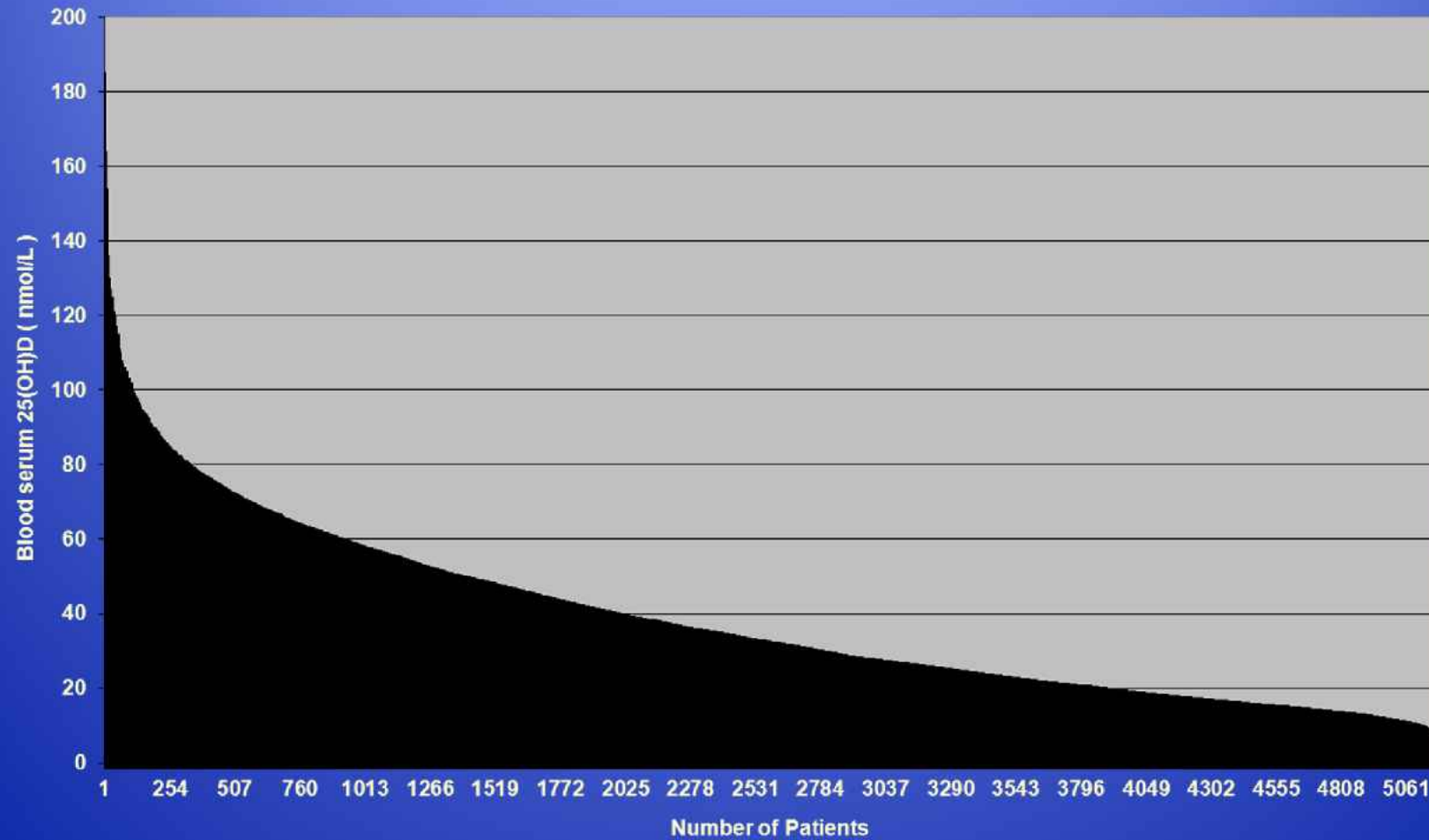
Reference Interval (nmol/L)	Vitamin D status
Less than 15	Severe Deficiency ●
15 – 30	Deficiency ●
30.1 – 50	Insufficiency ●
Greater than 50	Adequate ●



7. UK Hospitals – Blackburn



7. UK Hospitals – Ealing



7. How much Vitamin D do I need ?

Rough Guide:

25µg (micrograms) per day raises your blood level by 25 nmol/L
- *in about 3 months*

Examples:

<u>Start</u>	<u>Target</u>	<u>Dose required – per day</u>
25 nmol/L	50 nmol/L	25µg micrograms (1,000 IU)
25	75	50µg micrograms (2,000 IU)
25	100	75µg micrograms (3,000 IU)
25	125	100µg micrograms (4,000 IU)
25	150	125µg micrograms (5,000 IU)

7. Vitamin D in UK: $25\mu\text{g} = 1,000 \text{ IU}$



7. Vitamin D - potential problems

If you have Hyperthyroidism or a granulomous disease like Sarcoidosis you might be too sensitive to Vitamin D

If you have a condition like Coeliac or Crohn's disease or Irritable Bowel Syndrome then you might have a genetic condition where you are insensitive to Vitamin D

There is also an interaction between gut health and sensitivity, so eliminate Candida & leaky gut first

Take medical advice or be very careful !

7. If you have Thyroid problems:

Do a Vitamin D blood test before you start - 25(OH)D

Buy 25µg (1,000IU) Vitamin D3 (Tablets, drops or spray)

- Take 1 x 25µg each day for 1 week - note any reaction***
- Then 2 x 25µg per day for next week***
- Then 3 x 25µg per day for next week***
- Then 4 x 25µg per day - until all used up***

If no adverse reaction:

Buy 1 bottle of 100µg (4,000 IU) Vitamin D3

- Take 5 capsules per day for 5 days - MAXIMUM***
- This is a LOADING DOSE of 2,500 micrograms (100,000 IU)***
- Then take 1 capsule per day - for ever***
- Consider taking co-factors (see www.vitamindwiki.com)***

7. Vitamin D Co-factors

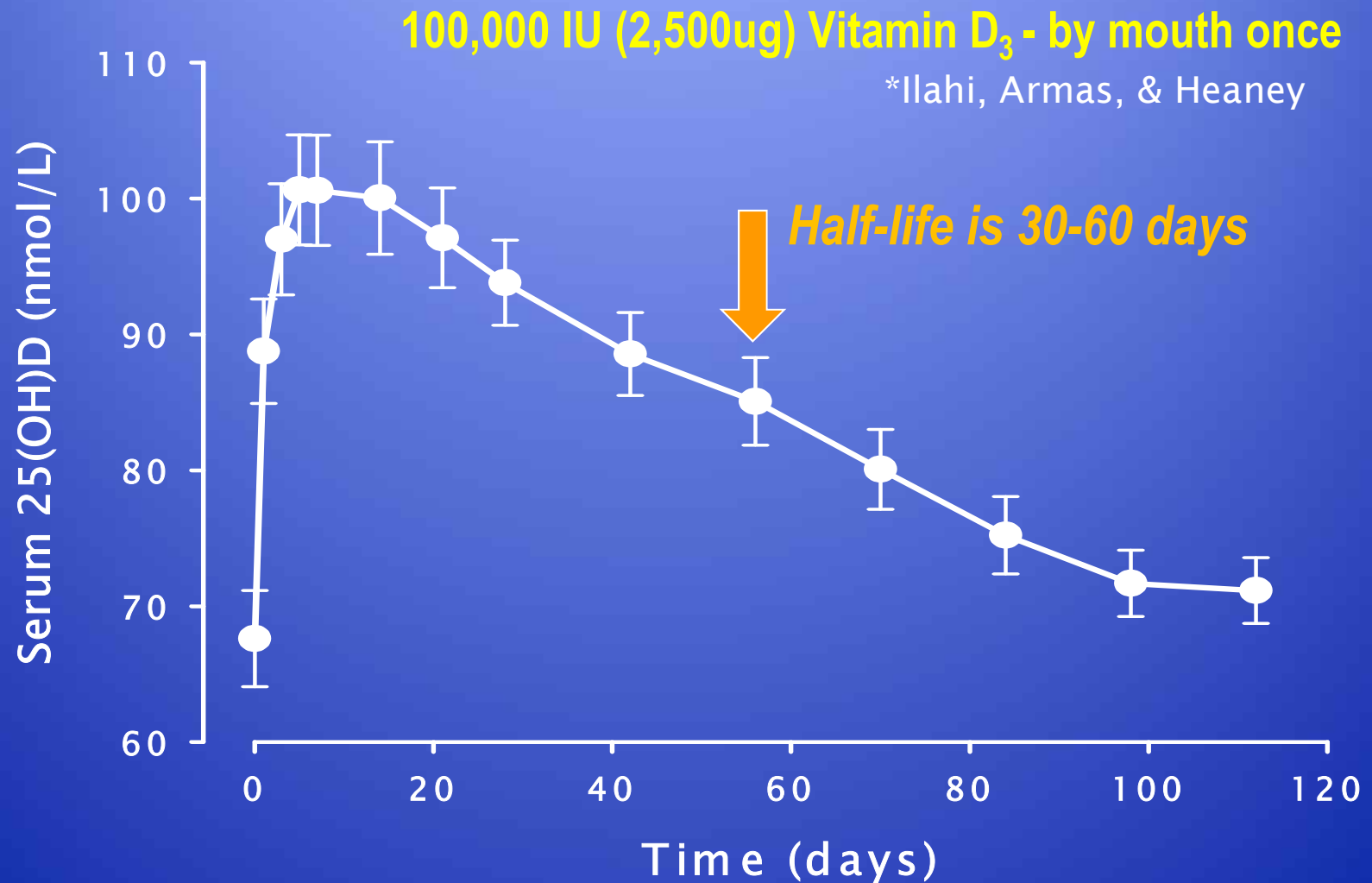
If you take more than 50µg (2,000 IU) of Vitamin D each day consider taking co-factors such as:

- *Vitamin K*
- *Magnesium*
- *Zinc*
- *Boron*

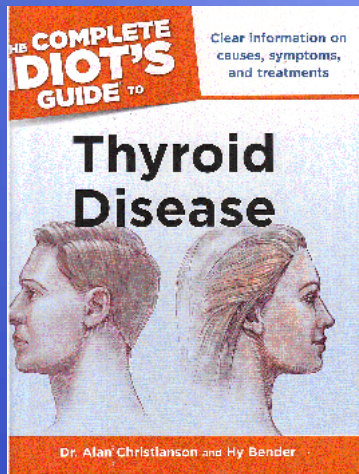
*Directs more calcium into the bones
Reduces calcium in the arteries*

*Example: D3Plus from www.biotechpharmacal.com
In UK from: www.houseofbentley.com
Read more at: www.vitamindwiki.com*

7. Vitamin D - Response to Large Doses

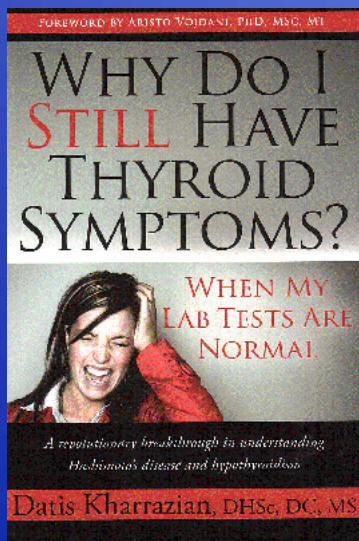


8-11. Next steps



The Complete Idiot's Guide to Thyroid Disease

Dr Alan Christianson & Hy Bender



Why Do I Still Have Thyroid Symptoms ?

Dr Datis Kharrazian

www.thyroidbook.com

rufus@greenbaum.com

8. Thyroxine T4

“There are six patterns of functional hypothyroidism, only one of which would respond to medication”

Dr Datis Kharrazian

Do not start Thyroxine T4 until

- *Adrenal Deficiency has been corrected*
- *Vitamin D level is increased safely*

“Persuade your doctor to accept upper TSH limit of 2.5”

Vice-President of Royal College of Physicians – Private discussion

9. Active detox

Foods that help promote healthy liver function:

<i>High sulphur foods</i>	<i>Garlic, legumes, onions , eggs</i>
<i>Water soluble fibre</i>	<i>Pears, oatbran, apples, legumes</i>
<i>Cabbage family</i>	<i>Cabbages (cook them well)</i>
<i>Other</i>	<i>Artichokes, beets, turmeric, cinnamon</i>

Herb Milk Thistle (Silymarin) is good at cleansing the liver

Juicing – 2 or 3 days a week for 30 days

- Fresh fruit & vegetables, 3 or 4 times a day*
- Add Vitamin C, fibre supplements & 70-200mg Silymarin*
- Add plenty of pure water (spring water from glass bottles)*
- Take light exercise, like brisk walking*
- Rest as much as possible, so best done at a weekend*

Reduce refined sugars & alcohol during the detox

10. T4 to T3 synthesis

T3 can be manufactured more naturally from T4

- *if Adrenal Glands are replenished*
- *if Vitamin D is high*

Dr Datis Kharrazian:

“These nutrients support healthy peripheral thyroid metabolism and glutathione synthesis”

- *Commiphora Muke (Guggulu)*
- *Selenium*
- *Zinc*
- *Antiperoxidative Compounds*

11. Check Hormones

Understand the role of Iodine

- *Need to balance iodine, vitamin D, magnesium, calcium, potassium, sodium, vitamin B, vitamin C, and vitamin A*
- *Use Iodised salt ?*

After the 90-day Action Plan

- *Oestrogen, Progesterone & Testosterone*
 - *Only allow **Bio-Identical Hormone Replacement Therapy***
 - ***It Must be My Hormones** by Dr Marion Gluck*
 - ***Ageless** by Suzanne Somers*
- *Pregnenolone & DHEA*
 - ***Your Thyroid** by Dr Barry Durrant-Peatfield*
- *Serotonin & Dopamine*
 - ***The Kalish Method** by Dr Dan Kalish*

More information

www.vitamindwiki.com

www.vitamindcouncil.org

www.vitamindassociation.org

www.grassrootshealth.net

www.ucsd.tv

www.vitaminduk.com

www.healthresearchforum.org.uk

www.biotechpharmcal.com

www.houseofbentley.com

www.is.gd/thyroidrg

Searchable in 50+ languages

Data on 100+ illnesses

Videos from 4 conferences

Public intervention project

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