



Report Information from ProQuest

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Between the RDA and reality

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Abstract (Abstract): The reality is that this warning is inconsistent with scientific studies done on vitamin D. A massive eight-year study by the College of Medicine at the University of Chicago, which included over 773 humans and 64 dogs, concluded that an average woman weighing 110 pounds could safely take 1,000,000 I.U. of vitamin D daily, incurring many health benefits. This is 2,500 times the current RDA. A follow-up study by the Louisiana State University verified these findings and suggested even higher doses would be safe.

Another vitamin that we have become concerned about is vitamin A. Its RDA is 5,000 I.U. A person eating a modest meal of carrots and liver consumes at least 100,000 I.U. of vitamin A without a prescription, and each spoonful is in violation of the RDA. Spinach, sweet peas, potatoes, red peppers and dried apricots would also be disallowed from the doctor's prescription if the RDAs were ever enforced.

The ancient Egyptians squeezed the juice, high in vitamin A, from liver to treat night blindness and other eye disorders. The reality is that in poor countries, it is estimated that 500,000 children go blind each year for lack of vitamin A. In February 2001, UNICEF reported that a program that began in 1988 giving high-dose capsules of vitamin A to strengthen the body's immune system has averted one million child deaths. Scientists in India recently found that weekly vitamin A supplements for school children cut deaths from disease by more than half.

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Full text: "If the doctors of today do not become the nutritionists of tomorrow, then the nutritionists of today will become the doctors of tomorrow."

These words hang over the entrance to the Rockefeller Institute of Medical Research. Indeed, there's lots of room for improvement in medicine, as mineral and vitamin deficiency is the main cause of degenerative disease. Deficiencies cause the body fluids, which are normally mildly alkaline, to become acidic, causing heart disease, cancer, arthritis, osteoporosis, diabetes and numerous other degenerative diseases.

Although the importance of minerals and vitamins is becoming more recognized, the missing ingredient, vitamin D, is almost never recommended in amounts that will ensure that the body absorbs them. In fact, some doctors (and dieticians here in the Valley) warn that we should not exceed the recommended daily allowance (RDA) of 400 IU.

The reality is that this warning is inconsistent with scientific studies done on vitamin D. A massive eight-year study by the College of Medicine at the University of Chicago, which included over 773 humans and 64 dogs, concluded that an average woman weighing 110 pounds could safely take 1,000,000 I.U. of vitamin D daily, incurring many health benefits. This is 2,500 times the current RDA. A follow-up study by the Louisiana State University verified these findings and suggested even higher doses would be safe.

I had recommended 5,000 I.U., well below Carl Reich MD and Robert Barefoot's safe recommendation of 10,000 I.U. daily in their book "the Calcium Factor."

Another vitamin that we have become concerned about is vitamin A. Its RDA is 5,000 I.U. A person eating a modest meal of carrots and liver consumes at least 100,000 I.U. of vitamin A without a prescription, and each spoonful is in violation of the RDA. Spinach, sweet peas, potatoes, red peppers and dried apricots would also be disallowed from the doctor's prescription if the RDAs were ever enforced.

The overdose scare most frequently cited is that eating polar bear livers, which contain as much as 8,000,000 I.U. of vitamin A, was fatal for the early arctic explorers. But the poisoning symptoms seen in those who did not

die corresponded to the concentrated cadmium in the polar bear liver, and not the vitamin A at all. Despite the scientific evidence, "too much" vitamin A is still perceived as "toxic".

This is tragic because it is contrary to historical scientific study.

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Recently it has been found by several scientific studies, that eating 20 times the RDA of vitamin A really does inhibit cancer. In 1993 in a medical trial in Linxian, China, Chinese scientists, along with scientists from the American National Cancer Institute, established that beta-carotene, a chemical cousin of vitamin A, in combination with vitamin E and selenium, reduces deaths from cancer.

This supports the work done by medical researchers at the beginning of the century, who found that a severe lack of vitamin A caused stomach cancer in rats.

The trend of not recommending nutrients in the amounts that are being found to prevent disease, is true for all other vitamins and minerals. Crucial trace metals are almost never recommended, even though scientific evidence exists to show their importance in the prevention of disease.

A massive 24-year study of 11,348 people by the University of Southern California concluded that those who took daily vitamin and mineral supplements cut their death rate in half. The study also found that the death rate for heart disease and cancer, the two leading causes of death, were cut to one-tenth. Many other scientific studies verify the benefits of daily vitamin and mineral supplements.

Unfortunately, even if the doctors and dieticians were made aware of this evidence, the lack of medical freedom will prevent the implementation of preventive medicine through nutritional therapy. More than 250 million letters poured in from all over the world to protest a proposed law that would pass the control of our nutritional supplements to the pharmaceutical industry, but on March 12 2002 the European Union voted in favour of the pharmaceutical giants, one of whom sat on the board in a clear conflict of interest. What pharmacy proposes is legislated illness for their own gain, and we're legally harmonized into goose-stepping along, thanks to Jean Chretien signing the World Trade Organization agreement in a heartbeat on our behalf.

Vitamin C over 200 mg, and vitamin E over 35 IU, for example, will be by prescription only as they already are in harmonized Europe. Crucial minerals with no RDA, such as selenium, will be simply unavailable.

Make no mistake, there's a war on.

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