

Vitamin D & AIDS Dissidence



Vitamin D facts

- Common knowledge that vitamin D benefits bones
- Less known that ideal dosage is at least **10X** the 400 IU RDA
- Vitamin D NOT a vitamin but a secosteroid; an immunomodulator

Vitamin D deficiency is a **GLOBAL** pandemic
because of modern living

...The majority of people will be deficient to some
degree, whether HIV+ or -

- Orthodoxy believes vitamin D may help to fight HIV
- Dissidents should realise that vitamin D deficiency/insensitivity can be classed as AID independently



Racial disparities

The darker your skin, the harder it is to make vitamin D from sunlight

...And the darker your skin, the more likely you are to test HIV+

Efavirenz, AZT, reduce vitamin D levels... i.e. Medicine for immunodeficiency robs the body of an immunomodulator! Causes AID!

Vitamin D raises...

Cathelicidin, your body's own antibiotic against bacteria and viruses (so the orthodoxy have a point)

Glutathione, a toxin remover

Theory concordant with...

Lance/Koliadin intestinal dysbiosis theory. Vitamin D appears crucial to regulating gut flora through undamaged gut receptors

GcMAF is aka DBP-MAF; DBP = vitamin D-binding protein, MAF = macrophage activating factor

Breast is best

Cow's milk has low vitamin D because dairy cattle are often confined

Even deficient human mothers will have more vitamin D than can be found in cow's/formula due to incidental production

Classic 'HIV' risk groups

Haemophiliacs are commonly vitamin D-insensitive due to their condition

Hard recreational drug use damages the liver, which is needed by D

Lack of other nutrients affects efficacy of vitamin D, and organochlorines sprayed in Africa & India against mosquitoes appear to reduce vitamin D levels

www.prescsun.com

Prescribing Sunshine: Why vitamin D should be flying off shelves

M. Aziz

Favourably reviewed by **Prof. Henry Bauer** in *JSE*.

Available in paperback and for Kindle exclusively via Amazon Intl.

