

Vitamin D, Vitamin D and more Vitamin D

Mayer Eisenstein MD,JD,MPH



June 2013



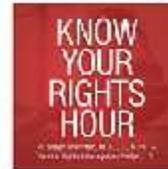
No Shots, No School, No Sports, No Camp...**NOT TRUE!!!**

Dr. Mayer Eisenstein and Advanced Nurse Practitioner Jennifer Eisenstein are pleased to announce The Eisenstein Clinics for School, Camp, Sports Physicals and Wellness Clinic for those who have decided to exercise their right of Vaccine choice and Natural treatment. Dr. Eisenstein and his practice have cared for more than 50,000 children and more than 75,000 adults. There is virtually no autism, asthma, allergies, respiratory illness, or diabetes in his unvaccinated children and adults, an impressive statistic when compared to national rates. Most conditions can be treated with natural treatments.



The "Eisenstein Clinics" Feature

1. Vaccine Choice Wellness Clinics
2. Pediatric Care
3. Women's Care
4. Men's Care
5. Metabolic Syndrome HCG Protocol (The Eisenstein Protocol)
6. Bio-Identical Hormone Therapy
7. Natural Treatments and more



NATURALNEWS **RADIO** DISCUSSING

Know Your Rights Radio

Wednesday, 4-5pm EST, Hosted by Dr. Mayer Eisenstein & Vaccine Rights Attorney Alan Phillips

Dr. Mayer Eisenstein, M.D., J.D., M.P.H. and Vaccine Rights Attorney Alan Phillips, J.D. discuss your questions and concerns about vaccines, medical politics and your personal rights.

Locations:

135 E. Algonquin Rd., Arlington Heights, IL 60005

1100 Sherman, #107, Naperville, IL 60563

847-329-2020



See us at Booth 207

- Dr. Mayer Eisenstein and Advanced Nurse Practitioner Jennifer Eisenstein are pleased to announce the School, Camp and Sports Physicals Clinic for those parents who have decided on vaccine choice and a more natural approach to health care
- Dr. Eisenstein and his practice have cared for more than 50,000 children who were minimally or not vaccinated at all. There is virtually no autism, asthma, allergies, respiratory illness, or diabetes in his unvaccinated children, an impressive statistic when compared to national rates.

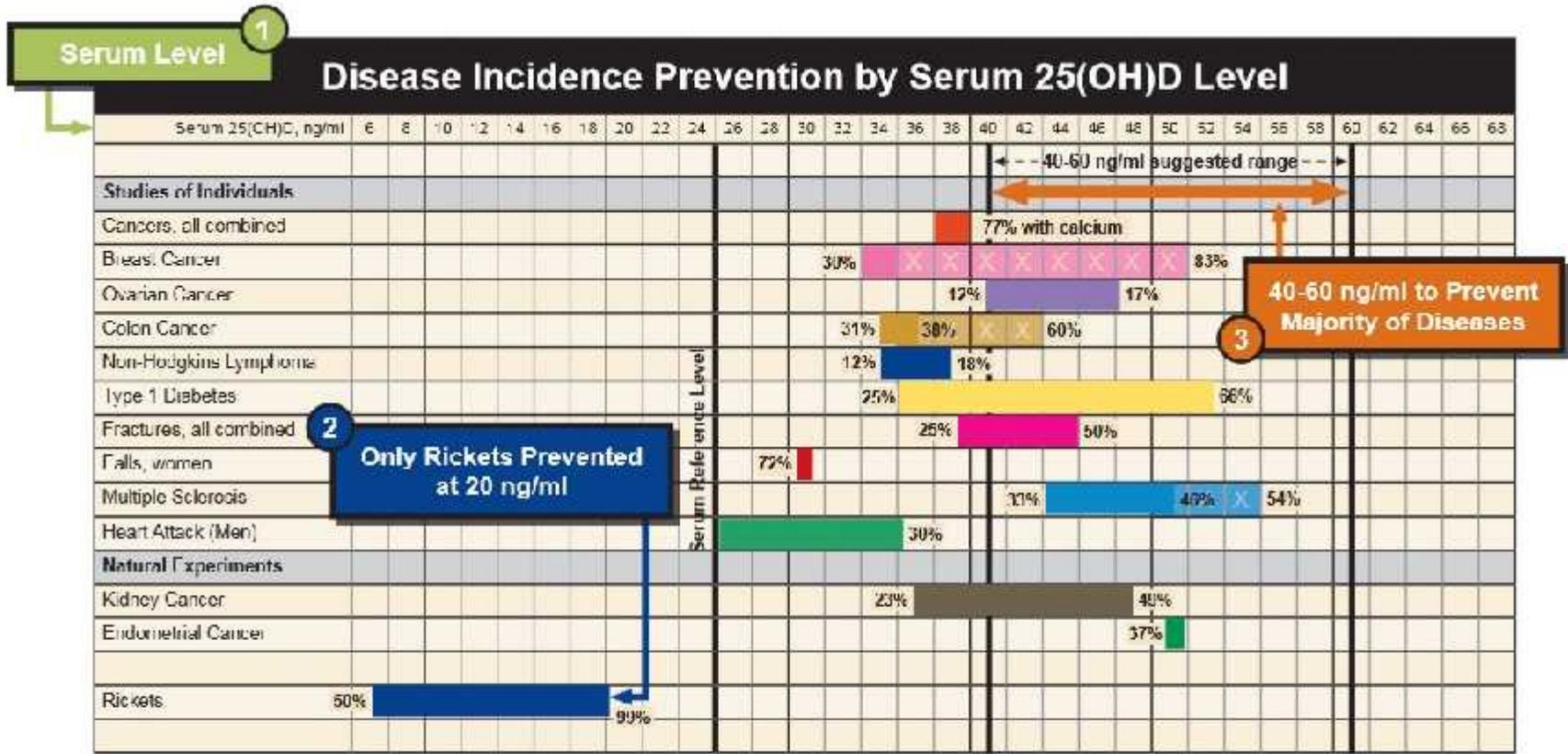


Chart prepared by: Garland CF, Baggerly CA

Legend

All percentages reference a common baseline of 25 ng/ml as shown on the chart.
 %s reflect the disease prevention % at the beginning and ending of available data. Example: Breast cancer incidence is reduced by 30% when the serum level is 34 ng/ml vs the baseline of 25 ng/ml. There is an 83% reduction in incidence when the serum level is 60 ng/ml vs the baseline of 25 ng/ml.
 The x's in the bars indicate 'reasonable extrapolations' from the data but are beyond existing data.

References:

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Buzz Words That Work



Bugs and More Bugs

- [Vitamin D](#), [Vitamin C](#), [Omega 3](#) and [Probiotics](#)
- Instead of Antibiotics, Anti-Virals and Vaccines

**"We should be thinking of antibiotics not as a magic bullet, but as a precious resource that we should only use when absolutely necessary,"
Dr. Hicks (CDC Medical director)**



- **Dr. Hicks CDC Medical Director**
- **U.S. Outpatient Antibiotic Prescribing, 2010**
- **New England Journal Medicine**
- N Engl J Med 2013; 368:1461-1462 [April 11, 2013](#) DOI: 10.1056/NEJMc1212055

- For every 1,000 people in the U.S., over 800 antibiotic prescriptions were written in 2010 -- alarming numbers, according to a new study by the U.S. Centers Disease Control and Prevention.
- The CDC says antibiotics are losing their punch because they're being overused. Dr. Lauri Hicks the CDC medical director, said some patients may put pressure on their doctors to prescribe the meds as a "quick fix" so they may return to their jobs sooner. But if this is the case, it may be only adding to the growing problem of resistance, she adds.

"We should be thinking of antibiotics not as a magic bullet, but as a precious resource that we should only use when absolutely necessary," said Hicks.

AAP Issues New Guidelines on Treating Ear Infections in Children



- **AAP Issues New Guidelines on Treating Ear Infections in Children**
- **2/25/2013**

The American Academy of Pediatrics (AAP) is updating its guidelines for treating ear infections, the new guidelines highlight more stringent criteria...

- **Dr. Eisenstein's comment:**

Doctors need to prescribe, More Vitamin D, Vitamin C, Omega 3, and Probiotics instead of Antibiotics. This will reduce the number of resistance strains.

- **The guidelines include recommendations for treatment with antibiotics and pain relievers, or observation alone, based on the child's age and severity of symptoms.**

FDA warns about Zithromax and fatal heart risks



- The US Food and Drug Administration issued a warning last week about the popular and powerful antibiotic azithromycin (Zithromax or Zmax), saying that it could lead to a potentially fatal irregular heart rhythm in patients who are at higher risk for heart problems. These include people with low blood levels of potassium or magnesium or a slower than normal heart rate, or who use certain drugs to treat abnormal heart rhythms.
- A study published last May in the New England Journal of Medicine found that the estimated excess risk of cardiovascular death from taking azithromycin compared with amoxicillin varied from roughly 1 in 111,000 among healthier patients to 1 in 4,100 among high-risk patients
- **“Health care professionals should consider the risk of fatal heart rhythms with azithromycin when considering treatment options for patients who are already at risk for cardiovascular events,” the FDA recommends on its website.**

The Age of Safe Medicine is Over

- **Dr. Sally Davies Britain's Health chief warns: age of safe medicine is ending Antibiotic-resistant infections spread through Europe Antibiotics no more effective at relieving coughs and colds than a sugar pill**



- **Britain's health system could slip back by 200 years unless the "catastrophic threat" of antibiotic resistance is successfully tackled.**

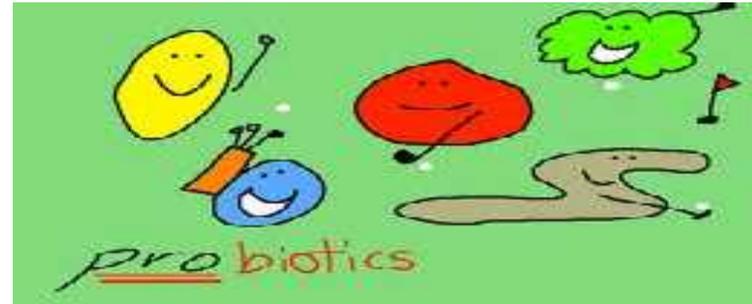
Vitamin D and Probiotics to the Rescue

Vitamin D

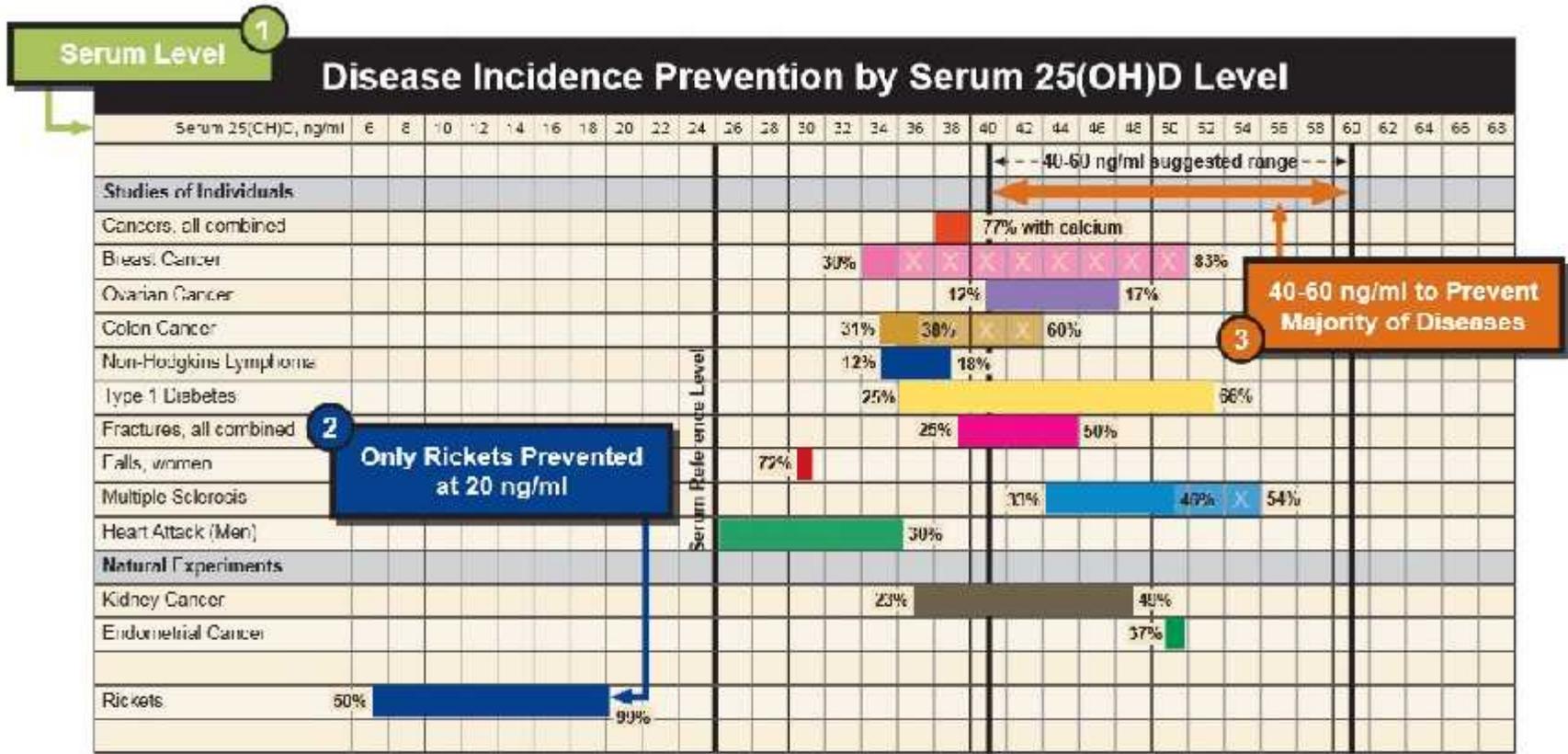


- **It's Not Just For Bones**
 - **Less Flu and colds**
 - **Less Back Pain**
- **Less Falls in Seniors**
 - **Less Cancer**
 - **Live Longer**
- **More Than Just Rickets**
 - **Less Autism**

Probiotics



- **Less Heartburn**
- **Less Arthritis**
- **Less Asthma**
- **Less Hay Fever**
- **Less Colds and Flu**
 - **Less Infections**
- **Less Digestive Issues**
 - **Less Autism**
- **Health Maintenance**
- **Less Dental Cavities**
- **Less Colon Cancer**



Only Rickets Prevented at 20 ng/ml

40-60 ng/ml to Prevent Majority of Diseases

Chart prepared by: Garland CF, Baggerly CA

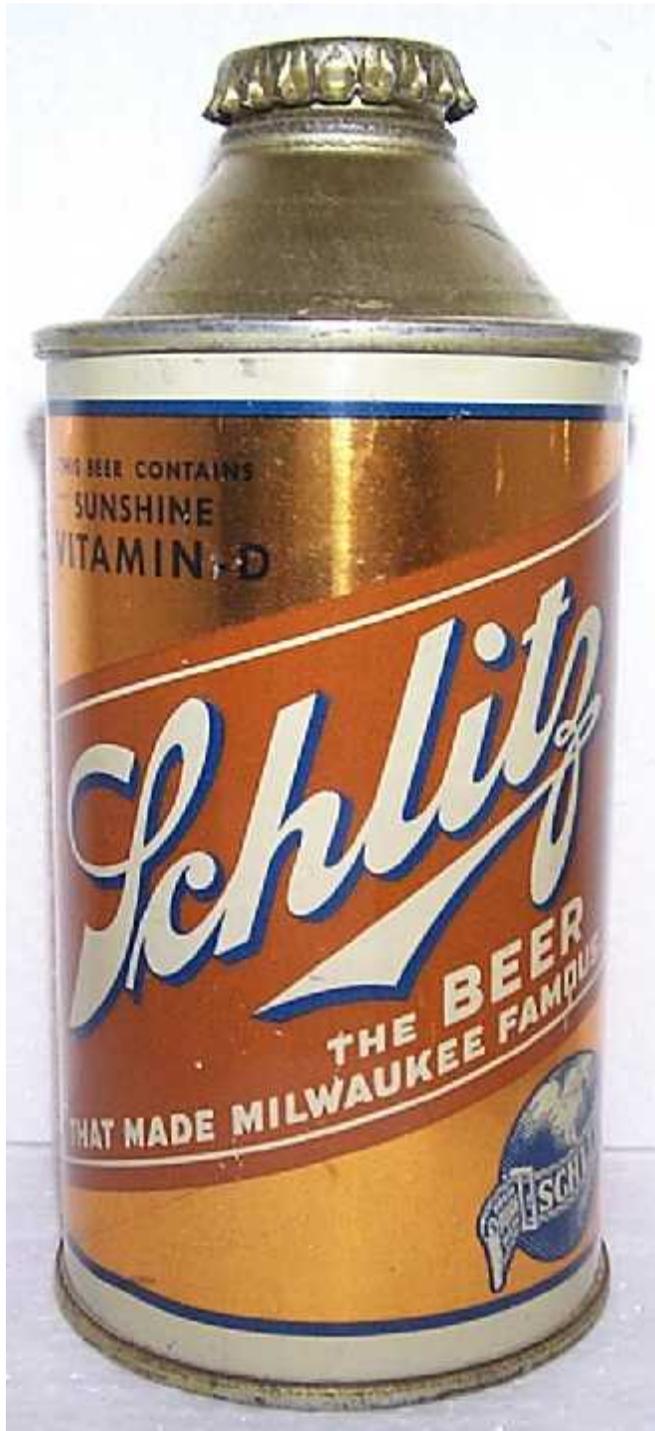
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KEEP SUNNY
SUMMER HEALTH



DRINK SCHLITZ
ALL WINTER



TO help retain the peak of sunny summer health—to help maintain rugged resistance to winter colds and sickness—drink Schlitz, with Sunshine Vitamin D.

As the summer sun heads south; as days grow shorter and stormier—we get less and less of sunshine's benefits. Likewise, our ordinary foods are lacking in Sunshine Vitamin D, so essential to robust vitality.

Schlitz, with Sunshine Vitamin D*, gives you the sunny source of health you need the

whole year around. Beer is good for you—but Schlitz, with Sunshine Vitamin D, is extra good for you. It has all the old-time Schlitz Flavor and is brewed to mellow ripe perfection under Pilsener Enzyme Control, with new health benefits . . . and at no increase in price.

Drink Schlitz regularly—every day—for health with enjoyment.
Jos. Schlitz Brewing Company,
Milwaukee, Wisconsin.

*Each 12-ounce bottle of Schlitz contains 100 U. S. P. U. I. Units of Sunshine Vitamin D. SCHLITZ is brewed in Milwaukee, Wisconsin. It is brewed and bottled in accordance with the strictest standards of the industry. Schlitz is brewed in Milwaukee, Wisconsin. U. S. Patent Pending.

Schlitz

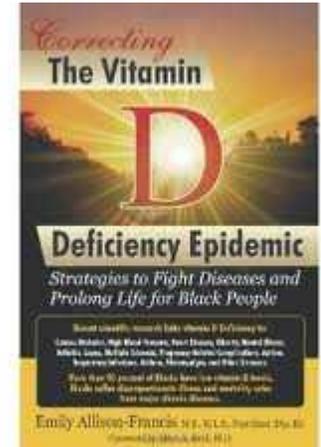
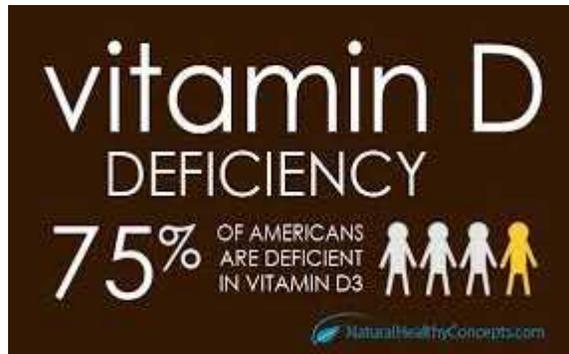
WITH SUNSHINE VITAMIN-D



The Beer That Made Milwaukee Famous

Most Americans are lacking Vitamin D

Archives of Internal Medicine, April 2009



- Three-quarters of U.S. teens and adults are deficient in vitamin D, the so-called "sunshine vitamin" whose deficits are increasingly blamed for everything from cancer and heart disease to diabetes, according to new research.
- **Between 1988 and 1994, 45 percent of 18,883 people** (who were examined as part of the federal government's National Health and Nutrition Examination Survey) **had 30 nanograms per milliliter or more of**
- **Vitamin D.**
- **A decade later, just 23 percent of 13,369 of those surveyed had at least that amount.**

Lack of vitamin D is linked to rickets (soft, weak bones) in children and thinning bones in the elderly, but scientists also believe it may play a role in heart disease, diabetes and cancer.

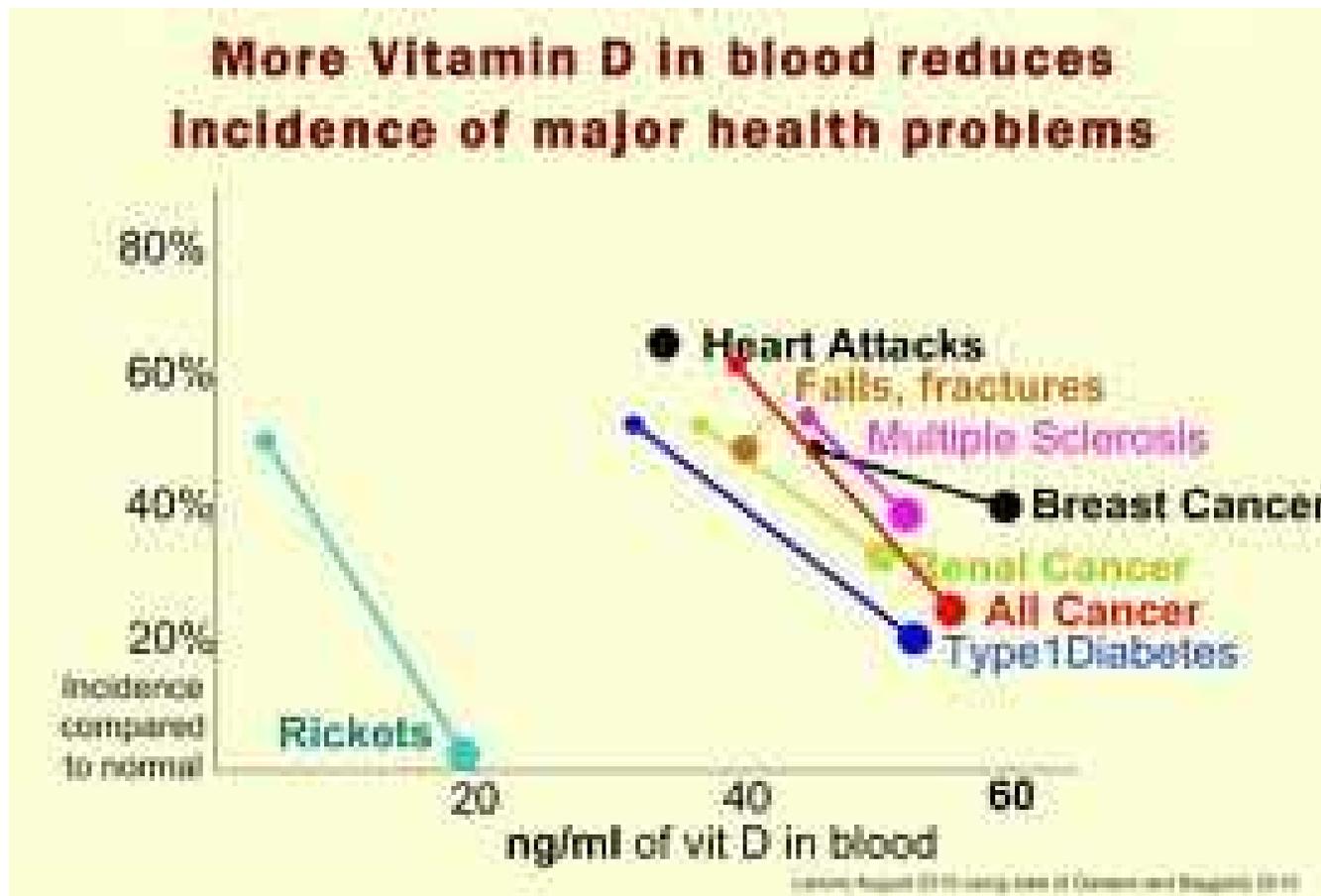
Children Need 10 Times More Vitamin D

July 2008 *Journal of Clinical Endocrinology & Metabolism*

- **Children and teens need 10 times more**
- **than the recommended dose of vitamin D,**
- **a clinical trial suggests.**
- "Our research reveals that vitamin D,
- at doses equivalent to 2,000 IU a day, is not
- only safe for adolescents, but it is actually
- necessary for achieving desirable vitamin D
- levels, "says study leader Ghada El-Hajj Fuleihan, MD.
- **Children are advised to get a daily vitamin D dose of 200 IU.** That suggestion came from an Institute of Medicine panel that based its recommendation on the amount of vitamin D needed to prevent rickets in infants.
- However, more and more vitamin D experts have begun to suggest
- that children and adults need much more
- vitamin D than previously recognized.

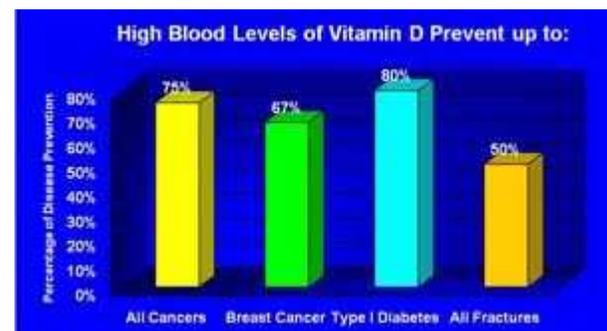


Low Vitamin D May be The Root Cause of Cancer and Chronic Illness



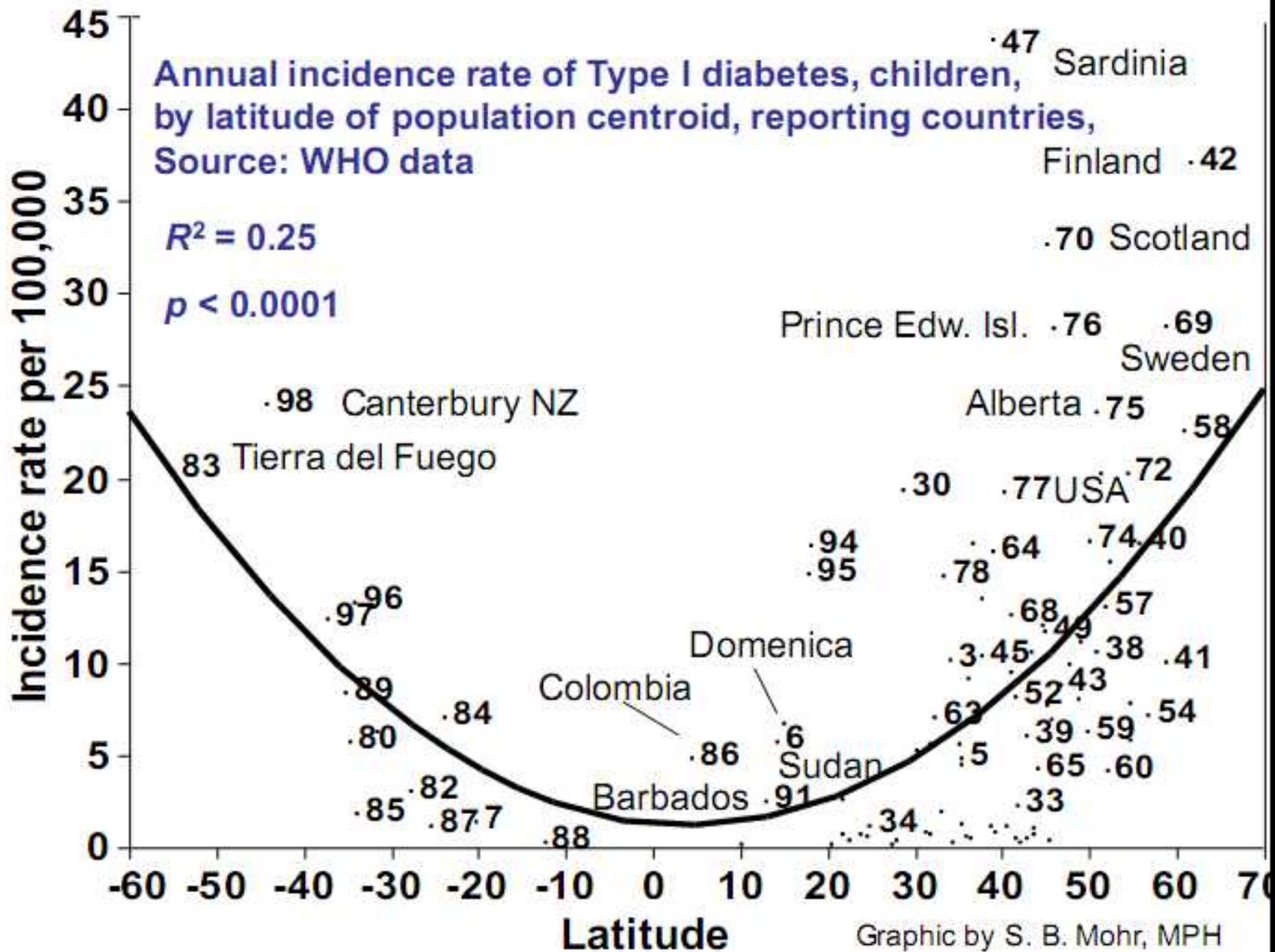
Low Vitamin D May Be Root Cause of Cancer

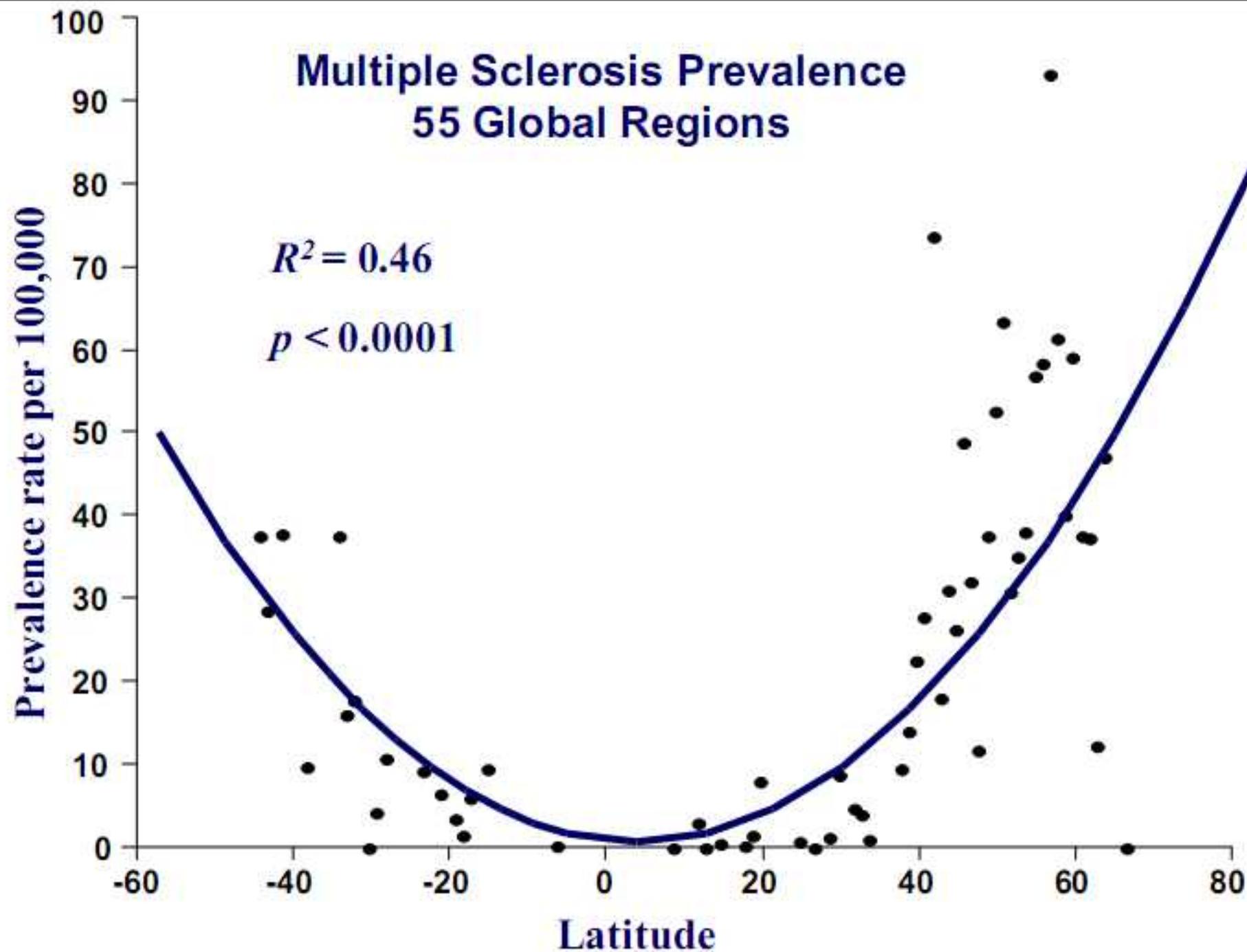
- In studying the preventive effects of vitamin D, researchers at the Moores Cancer Center at the University of California, San Diego, have proposed a new model of cancer development that hinges on a loss of cancer cells' ability to stick together. The model, dubbed DINOMIT, differs substantially from the current model of cancer development, which suggests genetic mutations the earliest driving forces behind cancer.
- “The first event in cancer is loss of communication among cells due to, among other things, low vitamin D and calcium levels,” said epidemiologist Cedric Garland, DrPH, professor of family and preventive medicine at the UC San Diego School of Medicine, who led the work. “In this new model, we propose that this loss may play a key role in cancer by disrupting the communication between cells that is essential to healthy cell turnover, allowing more aggressive cancer cells to take over.”
- **Reporting online May 22, 2009 in the *Annals of Epidemiology*, Garland suggests that such cellular disruption could account for the earliest stages of many cancers. He said that previous theories linking vitamin D to certain cancers have been tested and confirmed in more than 200 epidemiological studies, and understanding of its physiological basis stems from more than 2,500 laboratory studies.**

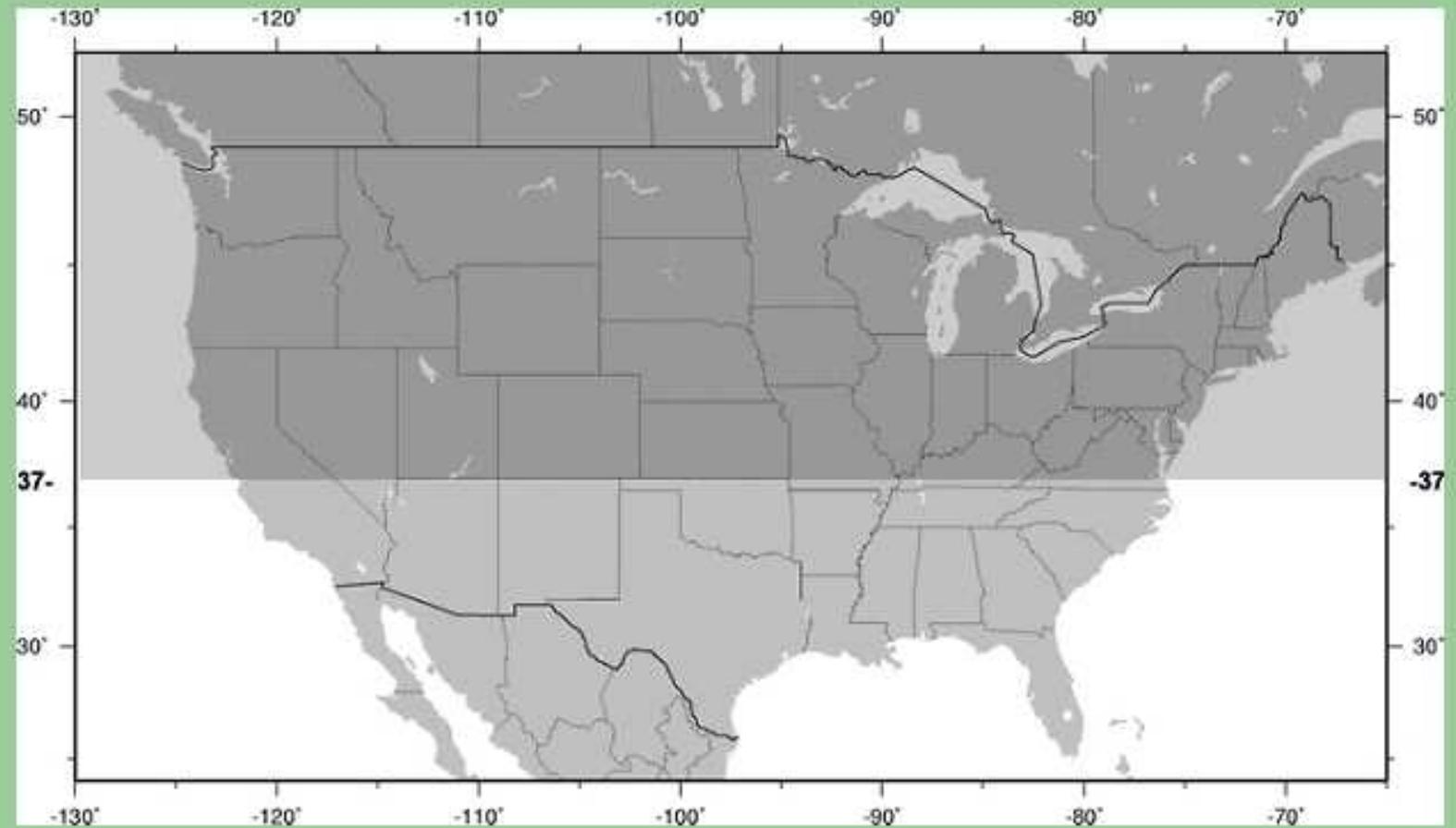


58,000 Cases of Cancer Can Be Prevented

- According to research from the newly published study by Cedric F. Garland, Dr. P.H., FACE, Department
- of Family and Preventive Medicine and Moores Cancer Center of the University of California, San Diego
- (UCSD),
- **"It is projected that raising the minimum year-around serum 25(OH)D level to 40-60 ng/ml (100-**
- **150 nmol/L) would prevent approximately 58,000 new cases of breast cancer and 49,000 new cases of**
- **colorectal cancer each year, and three quarters of deaths from these diseases, in the US and Canada."**







Vitamin D Winter: Very little if any vitamin D can be synthesized in the skin from November through February at latitudes north of 37 degrees.

Renal cancer incidence rates, by latitude, men

MOHR ET AL.

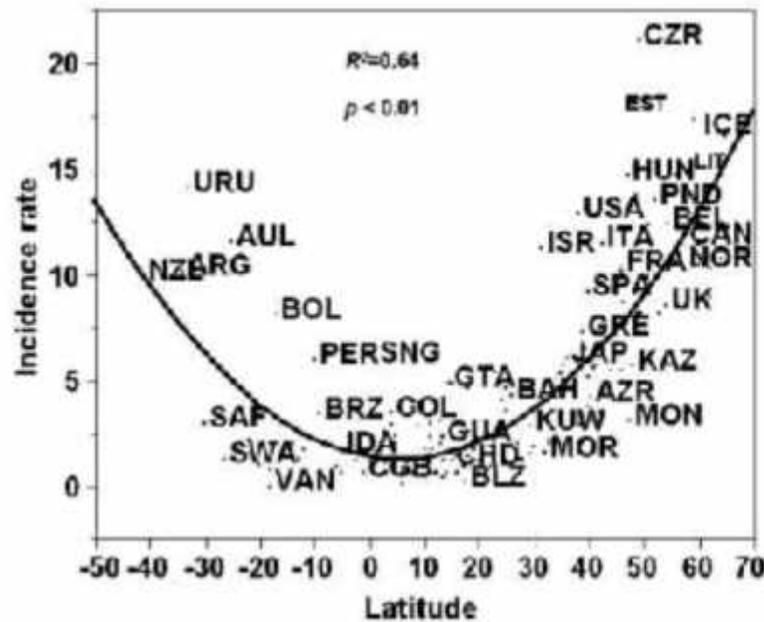


FIGURE 1 – Renal cancer incidence rates, males, by latitude, 2002. Source: Data from GLOBOCAN¹.

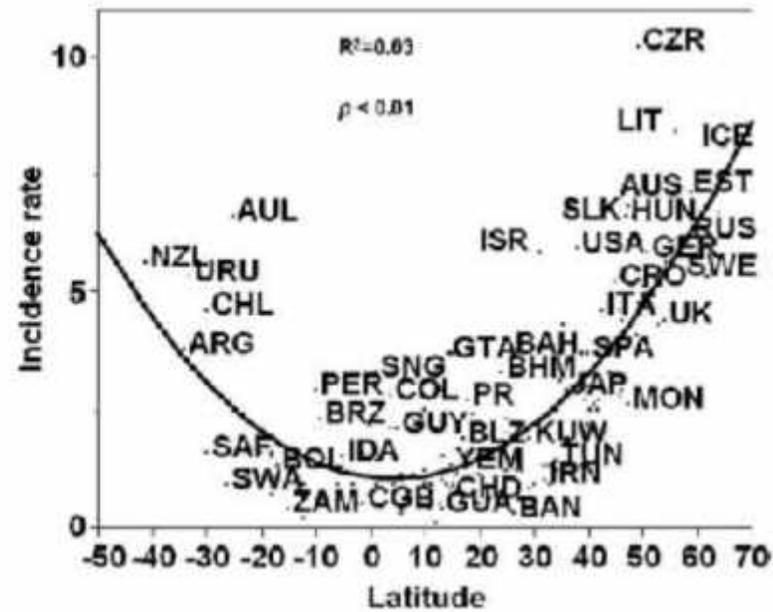


FIGURE 2 Renal cancer incidence rates, females, by latitude, 2002. Source: Data from GLOBOCAN¹.

Source: Mohr SB, Gorham ED, Garland CF, Grant WB, Garland FC. Are low ultraviolet B and high animal protein intake associated with risk of renal cancer? *Int J Cancer*. 2006;119:2705-9. Graphics: S. B. Mohr, M.P.H.

Vitamin D from dietary intake and sunlight exposure and the risk of hormone-receptor-defined breast cancer.

- Am J Epidemiol. 2008; 168(8):915-24 (ISSN: 1476-6256)
- Blackmore KM ; Lesosky M ; Barnett H ; Raboud JM ; Viet R ; Knig Samuel Lunenfeld Research Institute, Mount Sinai Hospital, 60



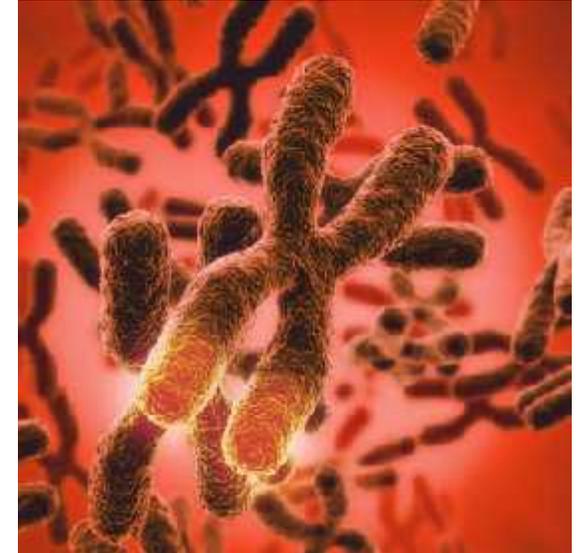
Vitamin D May Curb Breast Cancer: Study

May 16, 2009 7:28 AM CDT

- Evidence has emerged for a role of vitamin D in the development of breast cancer, and there is some suggestion that its antiproliferative effect is greater in hormone-receptor-positive cells.....
- This study suggests that vitamin D is associated with a reduced risk of breast cancer regardless of ER/PR status of the tumor. Future studies with a larger number of receptor-negative and mixed tumors are required.

Vitamin D Increases Telomerase Activity

- Telomeres are regions at the end of a chromosome, which
- protect the end of it from deterioration, the longer the better.
- The telomere regions
- reduce the degradation of genes near the ends of
- chromosomes by allowing for the shortening of
- chromosome ends, which necessarily occurs during
- chromosome replication. Over time, due to numerous
- cell divisions over your lifetime, the telomeres become
- shorter.



- Over time, due to numerous cell divisions over your lifetime, the telomeres become shorter.
- Telomerase deficiency is associated with aging, death, obesity, cardiovascular disease, depression and diabetes.
- In October, scientists at the Georgia Health Sciences University, led by Dr. Zhu, reported on the effect of vitamin D on telomerase activity in obese African Americans. They gave 60,000 IU per month for four months to one group and placebo to another group.

The authors found that vitamin D increased telomerase activity by 19%. The authors wrote, "Our data suggest that vitamin D may improve telomere maintenance and prevent cell senescence."

That is, vitamin D is the repair and maintenance man of the human body. When you think about it, of all the things vitamin D does, it usually works by repairing and maintaining the human body.

- Zhu H, Guo D, Li K, Pedersen-White J, Stallmann-Jorgensen IS, Huang Y, Parikh S, Liu K, Dong Y. Increased telomerase activity and vitamin D supplementation in overweight African Americans. *Int J Obes (Lond)*. 2011 Oct 11.

Lack of Vitamin D may Worsen Chronic Pain

Reported October 16, 2007

Researchers from Mayo Comprehensive Pain Rehabilitation Center in *Rochester, Minn.* report about *one in four patients who have chronic pain* also have inadequate blood levels of vitamin D, which might contribute to their pain. Patients who did not have enough vitamin D also needed higher doses of morphine for a longer period of time.

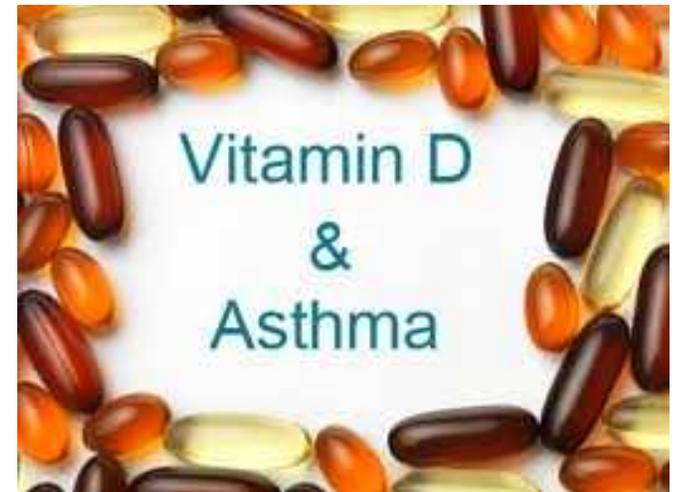


In patients with a vitamin D deficiency, the morphine dose was nearly twice that of the group with adequate levels of vitamin D. They also used the pain medication for an average of 71.1 months, compared to 43.8 months, and had lower levels of physical functioning as well as a poorer view of their overall health.

SOURCE: American Society of Anesthesiologists 2007 Annual Meeting in San Francisco, California, October 13-17, 2007

Low vitamin D linked to asthma exacerbations

- Children with asthma and on treatment with inhaled corticosteroids who had insufficient blood levels of vitamin D had an increased risk of asthma exacerbations during 4 years of follow-up in a study with 305 children.



The results suggest that boosting blood vitamin D levels might improve responsiveness to inhaled corticosteroids in asthmatic children,

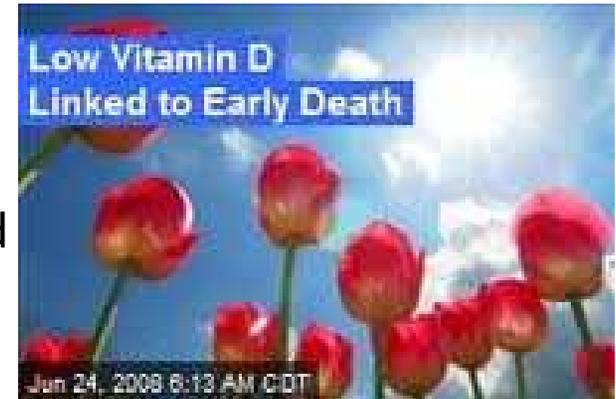
Dr. Augusto A. Litonjua said while presenting a poster at the annual meeting of the American Academy of Allergy, Asthma, and Immunology.

-

Low Vitamin D levels pose large threat to health

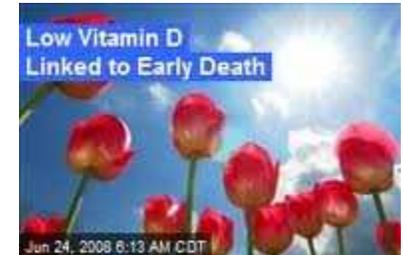
Overall 26 percent increased risk of death

- Researchers at Johns Hopkins are reporting what is believed to be the most conclusive evidence to date that inadequate levels of vitamin D, obtained from milk, fortified cereals and exposure to sunlight, lead to substantially increased risk of death.



Take Vitamin D, Live Longer

- People Who Take Vitamin D Supplements May Be More Likely to Outlive Others.
- The new review, published in **the *Archives of Internal Medicine***, comes at a time when vitamin D is a hot topic linked to benefits including lower risk of some cancers and fewer falls for elders.
- But some experts are concerned that vitamin D deficiency is too common and suggest that the current recommended intake of vitamin D is too low.
- The new vitamin D review comes from Philippe Autier, MD, and Sara Gandini, PhD.
- More than 57,000 adults in the U.S., U.K., and Europe participated in the studies. Most of them were "frail" elders with low blood levels of vitamin D, write Autier and Gandini.
- Participants were typically assigned to take vitamin D supplements or a placebo containing no vitamin D.
- **People taking vitamin D were 7% less likely to die during the studies.**



Vitamin D vs. Colds and Flu

- In this study, published in the
- *Archives of Internal Medicine*,
- researchers analyzed information
- on vitamin D levels and respiratory
- infections from nearly 19,000 adults
- and adolescents who participated in



- the Third National Health and Nutrition Examination Survey (NHANES III) from October 1988 to October 1994.
- The results showed those with the lowest vitamin D levels (less than 10 nanograms per milliliter of blood) were 36% more likely to report having a recent upper respiratory tract infection than those with higher levels (30 ng/mL or higher).
- This association persisted during all four seasons and was even stronger among those with a history of asthma or chronic obstructive pulmonary disease (COPD).

Vitamin D Protects Against Heart Attack



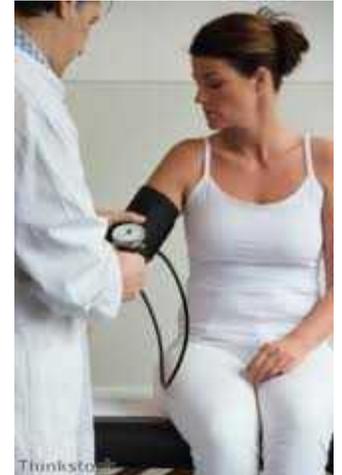
Men with low levels of vitamin D have an elevated risk for a heart attack, researchers said in the latest study to identify important possible health benefits from the "sunshine vitamin."

In the study, men classified as deficient in vitamin D were about 2 1/2 times more likely to have a heart attack than those with higher levels of the vitamin.

"Those with low vitamin D, on top of just being at higher risk for heart attack in general, were at particularly high risk to have a fatal heart attack," study author Dr. Edward Giovannucci of the Harvard School of Public Health and Brigham and Women's Hospital in Boston said in a telephone interview.

Low vitamin D levels tied to higher blood pressure

- **American Journal of Hypertension, July 2007**
- - As blood levels of vitamin D drop, blood pressure increases, according to findings from the Third National Health and Nutrition Examination Survey (NHANES III).
- The current analysis from NHANES III, which was conducted between 1988 and 1994, involved 12,644 adults in the U.S. aged 20 years and older who had blood pressures recorded and vitamin D levels measured.
- After accounting for age, gender, ethnicity, and physical activity, patients with the lowest vitamin D levels had blood pressures that were slightly higher than those with the highest levels. This relationship was strongest in subjects who were 50 years of age and older.
- They note that "vitamin D levels can easily, and cheaply, be increased by a modest increase in sun exposure or vitamin D supplementation



Low Vitamin D Raises Teens' Risk of Diabetes, Heart Disease

- March 11, 2009 -- Low vitamin D levels
- greatly increase a teenager's risk of
- diabetes and heart disease,
- Johns Hopkins researchers find.
- It is becoming clear that adults who get too little vitamin D are at higher risk for diabetes and heart disease. Now, it appears vitamin D levels also affect these risks earlier in life, say Johns Hopkins researchers Jared P. Reis, PhD, and colleagues.
- Compared to the 25% of teens with the highest levels of vitamin D in their blood (more than 26 nanograms per milliliter), the 25% of teens with the lowest vitamin D levels (less than 15 ng/ mL) had:

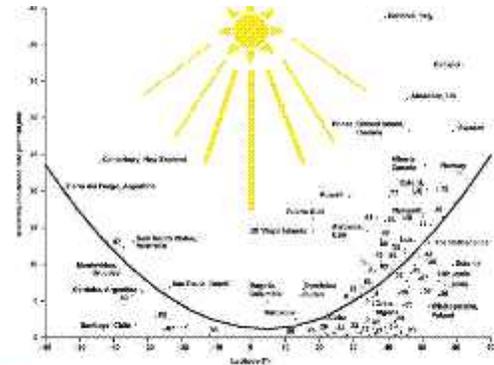


Figure 2. Scatter plot showing the relationship between Vitamin D levels (ng/mL) and the risk of diabetes and heart disease. The x-axis represents Vitamin D levels (ng/mL) and the y-axis represents the risk of diabetes and heart disease. A parabolic curve is drawn through the data points, indicating that the risk is lowest at intermediate Vitamin D levels (around 15-20 ng/mL) and highest at the lowest and highest levels. A sun icon is positioned above the curve, symbolizing Vitamin D. Data points are labeled with city names and their corresponding Vitamin D levels, such as 'Cordoba, New Zealand' at approximately 15 ng/mL and 'Miami, FL' at approximately 26 ng/mL.

Vitamin D and Sperm Speed



- The higher a man's blood levels of vitamin D, the speedier his sperm swims. This new finding from the University of Copenhagen follows a study conducted in 300 healthy men.
- The researchers correlated sperm "motility" or movement with vitamin D levels and also found that stimulation of human sperm with activated vitamin D can speed their forward movement. The researchers noted that semen quality in Danish men seems to be following a negative trend and is contributing to a very high incidence of fertility problems among Danish couples.
- While the new findings suggest that vitamin D has a beneficial effect on sperm movement and function, the investigators said that they don't yet know if vitamin D supplements will help improve sperm quality in either normal or infertile men. They added that at present there is no known medical treatment proved to improve semen quality in well designed studies.
- The report was published in the June 2011 issue of *Human Reproduction*.

Women With Fertility Problems Should Look No Further Than The Sun

- A study has found a link between low levels of Vitamin D and problems with ovulation.
- The research may offer a simple, cheap and safe option for women to try before
- resorting to drugs.

- It was presented at the American Society for Reproductive Medicine meeting in San Francisco.
- The team from Yale University School of Medicine studied 67 infertile women and took Vitamin D measures from them. Only 7 per cent of them had normal vitamin D levels and the rest had either insufficient levels or clinical deficiency.
- Low levels of Vitamin D are a particular problem in winter when there is less natural exposure to sunlight, from which the body makes the vitamin.
- It is also present in various foods such as oily fish and eggs, but it can be difficult to obtain sufficient amounts from diet.
- Dr Lubna Pal, from Yale, said: "Of note, not a single patient with either ovulatory disturbance or polycystic ovary syndrome demonstrated normal Vitamin D levels; 39 per cent of those with ovulatory disturbance and 38 per cent of those with PCOS had serum 25OHD levels consistent with deficiency.

- **"Given the pandemic of Vitamin D insufficiency, if indeed our observations are substantiated, aggressive repletion with Vitamin D may emerge as an alternative approach to facilitate ovulation resumption with minimal to no risk for ovarian hyperstimulation syndrome or multiple pregnancy."**



Vitamin D Insufficiency Linked to Increased Body Fat

- Journal of Clinical Endocrinology & Metabolism Nov. 2008
- **Vitamin D insufficiency is**
- **Associated with increased**
- **body fat and decreased height**



Vitamin D and Infant Cavities



- International Association for Dental Research (IADR) 2008
-
- ***Influence of maternal vitamin D status on infant oral health***
- , C. LAVELLE², and M.E. MOFFATT¹, ¹University of Manitoba, Winnipeg, Canada, ²University of Manitoba, Victoria, Canada
- .
- Results: 206 women were enrolled during their second trimester. The mean serum 25(OH)D was 48.1 ± 24.4 nmol/L. 34.5% had levels ≤ 35 nmol/L, a formerly-defined threshold of deficiency. Only 21 women (10.5%) had concentrations ≥ 80 nmol/L, denoting adequacy. Vitamin-D concentrations were related to the frequency of milk consumption and prenatal vitamin use ($p < .001$). 135 infants (55.6% male) were examined at 16.1 ± 7.4 months of age. 21.6% had EH while 33.6% had ECC. Mothers of children with EH had lower but not significantly different mean serum 25(OH)D concentrations during pregnancy than those of children without EH (43.2 vs. 51.4 nmol/L, $p = .07$). However, mothers of children with ECC had significantly lower 25(OH)D levels than those whose children were caries-free (43.9 vs. 52.8 nmol/L, $p = .034$). Infants with EH were significantly more likely to have ECC ($p < .001$).
- Conclusions: **This study shows for the first time that maternal vitamin-D levels may have an influence on the primary dentition and the development of ECC.**

Vitamin D and Mental Health



- A study published in the *Journal of Geriatric Psychology and Neurology* has revealed that
- vitamin D could help ward off the decline
- in mental function which usually accompanies old age.
- Its findings add on to other recent studies which had also suggested vitamin D has protective effects in this area.

Vitamin D Tied to Muscle Power in Adolescent Girls

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- Vitamin D is significantly associated with
- muscle power and force in adolescent
- girls, according to a new study accepted for publication in *The Endocrine Society's Journal of Clinical Endocrinology & Metabolism (JCEM)*.
- "We know vitamin D deficiency can weaken the muscular and skeletal systems, but until now, little was known about the relationship of vitamin D with muscle power and force," said Dr. Kate Ward, Ph.D., of the University of Manchester in the U.K., and lead author of the study. **"Our study found that vitamin D is positively related to muscle.**



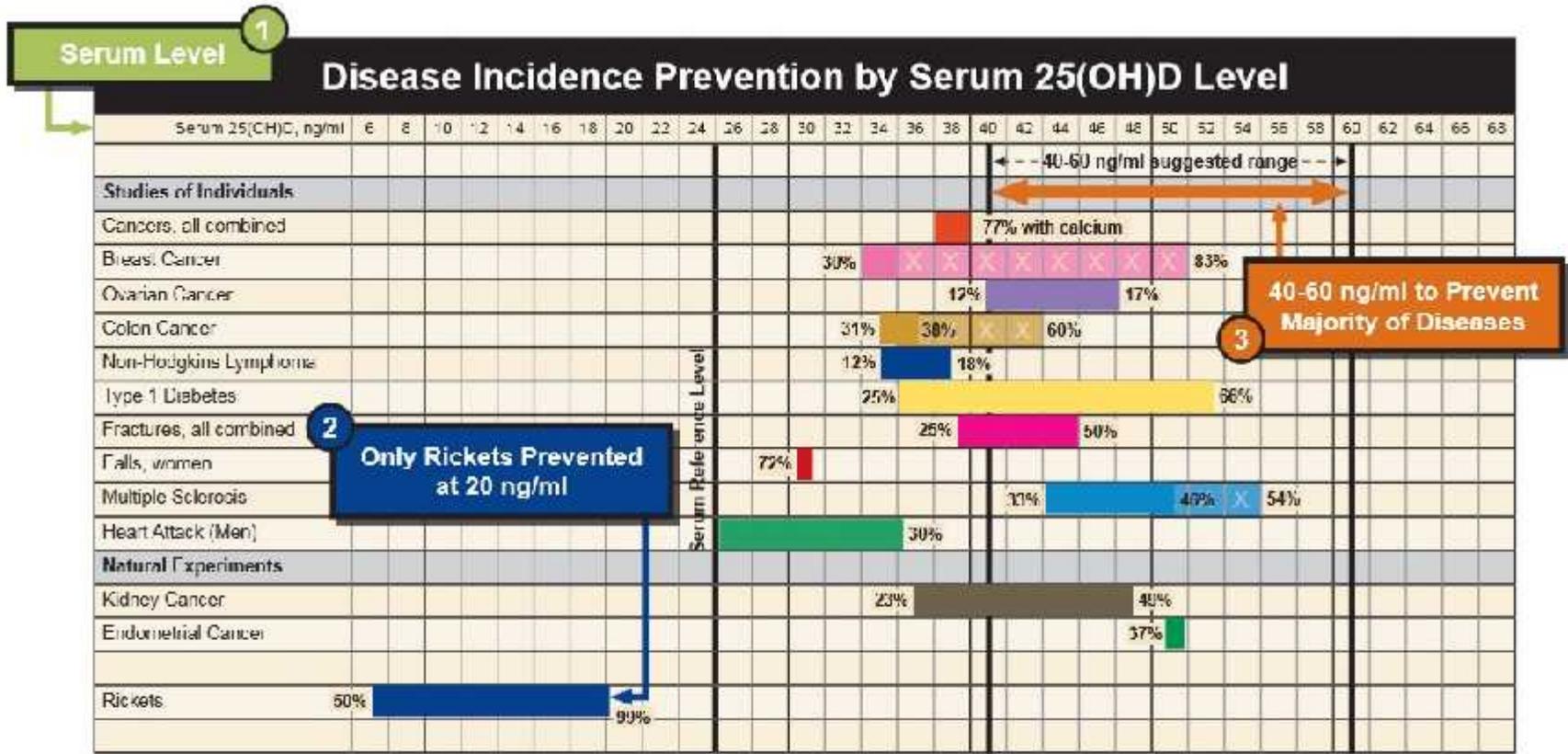


Chart prepared by: Garland CF, Baggerly CA

Legend

All percentages reference a common baseline of 25 ng/ml as shown on the chart.
 %s reflect the disease prevention % at the beginning and ending of available data. Example: Breast cancer incidence is reduced by 30% when the serum level is 34 ng/ml vs the baseline of 25 ng/ml. There is an 83% reduction in incidence when the serum level is 60 ng/ml vs the baseline of 25 ng/ml.
 The x's in the bars indicate 'reasonable extrapolations' from the data but are beyond existing data.

References:

All Cancers: Lappe JM, et al. Am J Clin Nutr. 2007;85:1586-91. Breast: Garland CF, Gorham ED, Mohr SB, Grant WB, Garland FC. Breast cancer risk according to serum 25-Hydroxyvitamin D. Meta-analysis of Dose-Response (abstract). American Association for Cancer Research Annual Meeting, 2008. Reference serum 25(OH)D was 5 ng/ml. Garland, CF, et al. Amer. Assoc. Cancer Research Annual Mtg, April 2006. Colon: Gorham ED, et al. Am J Prev Med. 2007;32:210-6. Diabetes: Hyppönen E, et al. Lancet. 2001;358:1500-3. Endometrium: Mohr SB, et al. Prev Med. 2007;45:323-4. Falls: Bruce KE, et al. J Am Geriatr Soc. 2007;55:234-9. Fractures: Bischof-Ferrari HA, et al. JAMA. 2005;293:2257-64. Heart Attack: Giovannucci et al. Arch Intern Med/Vol 163 (No 11). June 9, 2003. Multiple Sclerosis: Mungen KL, et al. JAMA. 2006;296:2832-8. Non-Hodgkin's Lymphoma: Purdue MP, et al. Cancer Causes Control. 2007;18:989-99. Ovary: Tworoger SS, et al. Cancer Epidemiol Biomarkers Prev. 2007;16:783-8. Renal: Mohr SB, et al. Int J Cancer. 2006;119:2707-9. Rickets: Amdur SB, et al. Pediatrics. 1970;Feb;57(2):221-7.

Dr. Eisenstein's Daily Minimum Recommendation for Vitamin D

1. Pregnant and nursing mothers- -10,000IU
2. Children and Adolescents- 2,000-3000IU
3. Adults 5,000-10,000IU
4. Adults with Chronic Illness-10,000IU
5. Adults with Colds and flu -50,000IU 3-5 days or 1,000IU per lb. per day

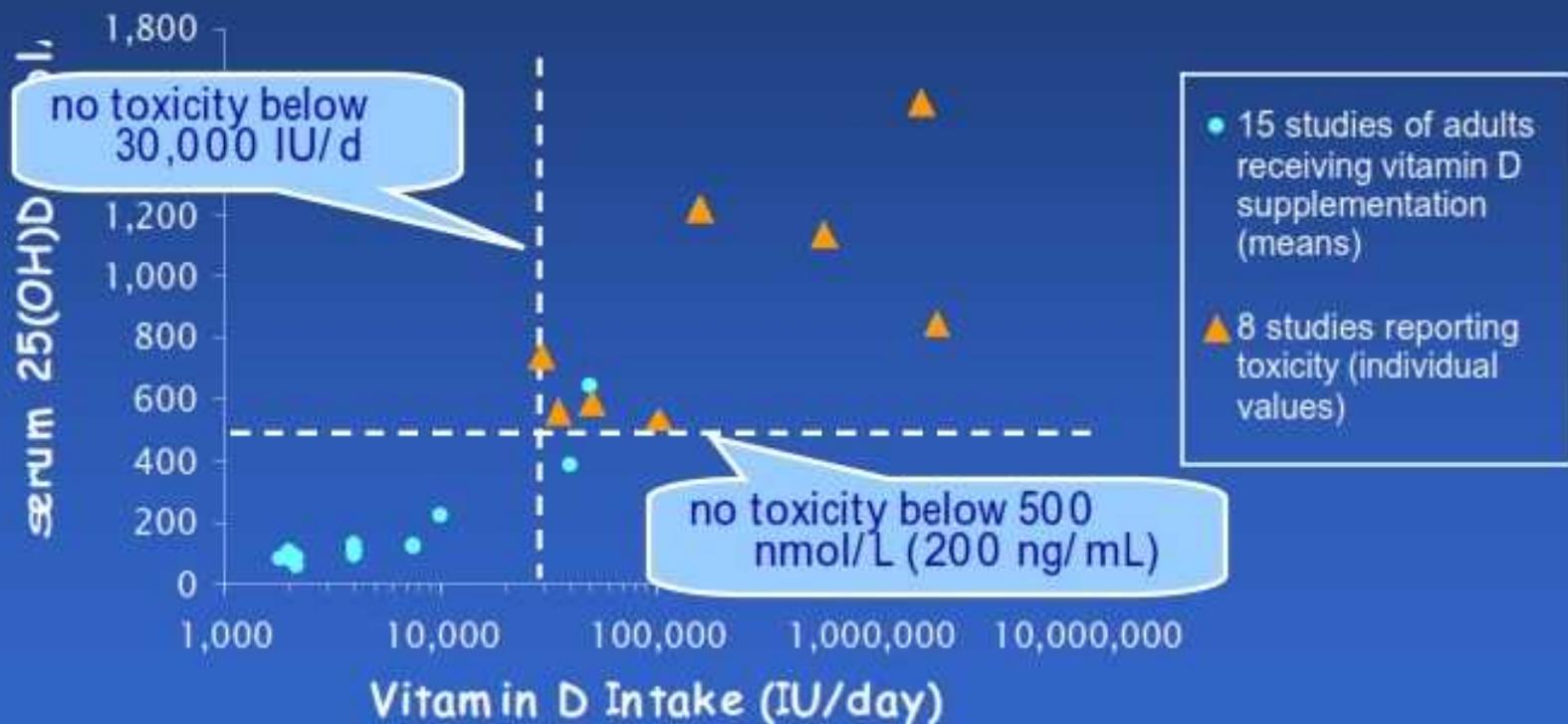
The 25(OH)D blood test can determine your levels 100IU of Vitamin D will raise your blood levels approximately 1ng/ml

Normal Blood levels should be in the range of 60-80ng/ml
Blood levels for chronic conditions 80-100ng/ml

Dr. Eisenstein's Minimal Vitamin D Recommendations

- At the first symptoms of a cold or flu
1,000IU/ lb. daily for 7 days.
-
- Examples:
- 50 lb daily 50,000IU daily.
- 100 lb daily 100,000IU daily.
- 150 lb daily 150,000IU daily.
- 200 lb daily 200,000 IU daily.

VITAMIN D INTAKE & TOXICITY*



* Hathcock JN et al. *Am J Clin Nutr.* 2007;85:6-18.

Vitamin D3 More Potent Than Vitamin D2

In the *Journal Clinical Endocrinology Metabolism* Armas LAG, et al. "Vitamin D2 is much less effective than vitamin D3 in humans." 2004;89:5387-5391.

Twenty healthy male volunteers were randomly assigned to receive a single 50,000-IU dose of either vitamin D2 (ergocalciferol) or vitamin D3 (cholecalciferol)...They found that the potency of vitamin D2 being only 10.6% that of vitamin D3.

**That means 100 IU of D3 is equivalent to 1000 IU of D2.
Make sure that your multi-vitamin contains D3 not D2**

Dear Dr. Eisenstein,

On two occasions I have had to use the emergency protocol that you have developed for the first sign of illness. The first was in November when I was in Florida caring for my mom at the end of her life. It was a very stressful time, and my sister's family had terrible colds which I was exposed to. One morning I woke up with a sore throat and some congestion. I immediately took 50,000 units of Vitamin D, and by the end of the second day all symptoms were gone. I had another similar experience over the holidays, and once again was spared a very nasty cold that had begun manifesting itself but I was able to knock out.

Thank you so much for all that you do!

Pat

Blood Pressure and Vitamin D

- I work as a poker dealer on the grave shift at the horseshoe casino....I was listening to your show a couple of months ago about the doctor in Kentucky who treated black patients for high blood pressure on the way to work....my blood pressure at the time was 165 over 110.....I did not take medicine because the medicine did not agree with me.....I started taking 10,000 in of vitamin d.....I went to the doctor last week for a check up and blood work.... my blood pressure was 130 over 80....
- you are da man....
- Ron



Hi Dr. E.

I have to say that your Vitamin D is amazing, I give it to my almost 3 year old and I have started taking it on a daily basis and when both of us start getting symptoms of the cold/flu we do the higher strength and it's gone within 24 hours, it's amazing...Now, you just have to come up with something to help with weight loss and you will be my hero :-)-

Thanks,
Cyndi

Dr. Eisenstein Lost More Than 100lbs.

TheDrEisenstein 6 videos Subscribe





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No more Vaccines – Legal Waivers

Mayer Eisenstein MD,JD,MPH



Saturday June 8, 2013 11AM Utopia A

1940
DTP
SMALLPOX
**some children got 4 shots before the age of 2. NEVER with more than 1 shot per visit



1980
DTP (2 months)
Polio (2months)
DTP (4 months)
Polio (4 months)
DTP (6months)
Polio (6months)
MMR (12 months)
DTP (18 months)
DTP (5 years old)
**children got 8 shots before age 2 and NEVER with more than 2 shots per visit

2012
Flu/H1N1 (Prenatal)
HepB (Birth)
Dtap (2 months)
Polio (2 months)
Hib (2 months)
Pneu (2 months)
Rotavirus (2months)
HepB (2 months)
Dtap (4 months)
Polio (4 months)
Hib (4 months)
Pneu (4 months)
Rotavirus (4 months)
Dtap (6 months)
Polio (6 months)
Hib (6 months)
Flu/H1N1 (6 months)
Flu/H1N1 (7 months)
Pneu (12 months)
MMR (12 months)
Varicella (15 months)
HepA (15 months)
Dtap (18 months)
Polio (18 Months)
Hib (18 months)
HepA (18 months)
Flu/H1N1 (18 months)
Flu/H1N1 (2-5 years)
Dtap (4-6 years)
Polio (4-6 years)
MMR (4-6 years)
Varicella (4-6 years)
Flu/H1N1 (4-6 years)

***49 DOSES of 14 vaccines by the age of 6 (in 2012)**

Educate Before You Vaccinate

proud parents of unvaccinated children find us on facebook



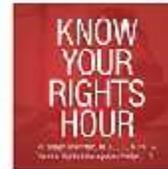
No Shots, No School, No Sports, No Camp...**NOT TRUE!!!**

Dr. Mayer Eisenstein and Advanced Nurse Practitioner Jennifer Eisenstein are pleased to announce The Eisenstein Clinics for School, Camp, Sports Physicals and Wellness Care for those who have decided to exercise their right of Vaccine choice and Natural treatment. Dr. Eisenstein and his practice have cared for more than 50,000 children and more than 75,000 adults. There is virtually no autism, asthma, allergies, respiratory illness, or diabetes in his unvaccinated children and adults, an impressive statistic when compared to national rates. Most conditions can be treated with natural treatments.



The "Eisenstein Clinics" Feature

1. Vaccine Choice Wellness Clinics
2. Pediatric Care
3. Women's Care
4. Men's Care
5. Metabolic Syndrome HCG Protocol (The Eisenstein Protocol)
6. Bio-Identical Hormone Therapy
7. Natural Treatments and more



NATURALNEWS **RADIO** DISCUSSING

Know Your Rights Radio

Wednesday, 4-5pm EST, Hosted by Dr. Mayer Eisenstein & Vaccine Rights Attorney Alan Phillips

Dr. Mayer Eisenstein, M.D., J.D., M.P.H. and Vaccine Rights Attorney Alan Phillips, J.D. discuss your questions and concerns about vaccines, medical politics and your personal rights.

Locations:

135 E. Algonquin Rd., Arlington Heights, IL 60005

1100 Sherman, #107, Naperville, IL 60563

847-329-2020



See us at Booth 207

- Dr. Mayer Eisenstein and Advanced Nurse Practitioner Jennifer Eisenstein are pleased to announce the School, Camp and Sports Physicals Clinic for those parents who have decided on vaccine choice and a more natural approach to health care
- Dr. Eisenstein and his practice have cared for more than 50,000 children who were minimally or not vaccinated at all. There is virtually no autism, asthma, allergies, respiratory illness, or diabetes in his unvaccinated children, an impressive statistic when compared to national rates.

Thank You