

**Natural Treatments for Viral Illness**  
**Vitamin D, Vitamin C, Probiotics**

Mayer Eisenstein MD,JD,MPH



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## **Introduction**

The reason why public health officials are worried about EBOLA, EV D86, influenza etc., is the fear that there will be a recurrence of the great flu outbreak of 1918 which killed millions of people. It is this fear that prompted them to come out with a swine flu/H1N1 vaccine in 2009. That novel flu vaccine was not properly tested for safety or efficacy, contained dangerous preservatives such as thimerosal, and also may have contained dangerous adjuvants such as MF59 and Squalene. The CDC was so confident in that ineffective, toxic vaccine that they recommended it to pregnant women and children. How ironic, in March of 2001, the Food & Drug Administration (FDA) issued a statement warning pregnant women and young children not to eat fish containing high levels of mercury because it causes neurological problems in children. Yet, the Centers for Disease Control and Prevention (CDC) now recommends that these same women and young children should get seasonal and H1N1 influenza vaccines. Many seasonal influenza vaccines, as well as the H1N1 vaccine, contain mercury, from the preservative thimerosal, in amounts exceeding the Environmental Protection Agency (EPA) recommended safe levels.

**I predict that the CDC will in the very near future recommend an EBOLA vaccine. That vaccine will also be poorly tested, ineffective and have serious side effects.**

Thankfully, a growing body of scientific literature is demonstrating the beneficial effects of Vitamin D, Vitamin C and Probiotics in the treatment and prevention of viral illnesses. The following are some of the studies as well as my recommendations for prevention and treatment.

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

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## Eisenstein Medical Centers



### Natural Pharm Source

While looking for a line of supplements for his patients, Mayer Eisenstein, MD, created his own products concentrating on the most common issues affecting his patients. Dr. Eisenstein's line has many special qualities especially the use of probiotics in every dry product we formulate. Studies have shown that the addition of probiotics will aid in the potency and absorption of ingredients.

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### Metabolic HCG

Using the The Eisenstein Metabolic HCG protocol since September 2009 he has lost over 100 lbs. In March 2010 he started "The Eisenstein Medical Centers Metabolic Syndrome and HCG Weight Loss Clinic". The Eisenstein Protocol has helped over 1,000 patients lose more than 20 tons to date.

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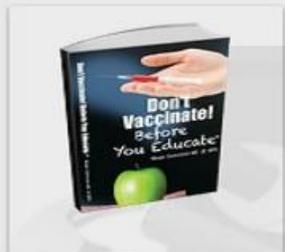
### Vaccine Choice

Since 1973 the Eisenstein Medical Center has offered vaccine choice to over 50,000 children who were minimally or not vaccinated at all. There is virtually no autism, asthma, allergies, respiratory illness, or diabetes in their unvaccinated children, a telltale revelation when compared to national rates.

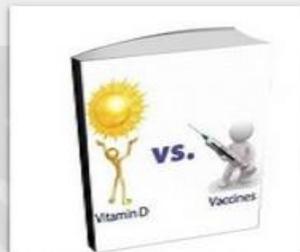
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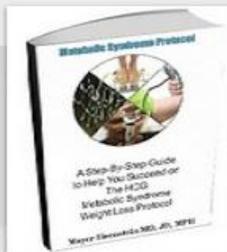
### Law Chapter



### Vitamin D



### Metabolic HCG



Make an appointment for your Annual Comprehensive Wellness Assessment

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Most insurance companies will pay for a yearly Wellness Exam

We can review your Vitamin D levels and more.....

- 1. Get a Vitamin D blood test 25(OH)D
- 2. Make sure your whole family has adequate blood levels of Vitamin D this cold and flu season (>50 80ng/ml).
- 3. Most children and adults Vitamin D blood level is <30ng/ml.
- 4. Adult (and children >100lbs) maintenance ..... 10,000 IU daily.
- 5. Children's maintenance: ..... 1,000IU daily/per 25 lbs.
- 6. At the first symptoms of a cold or flu 1,000IU/ lb. daily for 14 days.

**With Every Appointment  
Receive Complementary Starter Bottle  
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As a physician, attorney, and doctor of public health for over 40 years, I have integrated natural scientific approaches to support my patients well being and health.

Mayer Eisenstein,  
MD, JD, MPH



**Pro-D<sub>3</sub> 5™**

Suggested Use: As a dietary supplement, take 1 capsule daily or as directed by your health care practitioner.

Supplement Facts	
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Containing L. acidophilus, L. casei, L. plantarum, L. rhamnosus, Bifidobacterium breve, Bifidobacterium longum	

\* Daily value not established

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# Should I Be Afraid of EBOLA?

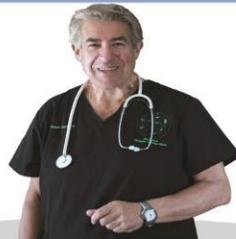


# Dr. Eisenstein's Minimum Daily Probiotics Recommendations

## Colony Forming Units (CFU)

### Mega Pro Line

Available in 5, 20 & 50 billion colonies per capsule. These all-natural, non-dairy, supplements containing multiple species of friendly, non-pathogenic microorganisms to support digestive health, reduce high blood pressure, reduce high cholesterol, reduce obesity, helps to treat allergies, eczema, migraine, gout, colitis, IBS, constipation and more.



**Dr. Mayer Eisenstein, MD, JD, MPH,** is a graduate of the University of Illinois Medical School, the Medical College of Wisconsin School of Public Health, and the John Marshall Law School. In his 39 years in medicine, he and his practice have cared for over 75,000, children, parents, and grandparents. He is the founder and Medical Director of the Eisenstein Clinics. He is Board Certified by the American Board of Public Health and Preventive Medicine, and the American Board of Quality Assurance and Utilization Review Physicians. He is a member of the Illinois Bar.

### Mega Pro's



### Therapeutic Probiotics

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[Please click on the image](#)

1. Health maintenance adults 20 Billion CFU daily
2. Children 5 Billion CFU daily
3. Colds and Flu 50 Billion CFU for 7 days
4. Chronic conditions 50 Billion CFU daily

The miracle of probiotics can help restore us to optimal health. As the antithesis of antibiotics, which kills bacteria indiscriminately (both unfriendly and friendly) while still allowing other harmful bacteria, viruses, fungi and yeast to proliferate unchallenged, probiotics work to rebuild and rebalance this intestinal flora so critical to our health and our absorption of vital nutrients. In fact, probiotics are quite necessary in the aftermath of any course of antibiotics, and when taken properly, in conjunction with a healthy diet and lifestyle, it can help improve health dramatically. Their many benefits include, but are not limited to, the following:

- 1. Relief from gastrointestinal disorders**
  - 2. Better digestion and nutrient absorption**
  - 3. Increased immune function**
  - 4. Reversed metabolic syndrome and encouraged weight loss**
  - 5. Clearer, better nourished skin**
  - 6. Improved urogenital health in women**
  - 7. Relief from Allergy**
  - 8. Better Brain Function**
  - 9. Common Infectious Diseases**
  - 10. Lowers Blood Cholesterol**
  - 11. Lowers Blood Pressure**
  - 12. Helps with Obesity and Metabolic Syndrome**
  - 13. Increases Vitamin D levels**
- And more...**

# Dr. Eisenstein's Daily Vitamin D Recommendations



[Please click on the image](#)

1. Get a Vitamin D blood test 25(OH)D
2. Make sure your whole family has adequate blood levels of Vitamin D this flu season (>50 80ng/ml). Most children and adults Vitamin D blood level is <30ng/ml.
3. Adult (and children >100lbs) maintenance ..... 10,000 IU daily.
4. Children's maintenance: ..... 1,000 IU daily/25 lbs.
5. At the first symptoms of a cold or flu 1,000IU/ lb. daily for 14 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 C Recommendations

## Dr. Eisenstein's Minimum Daily Vitamin C Recommendations:

Health maintenance adults 1,000mg daily

Children 500mg daily

Colds and Flu 4-8 grams daily for 7 days

Chronic conditions 3,000mg-5,000mg daily



## The Health Benefits of Vitamin C

Vitamin C may offer health benefits in these areas:

1. Stress. "A recent meta-analysis showed vitamin C was beneficial to individuals whose immune system was weakened due to stress -- a condition which is very common in our society," says Moyad. And, he adds, "because vitamin C is one of the nutrients sensitive to stress, and [is] the first nutrient to be depleted in alcoholics, smokers, and obese individuals, it makes it an ideal marker for overall health."
2. Colds. When it comes to the common cold, vitamin C may not be a cure. But studies show that it can help prevent more serious complications. "There is good evidence taking vitamin C for colds and flu can reduce the risk of developing further complications, such as pneumonia and lung infections," says Moyad.
3. Stroke. A recent study in the American Journal of Clinical Nutrition found that those with the highest concentrations of vitamin C in their blood were associated with 42% lower stroke risk than those with the lowest concentrations. The reasons for this are not completely clear. But what is clear is that people who eat plenty of fruits and vegetables have higher blood levels of vitamin C.
4. Skin Aging. Vitamin C affects cells on the inside and outside of the body. A study published in the American Journal of Clinical Nutrition examined links between nutrient intakes and skin aging in 4,025 women aged 40-74. It found that higher vitamin C intakes were associated with a lower likelihood of a wrinkled appearance, dryness of the skin, and a better skin-aging appearance.

Other studies have suggested that vitamin C may also:

- Improve macular degeneration. •Reduce inflammation. •Reduce the risk of cancer and cardiovascular disease.

Mark A. Moyad, MD, MPH, senior research associate and Paul F. Jenkins Director, Complementary and Alternative Medicine, University of Michigan Urology Center; Phyo K. Mann, MRCP, department of public health, University of Cambridge, England; Dee Sandquist, MS, RD, director, Center for Weight Management, Southwest Washington Medical Center, spokeswoman, American Diabetic Association; U.S. Department of Agriculture 2005 US Dietary Guidelines; Seminars in Preventive and Alternative Medicine 1(1) Sept. 24, 2007; 3-1; pp 25-35; Mann, PK., American Journal of Clinical Nutrition, January 2008; vol 87; pp 64-68; American Journal of Public Health, May 2004; vol 94; pp 870-875; Jeffrey S Hampl, PhD, RD; Christopher A. Taylor, PhD, RD; and Carol S. Johnston, PhD, RD, Vitamin C Deficiency and Depletion in the United States: The Third National Health and Nutrition Examination Survey, 1988 to 1994. American Journal of Clinical Nutrition, October 2007; vol 86; pp 1125-31.

[Please click on the image](#)

**1. Adults..... 1,000mg daily**

**2. Children..... 500mg daily**

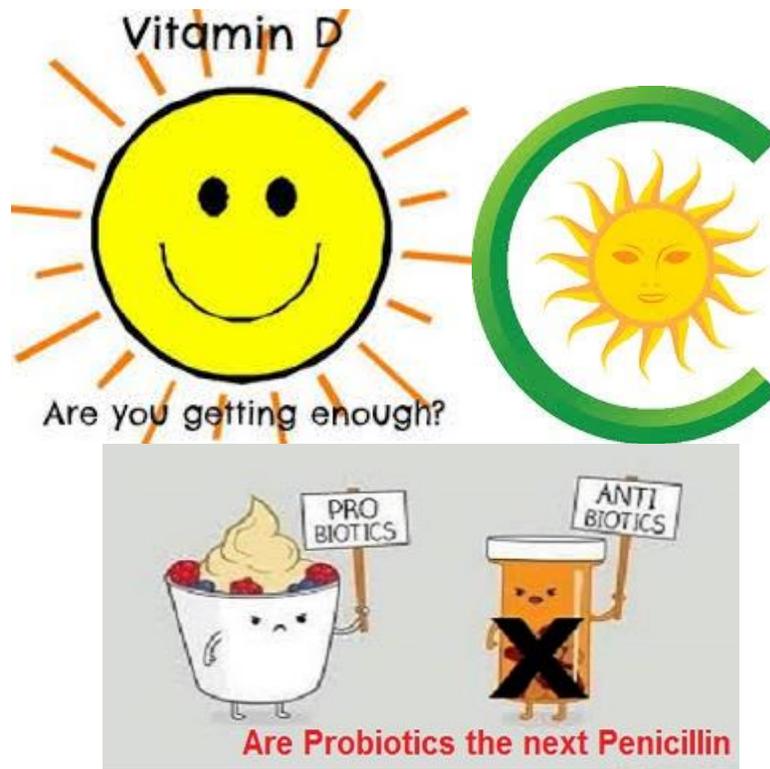
**At the first symptoms of a cold or flu**

**3. Adults 4-8 grams per day**

**4. Children 2-4 grams per day**

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# Evidence that Vitamin C, Vitamin D and Probiotics are Protective against viral Illnesses



## [Vitamin D and the anti-viral state](#)

**Journal of Clinical Virology**

[Volume 50, Issue 3](#) , Pages 194-200, March 2011

- [Jeremy A. Beard](#), [Allison Bearden](#), [Rob Striker](#)  
Received 25 August 2010; received in revised form 2 December 2010; accepted 11 December 2010. published online 18 January 2011.

### Abstract

Vitamin D has long been recognized as essential to the skeletal system. Newer evidence suggests that it also plays a major role regulating the immune system, perhaps including immune responses to viral infection. Interventional and observational epidemiological studies provide evidence that vitamin D deficiency may confer increased risk of influenza and respiratory tract infection. Vitamin D deficiency is also prevalent among patients with HIV infection. Cell culture experiments support the thesis that vitamin D has direct anti-viral effects particularly against enveloped viruses. Though vitamin D's anti-viral mechanism has not been fully established, it may be linked to vitamin D's ability to up-regulate the anti-microbial peptides LL-37 and human beta defensin 2. Additional studies are necessary to fully elucidate the efficacy and mechanism of vitamin D as an anti-viral agent.

## [Vitamin D may protect against viral infections during the winter](#)

Vitamin D may be known as the sunshine vitamin, but a research report appearing in the *Journal of Leukocyte Biology*, April 2012, shows that it is more than that. According to the report, insufficient levels of vitamin D are related to a deficiency in our innate immune defenses that protect us from infections, neoplasias or autoimmune diseases. Since vitamin D levels decrease during autumn and winter when days are shorter and sunlight is relatively weak, this may explain why people are more prone to viral infection during these times. It also suggests that increased vitamin D intake, especially in older populations, could strengthen people's innate immunity against viral infections.

### The effectiveness of vitamin C in preventing and relieving the symptoms of virus-induced respiratory infections

[J Manipulative Physiol Ther.](#) 1999 Oct;22(8):530-3.

**Vitamin C in megadoses administered before or after the appearance of cold and flu symptoms relieved and prevented the symptoms in the test population compared with the control group.**

### Probiotics in respiratory virus infections.

[Eur J Clin Microbiol Infect Dis.](#) 2014 Aug;33(8):1289-302. doi: 10.1007/s10096-014-2086-y. Epub 2014 Mar 18.

Twenty-eight trials reported that probiotics had beneficial effects in the outcome of respiratory tract infections (RTIs) and five showed no clear benefit. Only eight studies reported investigating viral etiology from the respiratory tract, and one of these reported a significant decrease in viral load. Based on experimental studies, probiotics may exert antiviral effects directly in probiotic-virus interaction or via stimulation of the immune system.

## *Viral infection reduced 90 percent with 2000 IU of vitamin D – Dec 2010*

### **Comments: Ample evidence exists from human studies that vitamin D reduces the risk of selected bacterial and viral infections**

Experimental Biology and Medicine Dec 2010; 235: 1395-1396

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Corresponding author: William B Grant Email: [wgrant@infionline.net](mailto:wgrant@infionline.net) DOI:

10.1258/ebm.2010.010c01

The recent paper by Bruce et al.<sup>1</sup> stated: 'At present, there is not adequate information available to claim vitamin D as an anti-infective agent....

There are no data to support any relationship between vitamin D and host resistance to influenza.

At this time it would be premature to suggest that vitamin D might be useful to improve host resistance to TB, influenza or any other infectious organism.'

In making these statements, the authors rely on their knowledge of relevant animal experiments and likely mechanisms but overlook relevant human studies.

There have been two successful randomized controlled trials of vitamin D supplementation and reduced risk of influenza.

The **first**, involving African-American postmenopausal women living in New York State, found a 60% reduced incidence of colds and influenza for those women taking 800IU/d of vitamin D, and a **90% reduction for those women taking 2000 IU/d of vitamin D.**<sup>2</sup> See, also, the discussion in Cannell et al.<sup>3</sup>

The **second**, involving 334 school children in Japan, half taking 1200 IU/d of vitamin D3, half taking 200 IU/d of vitamin D3, found a relative risk of 0.36 (95% confidence interval, 0.17, 0.79,  $P = 0.006$ ) for those not taking additional vitamin D i.e. a 64% reduced risk for type A influenza.<sup>4</sup> No effect of vitamin D was found for type B influenza, which is generally less common than type A influenza.

In a prospective observational study in Connecticut involving 198 healthy adults during the fall-winter 2009-2010 season, serum 25-hydroxyvitamin D [25(OH)D] levels  $> 38\text{ng/mL}$  were associated with a significant ( $P < 0.0001$ ) **two-fold reduction** in the risk of developing acute respiratory tract infections and with a **marked reduction in the percentages of days ill**.<sup>5</sup>

A common cause of death after influenza infection is from bacterial pneumonia. In an ecological study, it was shown that an index of solar ultraviolet-B dose explained 46% of the variance for influenza case fatality rates in 12 communities of the USA during the 1918-1919 pandemic A (H1N1) influenza.<sup>6</sup> The mechanisms proposed were reduction in the production of proinflammatory cytokines, which could also explain some of the benefits of vitamin D since H1N1 infection gives rise to a cytokine storm and in reducing secondary bacterial infections.

In 2009, **pregnant women** and immunosuppressed patients had increased risk of severe A (H1N1) influenza.<sup>7</sup>

### **Pregnancy and indigenous status were associated with severe influenza in Australia.** 8

One of the reasons pregnancy increases risk is general low serum 25(OH)D levels.

Vitamin D deficiency is common in pregnant women (5-50%) and in breastfed infants (10-56%), despite the widespread use of prenatal vitamins, because these are inadequate to maintain normal serum 25(OH)D levels ( $>32\text{ng/mL}$ ).<sup>9</sup>

Australian Aborigines also have low serum 25(OH)D levels.<sup>10</sup>

There is good evidence that vitamin D reduces the risk of sepsis based on an investigation of the mechanisms,<sup>11</sup> an analysis of the epidemiological factors in the USA (geographic variation, seasonal variation, racial disparities and co-morbid diseases)<sup>12</sup> and an observational study in an intensive care unit.

Thus, there is ample evidence that vitamin D reduces the risk of both bacterial and viral infections.

Disclosure: WBG receives or has received funding from the UV Foundation (McLean, VA, USA), the Sunlight Research Forum (Veldhoven, The Netherlands), Bio-Tech-Pharmaceutical (Fayetteville, AR, USA) and the Vitamin D Council (San Luis Obispo, CA, USA), and the Danish Sunbed Federation (Middelfart, Denmark).

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# *Vitamin D may protect against Ebola*

This page was last updated: Thu, 9 Oct. 2014 14:27:38 UTC.

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## ***VitaminDWiki: 3 ways Vitamin D supplementation might fight Ebola***

### **Clipped from Oct 5 email**

My guess is that Vitamin D might significantly PREVENT Ebola by:

A) Vitamin D improving the immune system: It has been shown to [deal with enveloped viruses like Ebola](#)

B ) The placebo effect - a person will do better if they have taken an action, any action, which they think should improve their situation

C) Stress reduction A [recent study showed that a very short term mental stress reduced vitamin D levels from 32 ng to 24 ng](#)

Note: Vitamin D will both reduce their stress (A&B) and will replace the vitamin D consumed by any remaining stress

[NPR Aug 2014](#) has the following graphic



Ebola quickly shuts down an immune system, and causes a cytokine storm, so it is unlikely that Vitamin D could treat a person who is already showing Ebola symptoms. Also described [Sept 2010](#) and [Science Digest Aug 2014](#)

[Nature 1999](#) shows how the acquired immunity finally conquers Ebola



## ***Plan to boost immune systems of people at high risk of getting Ebola***

The following plan by VitaminDwiki is subject to lots of change, but here is the latest

### **Tentative plan: Prevention**

1. Have high-risk people quickly strengthen their immune systems by take 50,000 IU once per day for 8 days = loading dose  
This will strengthen most immune systems in about 1 week. (Vitamin D level > 40 nanogram/mL)
2. Maintain strong immune system with 50,000 IU once every 2 weeks (or every week if in a high risk category - such as dark skin)  
This can be done for individuals anywhere on the globe - but especially those in West Africa: such as  
US soldiers, people who have contacted people with active Ebola infection

### **Plan tasks** (there will be lots of interaction between the steps)

1. Have famous people endorse the plan (Example: Peter Piot - discoverer of Ebola, below)  
May need to have a group of doctors/researchers to endorse and present the plan
2. **Run a quick animal test to confirm that vitamin D reduces risk of Ebola**
3. See which charity wants to implement the plan  
People could contribute to the charity - and could optionally elect where/to whom the resulting package would be sent (person, city, country. . . )  
Charity would send free packages to at-risk individuals, families, and groups around the world  
There are many charities already active with Ebola - Example: Doctors without Borders, Gates Foundation, Paul Allen Foundation
4. Create 1 minute video which describes the plan and the charity  
Market the video via the internet - hope for viral response (pun intended)
5. Refine the dosing details with doctors around the world  
expect that animal test of prevention of Ebola with Vitamin D has completed by the start of this task/
6. Produce dosing instructions in multiple languages - to be sent by the charity with the supplements

Probably include instructions as to how to increase the benefit with other supplements such as Omega-3, Vitamin C, etc.

7. Have suppliers ship the *care package* to the charity
  8. Try to have US military receive the *care packages* ( we have several Dr. interested in Vitamin D with military contacts)
  9. Try to engage doctors with the plan - Drs. can do something, not just wait for a vaccine to be developed
- 

### ***Peter Piot - Discoverer of Ebola***

- [Interview with Ebola Discoverer Peter Piot](#) September 22, 2014 in DER SPIEGEL.
  - ['In 1976 I discovered Ebola - now I fear an unimaginable tragedy'](#) tThe Guardian (UK) Oct 4, 2014
  - [Peter Piot home page](#) Director of the School and a Professor of Global Health.  
He apparently believes that Vitamin D might be able to fight Ebola  
VitaminDWiki sent Dr. Piot an email Oct 6, 2014
- 

### ***Vitamin D fights MANY enveloped viruses similar to Ebola***

Ebola is such a rare disease that extremely little research has been done on it, and no known research on Ebola and Vitamin D

However there is a lot of data of Vitamin D and prevention and/or treatment of:

H1N1, Herpes simplex, Cold sore, Shingles, Chickenpox, Influenza, Epstein-Barr, Hepatitis B, HIV  
Dengue, Yellow fever,

Measles, Mumps, Smallpox, MERS (Middle East Respiratory. Syndrome), West Nile Virus

Note: If a virus is "popular" there often has been a lot of research on it and a vaccine has been developed.

Ebola is not "popular" so far

**See also VitaminDWiki**

- [Overview Influenza and vitamin D](#)
- [All items in Immunity and Vitamin D 112 items](#)

- [Influenza A: 5X reduction in first month \(only\) with 2,000 IU of vitamin D– RCT July 2014](#)
  - [Immune system improvement by vitamin D is boosted by resveratrol and blueberries – Sept 2013](#)
  - [Vitamin D and Immune Function – Review July 2013](#)
  - [Viral infection reduced 90 percent with 2000 IU of vitamin D – Dec 2010](#)
  - [Search VitaminDWiki for “Herpes simplex” OR “cold sore” OR “varicella-zoster” OR Shingles OR cytomegalovirus OR Epstein-Barr OR “Hepatitis B” OR retrovirus OR HIV OR Dengue OR “Yellow fever” OR “Measles” OR Mumps OR smallpox OR EBOLA 1860 items as of Oct 2014](#)
- 

### ***Dr. Gerry Schwalfenberg Sept 5, 2014 email to Vitamin D newsgroup***

I have been thinking a lot about the Ebola crisis

My understanding is that the virus is an **encapsulated** virus (**enveloped (covered)** RNA virus) and I wonder if it has the Protein associated molecular pattern (PAMP) that will trigger the vitamin D cascade that results in the transcription of antimicrobial peptides (AMP) using the innate immune system to kill the virus.

I have used 50,000IU for one or two days in **H1N1** and had patients report back to me that they **were completely well within 48 hours** in all patients who did this. I know of another physician who did the same with similar results.

What about using 100,000 IU of vitamin D daily for two days, early in the disease to aid our own natural defenses and possibly shut down the disease.

Vitamin D also reduces the over reaction of our immune system that often kills the patient

ANY THOUGHTS?

Gerry

### **VitaminDWiki on H1N1, mentioned above**

- [Search VitaminDWiki for H1N1 \(another enveloped virus\) 55 items as of Oct 2014](#)
  - [Influenza A: 5X reduction in first month \(only\) with 2,000 IU of vitamin D– RCT July 2014 H1N1](#)
-

## ***Vitamin C and Ebola: perhaps can treat***

**no claim/hint that Vitamin C can prevent Ebola**

- **Dr. Gerry Schwalfenberg addition to above email Oct 6, 2014**

**Vitamin C** has been shown to work for dengue fever and a couple of the nasty viruses. My suspicion is that you need both for Ebola

- [Surprising solution for Ebola virus](#) Dr Thomas Levy, Aug 3 2014
- [High Doses of Vitamin C Could Rid the Body of the Ebola Virus](#) NaturalSociety Oct 5, 2014
- [Can Vitamin C Cure Ebola?](#) GreenMedInfo Sept 17, 2014 >10 grams per day
- [Mega-dose vitamin C kills the Ebola virus](#)

The WHO and CDC know that ebola kills by depleting the body of all vitamin C. So why are the WHO and the CDC not reassuring the world that vitamin C cures ebola by resupplying what the body lost?

The very first symptoms of ebola are exactly the same as scurvy, which is caused by inadequate vitamin C.

To date, not a single virus has been tested that is not inactivated (killed) by a large enough dose of vitamin C (ascorbic acid).

- [Ebola and Marburg Virus](#) Orthomolecular Medicine - huge amount of information on Vitamin C and some on Ebola

My experience with giving massive doses of ascorbic acid orally to over **30,000 patients** and with giving **intravenous** sodium ascorbate to over **2,000 patients** would indicate that with Ebola and other viral hemorrhagic fever diseases that intravenous sodium ascorbate should be used in doses beginning with at least 180 grams per 24 hours.

### **Comment by VitaminDWiki on use of massive doses of Vitamin C**

The human body is not used to massive doses of vitamin C

Taken orally, it appears that the Vitamin C would have to be taken >10 times per day

Vitamin C could also be taken intravenously.

In both cases I suspect that medical observation would be needed to look for resulting imbalances in the body

There are, however, VERY FEW medical personnel in many countries concerned with Ebola

Example: Liberia has the same population as Kentucky, but has 400X fewer doctors

Have yet (Oct 6) to see ANY data to support the claim that Ebola consumes vitamin C  
Have not seen any indication that massive vitamin C can PREVENT Ebola

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***Ebola is a hemorrhagic virus similar to Dengue and Marburg.***

**Here is one of a very few papers on Vit D and such viruses:**

**Clinical response in patients with dengue fever to oral calcium plus vitamin D administration: study of 5 cases.**

Proc West Pharmacol Soc. 2009;52:14-7.

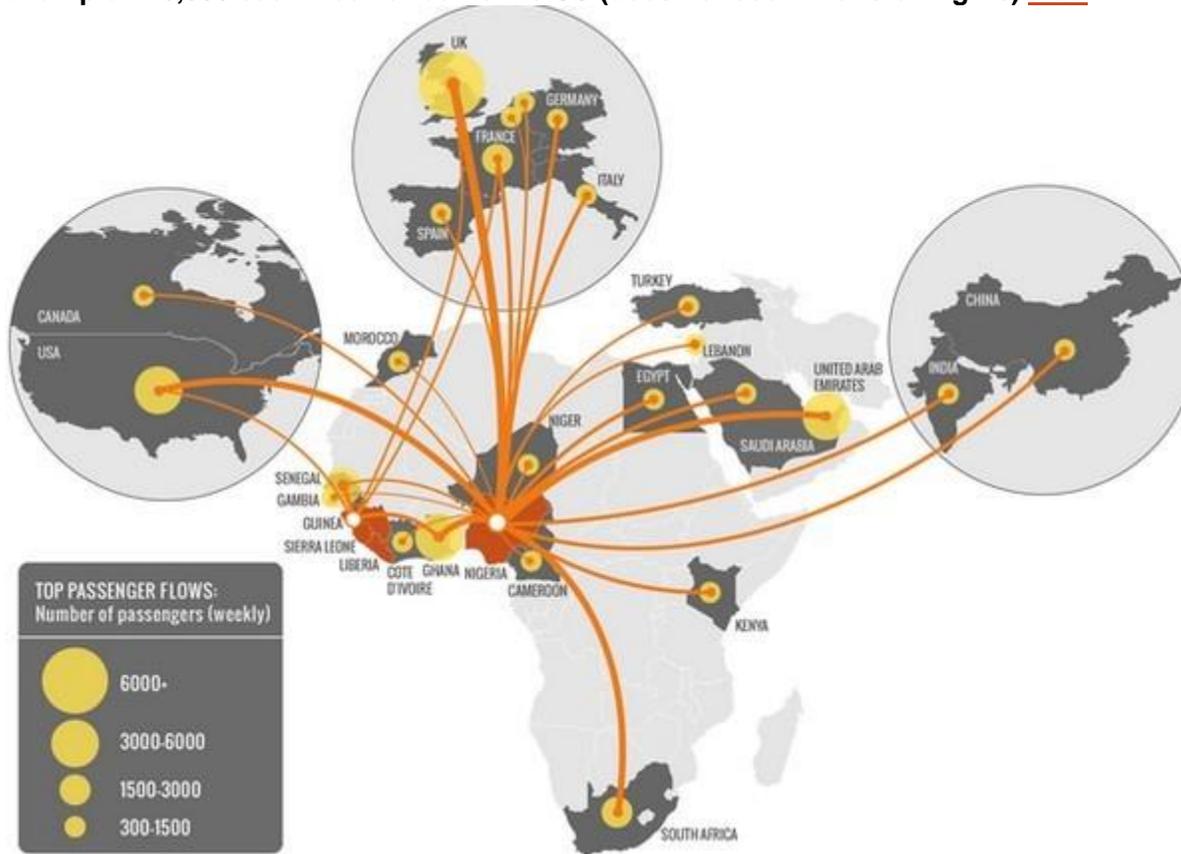
Sánchez-Valdéz E1, Delgado-Aradillas M, Torres-Martínez JA, Torres-Benítez JM.

A dengue epidemic is one of the most important public health problems in the tropical and subtropical areas of the World. In 2005, 7,062 dengue cases were reported in Tamaulipas on Mexico's eastern coast, including 1,832 (26%) cases classified as Dengue Hemorrhagic Fever (DHF). Dengue fever (DF) is characterized by fever, intense headache, myalgias, arthralgias, rash, nausea and vomiting. A proportion of infected persons may develop DHF characterized by prominent hemorrhagic manifestations associated with thrombocytopenia. An immune mechanism of thrombocytopenia due to increased platelet destruction appears to be operative in patients with DHF. Excessive capillary permeability may lead to Dengue Shock Syndrome (DSS). Patients with DHF/DSS who also have prolonged fever (> 5 days) are at high risk for concurrent bacteremia. Standard treatment is limited to electrolytic solutions, rest, measurements of body temperature, blood pressure, hematocrit, platelet count, and administration of antipyretics like paracetamol when fever is too high. Extracellular calcium plays a key role in platelet aggregation and for the regulation of the immune response in persons infected with Dengue Virus (DV), and dihydroxy-vitamin D has recently been found to alter IL-12 expression and dendritic cell maturation. We report the cases of five patients who received oral calcium carbonate plus Vitamin D3, **who improved overall clinical condition and reduced the duration of signs and symptoms of DF.**

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## ***Airplane flights can communicate infectious diseases quickly***

Example: > 6,000 each week direct to the US (does not count transfer flights) [NPR](#)



### **Comment by VitaminDWiki.**

It is ridiculous to stop passengers from flying out of West Africa if they have a high temperature

1. It is extremely easy to reduce one's temperature by taking IBProfen or aspirin  
People have a deadly fear of being put into an Ebola concentration center if they should only have Influenza or Malaria
2. People can be infected and not have any temperature for up to 42 days later (See WHO histogram on this page)

Example: An infected (but not contagious) person can fly out of West Africa, stop over for days at various countries along their journey.

and become infectious after arriving at their final (pun intended) destination - up to 42 days after leaving Africa

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## ***Dark skin & excessive clothing are 2 of the many reasons to have low vitamin D***



### **See also VitaminDWiki**

- [Overview Dark Skin and Vitamin D](#)
- [Concealing clothing resulted in only 8 ng vitamin D – Feb 2011](#)
- [Breast Cancer patients wearing concealing clothing were 13X more likely to be vitamin D deficient – March 2014](#)
- [34 reasons for low vitamin D](#)

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### **See also VitaminDWiki**

- [Vitamin D can inhibit enveloped virus \(e.g. Herpes, Zoster, Epstein, Hepatitis, Ebola\) – March 2011](#)
- [Ebola, Vitamin D, and Calcium – Sept 22, 2014](#) far too little vitamin D to help, no loading dose

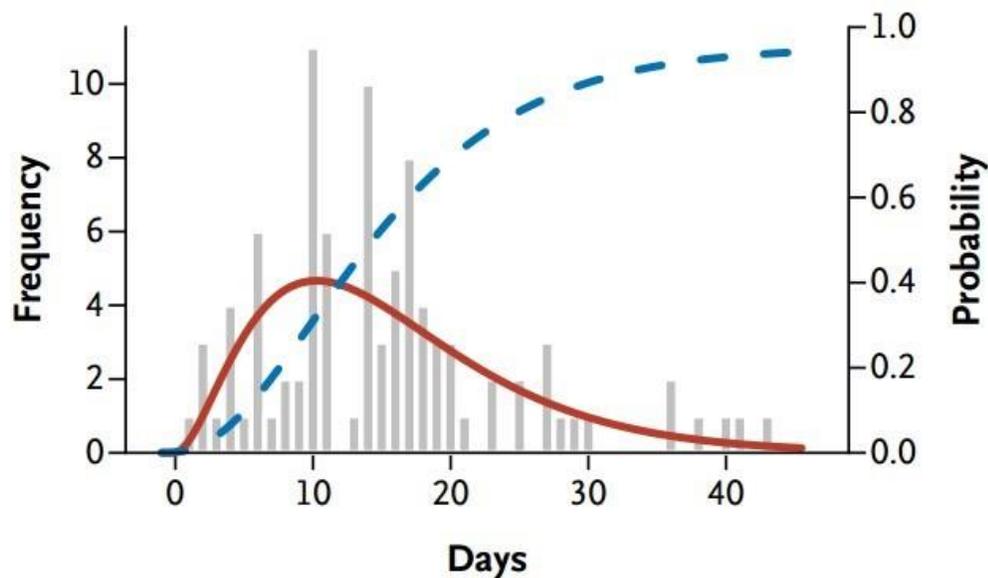
### **See also web on Ebola**

- [How Ebola sped out of control](#) Washington Post Oct 4, 2014 Excellent overview
- [Here's a list of aid groups working on the Ebola crisis — and how to donate](#) Sept 30  
VitaminDWiki expects to work with one of these existing Ebola aid groups
- [CDC Ebola factoids are questioned](#) Natural News Oct 2014
  - WHO says Ebola can be transmitted by indirect contact
  - + The CDC says the 1976 Ebola strain required direct contact, thus this strain must require contact

- Ebola patients might be able to spread the virus before they are "symptomatic" - quote by person who oversaw the Army's research on Ebola,
- CDC assumes this Ebola strain = 1976 strain - the current strain might have very different characteristics
- Every person who has survived Ebola has done so only because their own immune system saved them.

**So why isn't the CDC recommending that people take steps to boost their immune function in anticipation of possible exposure?**

- [WHO Ebola Response Team report of Sept 2014](#) which shows 1 - 42 days from contact till showing symptoms (mean = 11 days, 95% < 21 days)



**Death rate vs age: 74% < 15 years, 69% 15-45 years, 85% > 45 years** [10 reasons why seniors need more vitamin D](#)

- [Dogs \(like many other animals\) can be Ebola carriers and not have any symptoms](#) Sept 2014  
So the nurse of the dog in Spain was killed, in case it had Ebola infection

### **See also web on Ebola and Vitamin D**

- [Treating Ebola](#) Dr. Sircus ebook Sept 15, 2014  
Bicarbonate, Selenium, Iodine, **Vitamin D**, etc.
- [Best Defense Against Ebola Virus](#) Dr. Zaidi - before Oct 2014  
Reduce Stress, Sleep, Good nutrition, minimize exercise, get **Vitamin D**: 5000 I.U. per 100 Lbs. of body weight (no mention of loading dose)

### **Extremely experimental treatments for Ebola (not prevention of Ebola)**

- [CDC on Experimental Treatments such as MZapp](#)  
No vaccines (for prevention) are available
- [MZapp - last dose in the world was given Oct 2014](#)  
[Process to make a dose of MZapp takes 6 months. Some success with monkeys, unclear with humans](#)
- Brincidofovir: has yet to be tested for effectiveness against Ebola in humans or monkeys.  
Brincidofovir has been tested in humans against other viruses, it has only been tested against Ebola in small cell studies

## **Protect Yourself from Respiratory Infections with Probiotics**

**GreenMedInfo December 2012**

According to University of Pennsylvania School of Medicine researchers, doctors frequently misuse antibiotics when treating patients hospitalized with respiratory tract infections. In a study published in *[Infection Control and Hospital Epidemiology](#)*, doctors at two Pennsylvania hospitals were found to be using antibiotics to treat patients with viral infections, which are known to not respond to the drugs.....

This study reflects what is going on in hospitals, clinics and doctors' offices throughout the country. Overuse of antibiotics actually wreaks havoc with the immune system by killing off not only bad bacteria but also the good bacteria - [probiotics](#) - residing in the gut that battles infection from viruses, yeasts, fungi and parasites.

# Dr. Eisenstein's Minimum Daily Probiotics Recommendations

## Colony Forming Units (CFU)

### Mega Pro Line

Available in 5, 20 & 50 billion colonies per capsule. These all-natural, non-dairy, supplements containing multiple species of friendly, non-pathogenic microorganisms to support digestive health, reduce high blood pressure, reduce high cholesterol, reduce obesity, helps to treat allergies, eczema, migraine, gout, colitis, IBS, constipation and more.



**Dr. Mayer Eisenstein, MD, JD, MPH,** is a graduate of the University of Illinois Medical School, the Medical College of Wisconsin School of Public Health, and the John Marshall Law School. In his 39 years in medicine, he and his practice have cared for over 75,000, children, parents, and grandparents. He is the founder and Medical Director of the Eisenstein Clinics. He is Board Certified by the American Board of Public Health and Preventive Medicine, and the American Board of Quality Assurance and Utilization Review Physicians. He is a member of the Illinois Bar.

### Mega Pro's



### Therapeutic Probiotics

[www.npshealth.com](http://www.npshealth.com)  
866.395.1881

[www.npshealth.com](http://www.npshealth.com)  
866.395.1881

[www.npshealth.com](http://www.npshealth.com)  
866.395.1881

[Please click on the image](#)

1. Health maintenance adults 20 Billion CFU daily
2. Children 5 Billion CFU daily
3. Colds and Flu 50 Billion CFU for 7 days
4. Chronic conditions 50 Billion CFU daily

The miracle of probiotics can help restore us to optimal health. As the antithesis of antibiotics, which kills bacteria indiscriminately (both unfriendly and friendly) while still allowing other harmful bacteria, viruses, fungi and yeast to proliferate unchallenged, probiotics work to rebuild and rebalance this intestinal flora so critical to our health and our absorption of vital nutrients. In fact, probiotics are quite necessary in the aftermath of any course of antibiotics, and when taken properly, in conjunction with a healthy diet and lifestyle, it can help improve health dramatically. Their many benefits include, but are not limited to, the following:

- 1. Relief from gastrointestinal disorders**
  - 2. Better digestion and nutrient absorption**
  - 3. Increased immune function**
  - 4. Reversed metabolic syndrome and encouraged weight loss**
  - 5. Clearer, better nourished skin**
  - 6. Improved urogenital health in women**
  - 7. Relief from Allergy**
  - 8. Better Brain Function**
  - 9. Common Infectious Diseases**
  - 10. Lowers Blood Cholesterol**
  - 11. Lowers Blood Pressure**
  - 12. Helps with Obesity and Metabolic Syndrome**
  - 13. Increases Vitamin D levels**
- And more...**

# Dr. Eisenstein's Daily Vitamin D Recommendations



[Please click on the image](#)

1. Get a Vitamin D blood test 25(OH)D
2. Make sure your whole family has adequate blood levels of Vitamin D this flu season (>50 80ng/ml). Most children and adults Vitamin D blood level is <30ng/ml.
3. Adult (and children >100lbs) maintenance ..... 10,000 IU daily.
4. Children's maintenance: ..... 1,000 IU daily/25 lbs.
5. At the first symptoms of a cold or flu 1,000IU/ lb. daily for 14 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 C Recommendations

## Dr. Eisenstein's Minimum Daily Vitamin C Recommendations:

Health maintenance adults 1,000mg daily

Children 500mg daily

Colds and Flu 4-8 grams daily for 7 days

Chronic conditions 3,000mg-5,000mg daily



## The Health Benefits of Vitamin C

Vitamin C may offer health benefits in these areas:

1. Stress. "A recent meta-analysis showed vitamin C was beneficial to individuals whose immune system was weakened due to stress -- a condition which is very common in our society," says Moyad. And, he adds, "because vitamin C is one of the nutrients sensitive to stress, and [is] the first nutrient to be depleted in alcoholics, smokers, and obese individuals, it makes it an ideal marker for overall health."
2. Colds. When it comes to the common cold, vitamin C may not be a cure. But studies show that it can help prevent more serious complications. "There is good evidence taking vitamin C for colds and flu can reduce the risk of developing further complications, such as pneumonia and lung infections," says Moyad.
3. Stroke. A recent study in the American Journal of Clinical Nutrition found that those with the highest concentrations of vitamin C in their blood were associated with 42% lower stroke risk than those with the lowest concentrations. The reasons for this are not completely clear. But what is clear is that people who eat plenty of fruits and vegetables have higher blood levels of vitamin C.
4. Skin Aging. Vitamin C affects cells on the inside and outside of the body. A study published in the American Journal of Clinical Nutrition examined links between nutrient intakes and skin aging in 4,025 women aged 40-74. It found that higher vitamin C intakes were associated with a lower likelihood of a wrinkled appearance, dryness of the skin, and a better skin-aging appearance.

Other studies have suggested that vitamin C may also:

- Improve macular degeneration. •Reduce inflammation. •Reduce the risk of cancer and cardiovascular disease.

Mark A. Moyad, MD, MPH, senior research associate and Paul F. Jenkins Director, Complementary and Alternative Medicine, University of Michigan Urology Center; Phyo K. Mann, MRCP, department of public health, University of Cambridge, England; Dee Sandquist, MS, RD, director, Center for Weight Management, Southwest Washington Medical Center, spokeswoman, American Diabetic Association; U.S. Department of Agriculture 2005 US Dietary Guidelines; Seminars in Preventive and Alternative Medicine 1(1) Sept. 24, 2007; 3-1; pp 25-35; Mann, PK., American Journal of Clinical Nutrition, January 2008; vol 87; pp 64-68; American Journal of Public Health, May 2004; vol 94; pp 870-875; Jeffrey S Hampl, PhD, RD; Christopher A. Taylor, PhD, RD; and Carol S. Johnston, PhD, RD, Vitamin C Deficiency and Depletion in the United States: The Third National Health and Nutrition Examination Survey, 1988 to 1994. American Journal of Clinical Nutrition, October 2007; vol 86; pp 1125-31.

[Please click on the image](#)

**1. Adults..... 1,000mg daily**

**2. Children..... 500mg daily**

**At the first symptoms of a cold or flu**

**3. Adults 4-8 grams per day**

**4. Children 2-4 grams per day**

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