

## The Miraculous Cure for and Prevention of All Diseases – What Doctors Never Learned



By Jeff T. Bowles (ISBN 13: 978-1701336506; University Science Press; 2019, paperback, 287 pages; \$10.68)

Reviewed by Dr. Donald A. Carroll, Optometric Physician, NTP

Jeff Bowles has now established himself as the authority on Vitamin D3. This seminal update to his previous work now includes thousands of hours of research on so many aspects that can affect D3. Like many other studies on diseases, the further you get from the equator the more deficiency manifests itself. In this book, the author includes examples from people who have written to him after they read his first book and were helped by trying high-dose D3 – even with diseases such as Multiple Sclerosis. He shows how every possible health condition is helped by Vitamin-D3

supplementation.

He also includes an historical example from the 1920s when large numbers of people first started taking D3. The hospitals were virtually empty; it seemed as though nobody was getting sick anymore! The hospitals were literally about to go bankrupt along with the doctors and drug companies. So, how did this scenario change?

First, the scientists and drug companies were telling us in the 1930s that any amount of Vitamin D over 400 IUs may be toxic! Then, the drug industry created brand names for certain drugs that actually had 50,000 IUs of D3 in them. Then, bill after bill and law after law have been proposed over the years to prevent the sale of higher-dose Vitamin-D3 pills and to reclassify vitamins as drugs. The author gives examples clear up to the present time of all of the regulations and laws. He even mentions Codex Alimentarius but fails to mention NHF's battle at the Codex Committee on Nutrition meetings they attend each year, fighting to increase the strength of D3.

He also tells the story of how in the 1960s, he and his sister sunbathed with a mercury-vapor lamp to give them good health; but by the 1980s UV lamps were given the reputation of "quack" medical devices. **I had the same experience when young. [which, using a UV lamp or mercury vapor lamp?]** Now, since the 1980s, there has been an explosion of every disease known to man and we have also had a huge toxic load added into the mix with all of the toxins in our food.

Vitamin D3 is actually a **steroid hormone** that controls or affects at least 2,700 **genes**. These genes are involved in **immune-system** regulation and **tissue remodeling**. I can attest to the bone remodeling. Since I have used high-dose D3 with Vitamin K2, my old bone injuries from the past have started to hurt again (evidence of bone remodeling) until I reduced the D3 dose and slowly moved it up again. My hip pointer from a skiing accident 30 years ago healed;

my toes, which were crushed by a huge rock that I had dropped on them 40 years ago healed; my knees healed from a torn cartilage basketball injury that occurred over 50 years ago. You have to be aware what is happening with high-dose D3 supplementation because when it starts to hurt you may think you have a new injury when in fact the D3 is remodeling injured areas. Instead of continually getting worse, the Dupuytren's contracture in my left hand from playing hand ball 50 years ago is almost gone and it does not bother me anymore. All of this from simple Vitamin D3 (combined with Vitamin K2), which tells the bone where to load.

Jeff's summary of what doctors and most mainstream Vitamin-D researchers do not know about Vitamin D3 is priceless and sums up what we need to know:

- They all believe low doses of Vitamin D3 are high, "dangerous" doses. For example, many doctors believe that 2,000-10,000 IUs of D3 are high doses bordering on dangerous, yet the average adult sunbathing in the Summer in Finland, a very northerly location with weak Sun, for one half hour can make 20,000 IUs of D3 in their skin.
- They do not know that higher doses of Vitamin D3 will rapidly exhaust a person's magnesium stores and that magnesium supplementation with high-dose D3 is a must.
- They do not know that we need extra Vitamin K2 to move calcium into the bones that is released with the higher dose of Vitamin D3.
- According to the author, we should take at least **10,000 IUs of Vitamin D3 per day**, which is the same amount one would get by Summer sunbathing for 15 minutes.

Another key point is brought out by an observation of Dr. Harald Schelle of Germany in his book on how to cure **glaucoma** with high-dose D3. He observed that the current reference range in the U.S. for "normal" levels of blood-Vitamin D3 is 30-100 ng/ml. But, where does this range come from? It is just the results of sampling blood from a population of, for the most part, Vitamin-D3 deficient people who live in the North far away from the equator. The current range reflects the range of D3 levels of a Vitamin-D3 deficient population. Doctors assume that the average person in this group has plenty of Vitamin D3, but this is incorrect. For example, a Summer lifeguard in Florida often has blood levels of 125 ng/ml. But, he or she achieves these blood levels by sitting in relatively weak Sun (compared to the equatorial Sun) usually under an umbrella wearing a hat and sporting zinc oxide on their nose. If you went to the doctor and he or she saw your blood level of D3 was 125 ng/ml, the doctor might have a fit and tell you to stop all D3 intake and look for signs of toxicity! This is ridiculous.

I had this exact thing happen to me when I first started taking high-dose D3. When my blood tests came back, the doctor was emphatic that I cut back since my levels "were way too high." The other new thing that Jeff Bowles updates us on is the use of the mineral Boron. He found that at least 6 mg of Boron a day was also very helpful for bone issues. He himself takes 60 mg twice a day. He has also found that additional zinc and Vitamin A are also useful.

This book is well worth reading if you value optimal health and especially if you spend little-to-no time outdoors during the day or your food is grown in depleted soils. As always, the correct nutrient supplementation, including vitamins and minerals, is of paramount importance.

Time and again, we are shown that correcting the deficiency of a single vitamin (hormone) can be nothing short of "miraculous," and literally cure and prevent a multitude of diseases.

**[Maybe Donn could take a quick look at the contents page again (as a reminder) and briefly mention another general idea, conclusion, or take-away from the book? Is the above added wording in RED at the end of the review okay with Donn?]**

