

Healing with Fat-Soluble Vitamins

Solving Health Problems with Vitamins A, D, E, and K

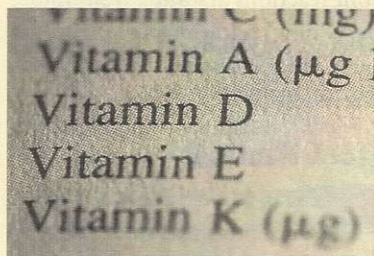


If you're suffering from one or more chronic ailments and are taking pharmaceutical drugs to regulate your symptoms, here's an important idea to consider. There's no such thing as a drug deficiency causing chronic illness, but there are numerous nutritional deficiencies that contribute to the development of chronic diseases.

Given this, why do so many people look to drugs, instead of nutritional supplements, as a first resort when they become chronically ill? It's probably primarily due to the lack of training medical doctors receive in nutrition as well as the general lack of nutritional knowledge in the public at large. But, it makes sense to turn first to nutrition when chronically ill, and then, if that doesn't work, to try other things. This especially makes sense in the light that nutritional supplements are safe and affordable remedies.

That's why we're doing four issues of *Sunshine Sharing* on the uses of vitamins and minerals. This first issue will cover the therapeutic use of fat-soluble vitamins. Future issues will cover the therapeutic use of water-soluble vitamins, major minerals, and finally, trace minerals.

RDAs and Optimal Health



You're probably familiar with the recommended daily allowances (RDAs) for nutrients that are required on all food labels. It's important to understand that RDAs are average *minimum* requirements for specific nutrients. They are not the amounts necessary for optimal health and the amount needed by a given person can vary considerably due to genetics, exposure to toxins, age, and various ailments.

When it comes to supporting your health, it's smart to take a quality multiple vitamin and mineral supplement daily to make up for basic deficiencies. You can think of this as a type of nutritional health insurance to ensure your body has the basic levels of various nutrients. However, when using nutrients to help the body overcome specific ailments the doses necessary tend to be considerably higher than the RDA, often three or four times higher or more. Vitamin and minerals supplements are safe even when taken at these higher levels.

Plus, you don't need to take the higher amounts of these nutrients forever. Just take them until your body begins to recover and then reduce the amount to a more basic level. With this understanding, let's look a look at the first category of nutrients, the fat-soluble vitamins.

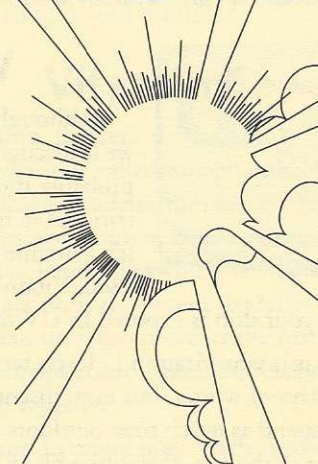
Getting to Know Your Fat-Soluble Vitamins

There are four vitamins that are primarily found in fats and are transported through the body like fatty acids. They are the vitamins, A, D, E, and K. With the exception of vitamin E, these vitamins are found most abundantly in animal foods, such as whole-fat dairy foods, eggs, fish, poultry, and red meat. There are also nutrients found in plant-based foods that are precursors that your body can use to make these vitamins.

As a group, the fat-soluble vitamins are used to protect fatty tissues from tissue damage. This makes them critical for the health of the fatty tissue of the brain and helping to prevent the oxidation of cholesterol that leads to hardening of the arteries.

Continued on page 2

SUNSHINE SHARING



Your guide to better health the natural way.

Vol. 33 No. 2

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

Sunshine Sharing is an independent educational publication and receives no financial support from any herb or health product manufacturer. Your comments, questions and personal experiences are welcome. Send them to *Sunshine Sharing*, P.O. Box 911239, St. George, UT 84791-1239 or comments@treelite.com.

Copyright © 2022 by Tree of Light (a division of Kether-One, Inc.). Photocopying this publication for distribution is strictly forbidden. If you receive a photocopy of this publication, the distributor of said photocopies is in violation of copyright law.

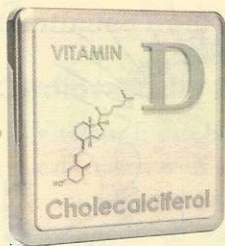
Managing Editor/Writer: Steven Horne
Editor: David Horne
Associate Editors: Carolyn Hughes, Katie Horne

Continued from Page One

In the 1900s, Weston Price toured the world, comparing the nutrition of healthy indigenous people to their less healthy modern counterparts, he discovered that indigenous diets contained about ten times more fat-soluble vitamins than Western diets. He believed this was one of the primary reasons people were suffering more from problems with their bones and teeth, and were more subject to infectious disease. With the continuing push to avoid animal proteins, especially animal fats, people today are likely to be deficient in these vitamins as well.

In general, if you have a cardiovascular disease, neurological disease, problems with the health of bones and teeth, or reduced immunity you should consider increasing your intake of fat-soluble vitamins. Specific fat-soluble vitamins can also be helpful for eye diseases, skin disorders, bleeding disorders, clotting disorders, and the healing of wounds.

If you do supplement with these vitamins it helps to take them with foods that are naturally fatty as this aids their absorption.



Vitamin D

Although it's not first alphabetically, we'll discuss vitamin D first because it is probably the single most wide-spread nutritional deficiency. This is ironic because it's a vitamin the body can manufacture for itself. Vitamin D is made from cholesterol when your skin is exposed to UV radiation.

This is why vitamin D levels tend to be naturally lower in the dark days of winter, but even discounting that, many people just don't spend as much time outdoors as they used to do. When they are out in the sun, they often block UV radiation with sunscreen, which also inhibits vitamin D production. People with darker skin tones also make less vitamin D than people with lighter skin tones.

Vitamin D Supplementation

Vitamin D comes in two forms. Vitamin D2 (ergocalciferol) is found in some mushrooms and is the form typically added to milk and other foods. The more active form, Vitamin D3 (cholecalciferol) is only found in animal foods, primarily in oily fish, fish liver oil, egg yolks, and liver.

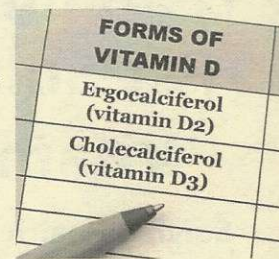
The RDA for vitamin D is 600 IU or 15 micrograms, but this is often not enough to keep blood levels of vitamin D in an adequate range for most people. For optimal health, young children need about 2,000-3,000 IU daily, and teenagers and adults typically need about 4000 IU daily. If you're not sure if you're getting enough vitamin D3, you can actually get your levels tested. The scientific literature indicates that a blood level of 35-45 mg/ml is the ideal range for most people. If your levels are below this, you should supplement just for basic health.

Vitamin D3 can be a helpful addition to programs for overcoming many different health problems, primarily involving bones and teeth, the immune system, and circulation. It can also be helpful for mood and skin issues. Here are some specific ailments that indicate a need for vitamin D3.

Healing Bones and Teeth with Vitamin D3

Vitamin D promotes calcium absorption from the intestinal tract and helps maintain adequate levels of calcium and phosphorus in the blood. In turn, this enables the mineralization of bones and teeth.

Anyone who has osteoporosis, teeth that decay easily, or other problems involving weak bones and teeth should make sure they're getting enough vitamin D3. To get the calcium into the bones and teeth, and ensure it doesn't contribute to hardening of the arteries, use K2 along with D3. It may also be important to supplement with minerals.



Viral Infections and Autoimmune Disease

Vitamin D3 plays a critical role in preventing and overcoming viral infections, such as colds and flu. Lower levels of vitamin D3 in the winter months correlate with the cold and flu season, so most people would benefit from supplementing with vitamin D3 from October through March. Adequate levels of vitamin D3 help with both preventing and recovering from COVID-19¹

Other specific infections where taking vitamin D3 may aid in recovery include mumps, Lyme disease, pertussis, staph infections, tuberculosis, and typhoid. Vitamin D3 also acts as an immune modulator, helping to calm immune reactions in some autoimmune diseases. For example, it may be a useful addition to nutritional protocols for treating ALS (Lou Gehrig's disease), Hashimoto's thyroiditis, lupus, and multiple sclerosis.

Other Therapeutic Uses for Vitamin D



Heart attacks increase during the winter months when vitamin D3 levels are lower, suggesting vitamin D3 may play a role in preventing heart disease. Along with other fat-soluble vitamins like E and K2, it helps maintain the health of the arterial linings, preventing hardening of the arteries and helping to maintain normal blood pressure. If you're

concerned about blood pressure or heart health, vitamin D3 should probably be part of your program.

If you get depressed during the winter or when it's always cloudy or raining, you may find vitamin D3 helpful as well. Low levels contribute to Seasonal Affective Disorder, a form of depression brought on by lack of exposure to sunlight.

Vitamin D3 helps protect brain and nervous tissue as well. And, it may be helpful if a person has mental illness such as schizophrenia, autism, or Tourette's. It can also be helpful for peripheral neuropathy. Other conditions where vitamin D3 may be called for include diabetes, adrenal fatigue, and skin problems like acne, rosacea, and psoriasis.



Vitamin A

Vitamin A deficiency is not as common as deficiencies of vitamin D, but it's possible that many people have lower levels than they need for optimal health. There are two forms of this vitamin, and both are necessary for health.

The primary fatty form of vitamin A is retinol, but vitamin A also comes in the form of retinal, retinyl ester, and retinoic acid. Like vitamin D3, these forms of vitamin A are only found in animal foods. These include liver, eggs and fish liver oils (cod liver oil). Vitamin A can also be found in whole milk dairy products, including butter and cheese made from whole milk.

There are also plant forms of vitamin A, which are called carotenoids. Carotenoids are found in many colorful fruits and vegetables including carrots (from which they get their name). Vegetables and fruits with yellow, orange, or red colors and dark, green leafy vegetables can be eaten to obtain carotenoids. These antioxidant compounds help protect the body from a wide variety of chronic ailments.

While carotenoids can be converted to retinol, many people aren't able to efficiently convert carotenoids. Part of this is genetic. Other factors that can interfere with this process include a low-fat diet, hypothyroidism, diabetes, zinc deficiency, and inflammatory bowel disorders.

Vitamin A Supplementation

When using vitamin A therapeutically, it's best to use the fat soluble form. Typically you want a dose of 5,000 to 10,000 IU daily until the condition starts to clear up. A good way to supplement both vitamin A and D, as well as the omega-3 essential fatty acids EPA and DHA, is to take fish liver oil. This should be done with meals.



Some sources will indicate that higher doses of vitamin A can be toxic. For most individuals this shouldn't be a concern. Of the thirty to sixty cases of vitamin A overdose reported each year most are from alcoholics who are more prone to it because of liver problems. The signs of Vitamin A overdose include headaches, hair loss, red itchy skin, enlargement of the liver, and joint pain. These effects go away when vitamin A supplements are discontinued.

There are many conditions for which vitamin A can be used to promote healing. The primary uses, however, are to treat eye problems, fight infections, and clear up problems with the skin and mucus membranes. Here are some specific ailments that suggest a need for vitamin A.

Vitamin A for Vision

Vitamin A is very important for eye health and a deficiency can cause dry eyes, night blindness, and even actual blindness in severe cases. Use vitamin A internally to improve night vision, and aid recovery from floaters, glaucoma, macular degeneration, and cataracts. Vitamin A can also be used to treat eye infections like

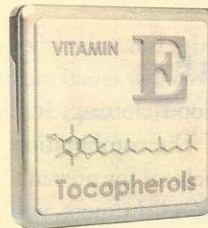
conjunctivitis and styes. It can also be helpful for soothing red, irritated eyes. Take it internally and apply it topically. For topical application, poke a pin hole in a gel cap, squeeze out the oil, and rub it on the skin surrounding the eye. Do not put the oil into the eye.

Treating Acne and Other Skin Diseases

Vitamin A helps control the gene expression that governs the growth of epithelial cells found in the skin and mucus membranes. People have found supplementing with vitamin A in fairly large doses may help clear up acne, age spots, dermatitis, eczema, impetigo, psoriasis, rashes and hives, rosacea, seborrhea, and shingles. As with the eyes, it can be taken internally, but can also be applied topically to soothe dry, red, irritated skin.

Fighting Infections

Vitamin A is also helpful for fighting infections, particularly those involving mucus membranes, such as sinus infections, sore throats, and bronchitis. It can also be helpful for boosting the immune system to fight off ailments like chicken pox, measles, mumps, pertussis (whooping cough), and tonsillitis.



Vitamin E

Vitamin E refers to the family of fat-soluble vitamins called tocopherols. Alpha-tocopherol is considered the most active form, but plants also contain beta-, gamma- and delta-tocopherol, all of which have beneficial actions. Vitamin E's primary action is to prevent oxidative damage to cell membranes, but vitamin E also prevents the oxidation of polyunsaturated fatty acids, helps control gene expression, and inhibits platelets from sticking together.

Vitamin E is naturally found in many nuts, seeds, and whole wheat. It's also found in leafy green vegetables. However, all of these foods must be fresh in order for vitamin E to be present as it degrades rapidly. For example, wheat germ is a good source, but within a few days of grinding whole wheat the vitamin E is gone. When supplementing take 400–800 IU of mixed tocopherols daily.

Vitamin E is used therapeutically primarily for cardiovascular diseases, particularly the prevention of blood clots, and for aiding wound healing. Here are some specific ailments that may be helpful.

Continued on page 4

Additional Help and Information

For more information about using fat-soluble vitamins therapeutically, contact the person who gave you this newsletter. You can also consult the following resources:

Strategies for Health by Steven Horne

PDR for Nutritional Supplements by Sheldon Saul Hendler with David M. Rorvick

Comparative Guide to Nutritional Supplements by Lyle MacWilliam

Professional Guide to Conditions, Herbs, and Supplements

Footnote:

¹ https://principia-scientific.com/study-finds-covid-death-rate-of-zero-for-those-who-take-vitamin-d-daily/?utm_source=feedburner&utm_medium=email&fbclid=IwAR2g_uwUyRkFr_KOAC4w6CsUVsNaZmJcF7Niehc8g7QGyUOMp5JfEBBnw

Continued from page 3

Cardiovascular Disease and Vitamin E

Vitamin E can be used to help prevent blood clotting. It is typically taken with selenium for this purpose. The combination of vitamin E and butcher's broom can also be helpful for preventing thrombosis. If you're taking prescription blood thinners, you need to be cautious with vitamin E supplements so as to not over thin the blood.

While studies have found that people who consume more vitamin E from foods have less heart disease, studies using vitamin E supplements are less conclusive. Still, vitamin E should be helpful, along with other fat-soluble vitamins in reducing overall risk of cardiovascular disease.

Wound Healing and Vitamin E

Vitamin E is very helpful for preventing scar tissue and may help to soften existing scar tissue. Take vitamin E and zinc internally to avoid scarring after injuries or surgery. You can also apply vitamin E oil topically to speed wound healing and prevent scarring.



It works even better if you use vitamin E oil as a carrier oil for topical application of essential oils. Combine with cicatrisant oils like lavender, chamomile, or rose and apply to closed wounds to prevent scarring. You can also mix it with helicrysum and apply it topically to soften existing scar tissue.

Vitamin E (alone or with essential oils) can be used on abrasions, scratches, burns, cuts, and surgical wounds. It can also be applied to help skin problems like rosacea, dermatitis, eczema, and psoriasis. It can sooth irritation and redness, reduce itching, and soften and moisten dry skin. In addition to helping with healing wounds in salves and ointments it also helps preserve them.

Vitamin K



Vitamin K refers to the family of fat-soluble vitamins that include vitamin K1 (phylloquinone) and K2 (menaquinone). Vitamin K1 is found in high concentrations in a variety of green vegetables like turnip greens, kale, and spinach. It is found in lower quantities in other plants and some animal foods.

Vitamin K2 is found only in animal foods, but healthy gut bacteria can transform K1 into K2. There are several forms of K2, the most researched being MK4 and MK7.

K1 is essential for normal blood clotting. K2 also helps with normal blood clotting, but is also helpful for bone health and immunity. The primary therapeutic use of K2 is to strengthen the bones in cases of osteoporosis and to also improve dental health by drawing calcium into the bones and teeth. It should be used in combination with vitamin D3 for this purpose.

Vitamin K2 (MK4) also appears to prevent and even reverse the deposition of calcium in the arteries associated with heart disease. It also supports the immune system and helps to reduce the risk of cancer.

In studies, the dose for the treatment of osteoporosis is 45 mg of K2 daily, although even lower doses have proved helpful. Vitamin K1 and K2, even at very high doses, have no known toxicity. Vitamin K1 and to a lesser extent, K2 should not be taken with blood thinning medications that are vitamin K antagonists (such as warfarin). Vitamin K1 and K2 do not interfere with heparin,

