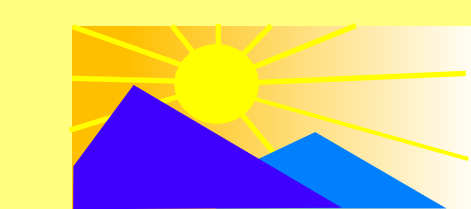


Many features can be accessed directly from the any page



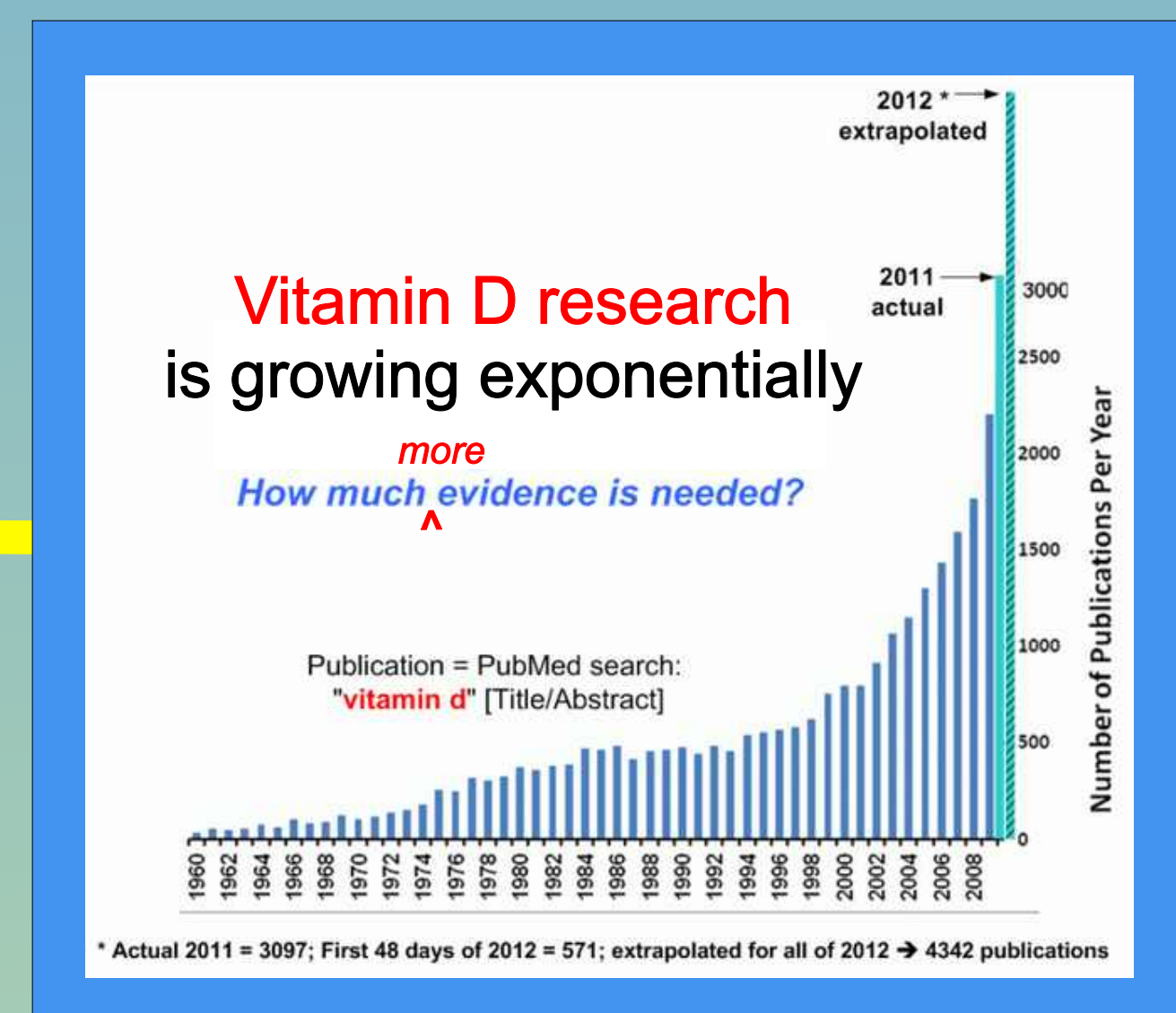
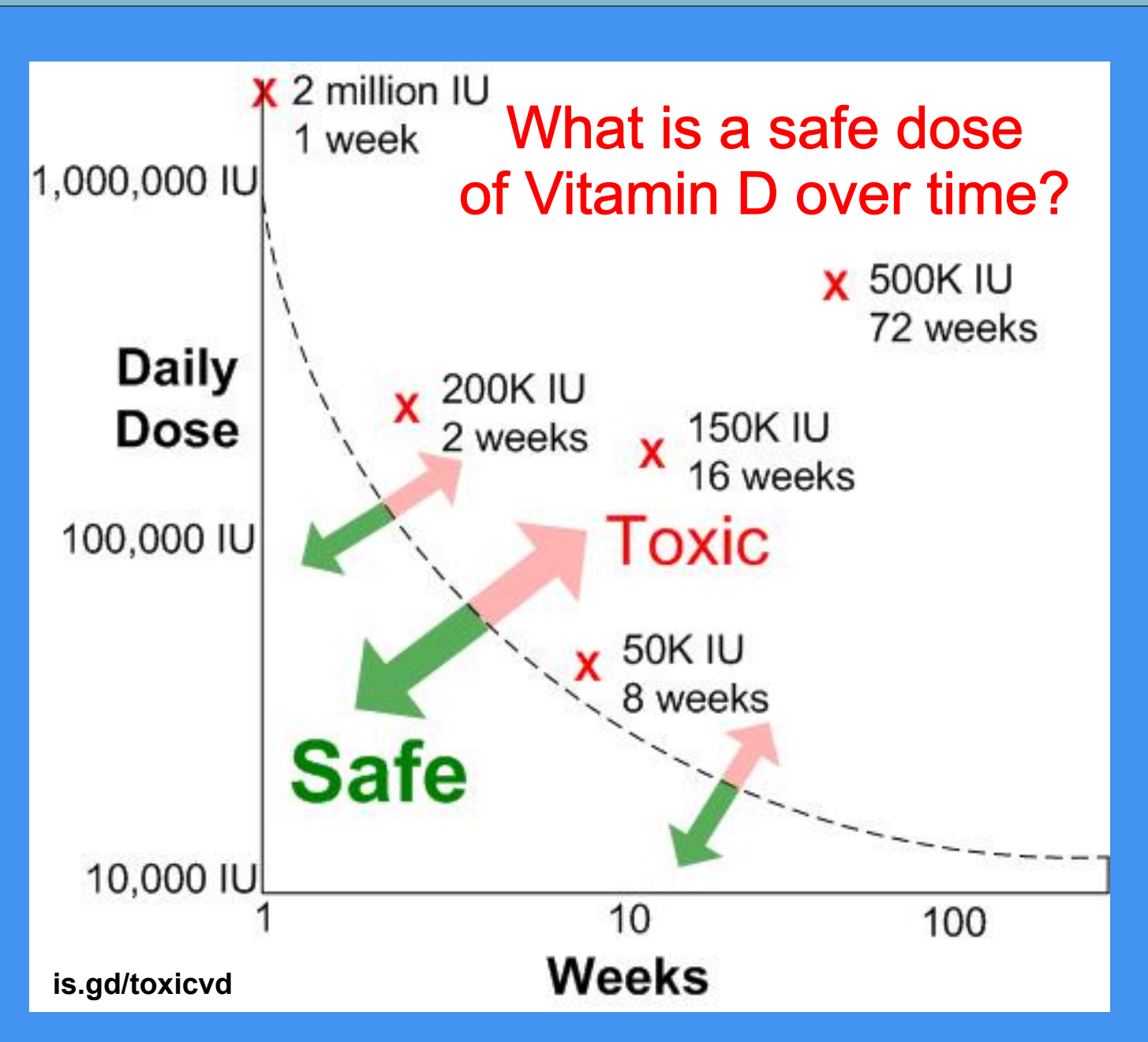
Information is integrated from many sources



Information is FREE in 55+ languages and is updated continuously

Problem	Reduction	Notes
Hypertension	149 => 142	RCT, mmHg
Cardiovascular	32%	RCT
Multiple Sclerosis	65%	fewer remissions
Diabetes T1	85%	12,000 children, 2000 IU
Back Pain	95%	5,000/10,000 IU
Influenza	90%	RCT
Falls	19%	RCT, 1000 IU
Breast Cancer		
Obesity (1/3 of women)		

5000+ articles and files in 80+ categories with 50+ overviews and 200+ charts

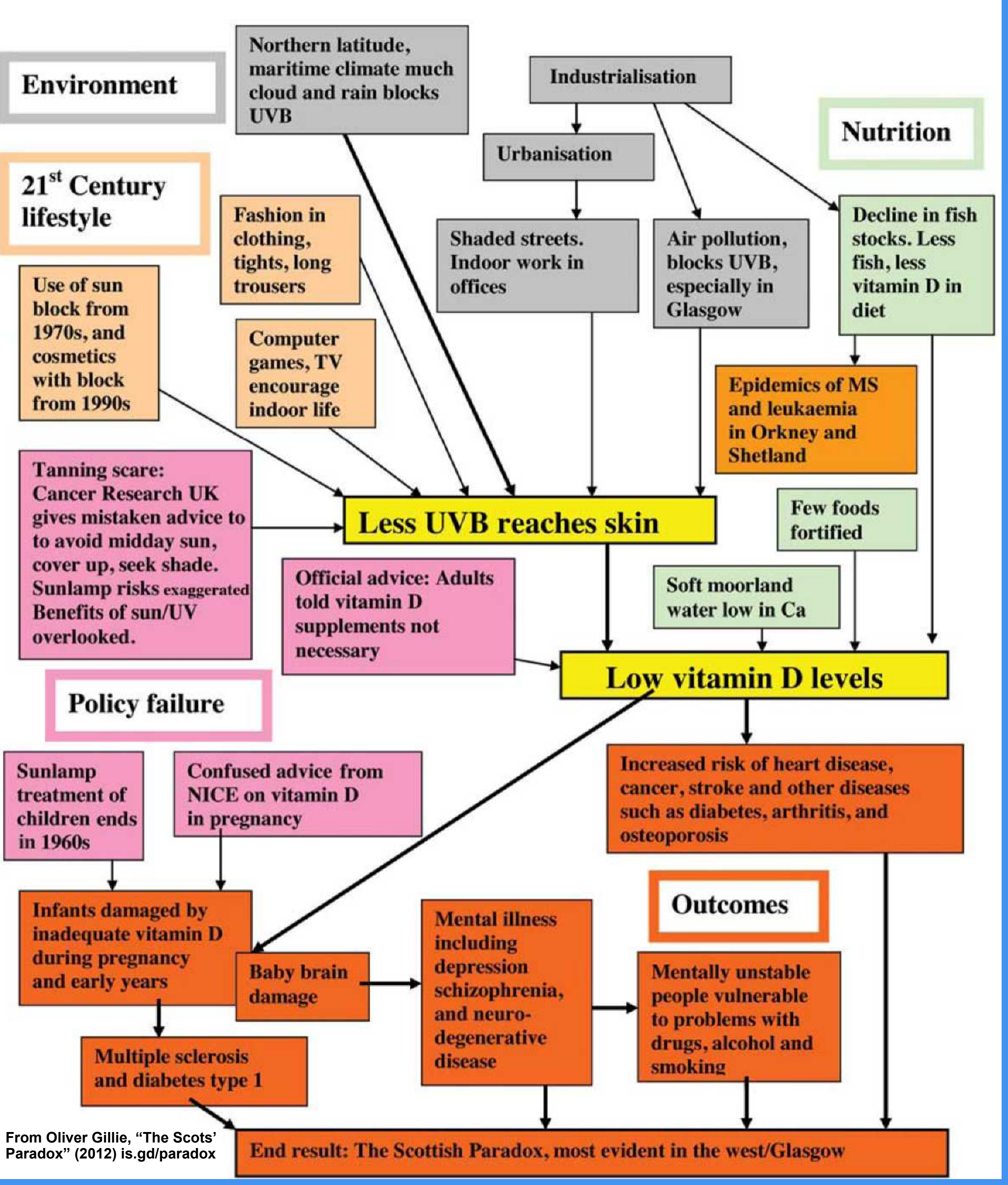


Hypothesis: Reduced sun exposure over past 40 years has resulted in more disease

Less sun => Less Vitamin D => More disease

Category	Associated Diseases
Strong Proof	Breast Cancer, Diabetes*, Rickets, Pregnancy problems, MS*, Influenza, Falls/fractures*, Osteopenia*, Osteoporosis*, Cognitive Decline
Associated	Allergy, ALS, Anemia, Asthma, Autism, Bone, Cancers, Celiac, Chronic Fatigue, Chronic Pain, COPD, Dental, Depression, Headache, Heart Disease, Hypertension, HIV, IBD, Kidney, Metabolic Syndrome, MRSA, Myopathy, Overweight, Psoriasis, RA, Sepsis, Thyroid, TB
Suspected	Cystic Fibrosis, Liver, Lupus, Osteoarthritis, Rosecea, Vision

Causes and results of vitamin D deficiency in Scotland



How many minutes of mid-day summer sun needed for adequate vitamin D?

Location	Age Group	Posture	Hands and Face (12%)	Short Sleeves (26%)	Shorts and T shirt (46%)	Shorts (72%)
San Diego	Youth	Lying down	42 min	19 min	11 min	7 min
Seattle	Youth	Standing	168 min	76 min	44 min	28 min
Seattle	Senior	Standing	504 min	228 min	132 min	84 min

Adequate = 40 nanograms/ml Does not include Obese, Dark Skin
Details: <http://www.is.gd/timeinsun>

Many countries have large % of population with less than 20 ng of vitamin D

