

High Dose Vitamin D Therapy

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Dedication

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Learn How Brazilian and Portuguese Doctors Are Reversing Disease While Keeping Their Patients Safe

Section 1

Mastering The Risks

Chapter 1 — No, Vitamin D Is Not Harmless

"Poison is in everything, and no thing is without poison. The dosage makes it either a poison or a remedy." — Paracelsus, a pseudonymous for Phillipus Hohenheim, Swiss Alchemist

Chapter 2 — Why Supplement With High Vitamin D Doses?

"Extreme remedies are very appropriate for extreme diseases" — Hippocrates, often referred to as the "Father of Medicine"

Chapter 3 — Why Isn't High-Dose Vitamin D Therapy a Common Medical Practice Yet?

"A scientific truth does not triumph by convincing its opponents and making them see the light, but rather because its opponents eventually die and a new generation grows up that is familiar with it." — Max Planck, Scientist, Nobel Prize in Physics

Chapter 4 — Dispelling The Confusion Between D2, D3, Micrograms and International Units

"Simplicity is the ultimate sophistication." — Leonardo da Vinci, renaissance genius

Section 2

Unraveling The Secrets

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“Make a habit of two things: to help; or at least to do no harm.” — Hippocrates, often referred to as the "Father of Medicine"

Chapter 6 — Vitamin D And The Immune System — The Science Behind High-Dose Therapy

“Wherever the art of medicine is loved, there is also a love of humanity.” — Hippocrates, often referred to as the "Father of Medicine"

Chapter 7 — Vitamin K2 — Making Friends With The Unknown Healer

“I believe that you can, by taking some simple and inexpensive measures, lead a longer life and extend your years of well-being. My most important recommendation is that you take vitamins every day in optimum amounts to supplement the vitamins that you receive in your food.” — Linus Pauling, Scientist, Winner of the Nobel Prize of Chemistry and the Nobel Prize of Peace

Section 3

Digging Deeper Into The Benefits

Chapter 8 — Is Vitamin D Superior To Antidepressants?

“The human brain has 100 billion neurons, each neuron connected to 10 thousand other neurons. Sitting on your shoulders is the most complicated object in the known universe.” — Michio Kaku, Scientist

Chapter 9 — Vitamin D And Autism

“I think that autistic brains tend to be specialized brains. Autistic people tend to be less social. It takes a ton of processor space in the brain to have all the social circuits.” — Temple Grandin, Professor of Animal Science, Educator and Autism Spokesperson

Chapter 10 — Vitamin D And Vitamin K2 Against Cancer

“Growth for the sake of growth is the ideology of the cancer cell.” — Edward Abbey, Author

Chapter 11 — Heart Disease, Osteoporosis And Autoimmunity Were Just The Beginning: Asthma, Type 1 And Type 2 Diabetes, The Flu, The Common Cold, Fibromyalgia, And Chronic Pain — No Stone Is Left Unturned

“The young physician starts life with 20 drugs for each disease, and the old physician ends life with one drug for 20 diseases.” — William Osler, Scientist

Chapter 12 — Vitamin D And Vitamin K2 — Risks, Benefits And Secrets

“There are risks and costs to action. But they are far less than the long range risks of comfortable inaction.” — John F. Kennedy, Politician

The Eight Appendices

Appendix A — 119 Of The Foods Highest In Vitamin D

Appendix B — 240 Foods Listed By The USDA Containing 1,0 or More Micrograms of Vitamin K2 Per 100 Grams

Appendix C — Foods To Avoid During High-dose Vitamin D Therapy And Foods To Eat In Moderation

Appendix D — Detailed Explanation Of Each Of 22 Key Blood And Urine Tests And Information On How To Interpret Your Results And Adjust The Protocol Accordingly

Vitamin B12

Calcitriol

Calcifediol

PTH

Calcium (total and ionized)

Urea (BUN — Blood Urea Nitrogen)

Creatinine

Albumin

Ferritin

Chromium (serum)

Phosphate (serum)

Ammonia (serum)

Complete amino acid profile

ALT

AST

TSH

Serum alkaline phosphatase

Serum P1NP

Serum CTX

Calcium in the urine of 24 hours (with total volume)

Phosphate in the urine of 24 hours (with total volume)

Ionogram (sodium, potassium, chloride, magnesium and bicarbonate)

Appendix E — Key Insights and Detailed Information On Dosage For Each Recommended Supplement

DHA — Docosahexaenoic Acid

Zinc

Choline

Magnesium

Vitamin B2

Vitamin B12

Folic Acid — Vitamin B9

Chromium Picolinate

Selenium

Coenzyme Q10 (Coq10)

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- | What's our goal?
- | How do we know we've reached our goal?
- | How should we adjust the amount of vitamin D we are taking?
- | What special steps should we take as vitamin D dosages increase?

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Other Books and Projects By Tiago Henriques

Do you think autism is hard to understand?

Did you know?