High Dose Vitamin D Therapy
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Learn How Brazilian and Portuguese Doctors Are Reversing Disease While Keeping Their Patients Safe

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"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"

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"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

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

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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"

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“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
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“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

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

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“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

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“There are risks and costs to action. But they are far less than the long range risks of comfortable inaction.” — John F. Kennedy, Politician
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- 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
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- 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)
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- Chromium Picolinate
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- Coenzyme Q10 (Coq10)

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Other Books and Projects By Tiago Henriques

Do you think autism is hard to understand?

Did you know?