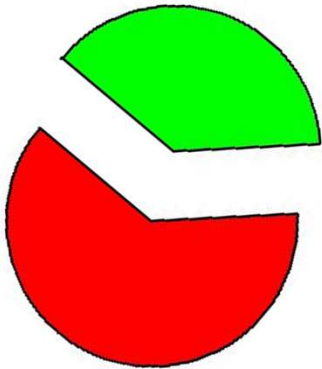


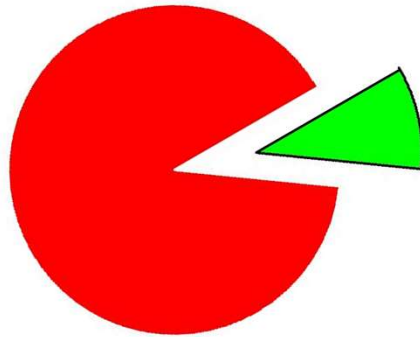
Vitamin D works better than vaccine at preventing the flu

People who get flu shots

All ages: 38%
don't get flu

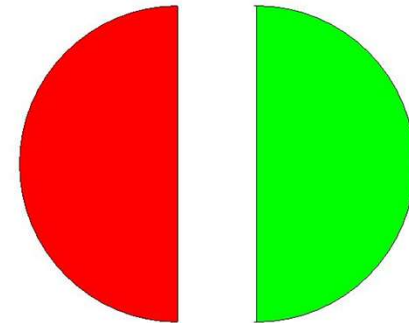


Seniors: 12%
don't get flu



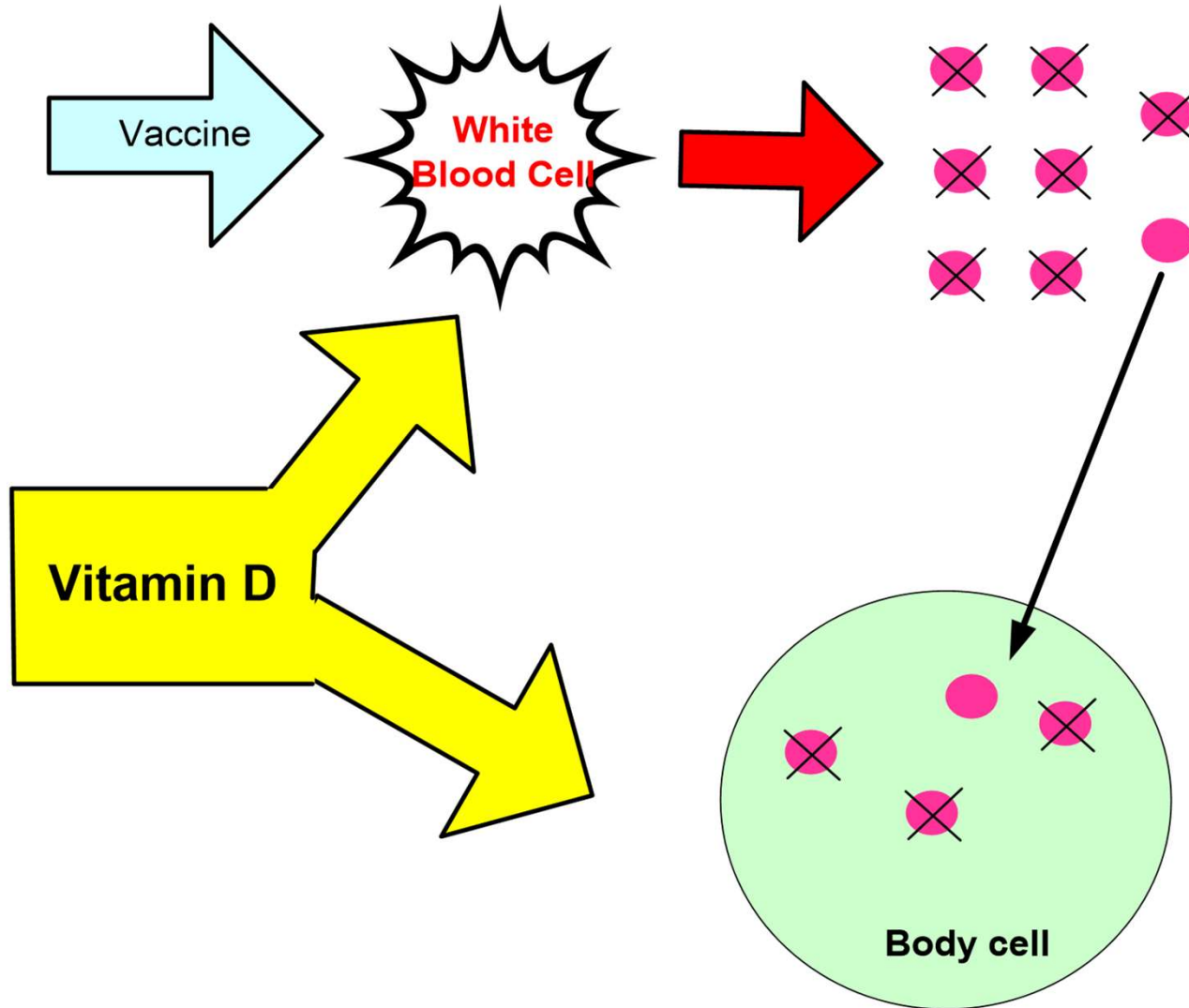
People who get lots of Vitamin D

All ages: 50%
don't get flu!



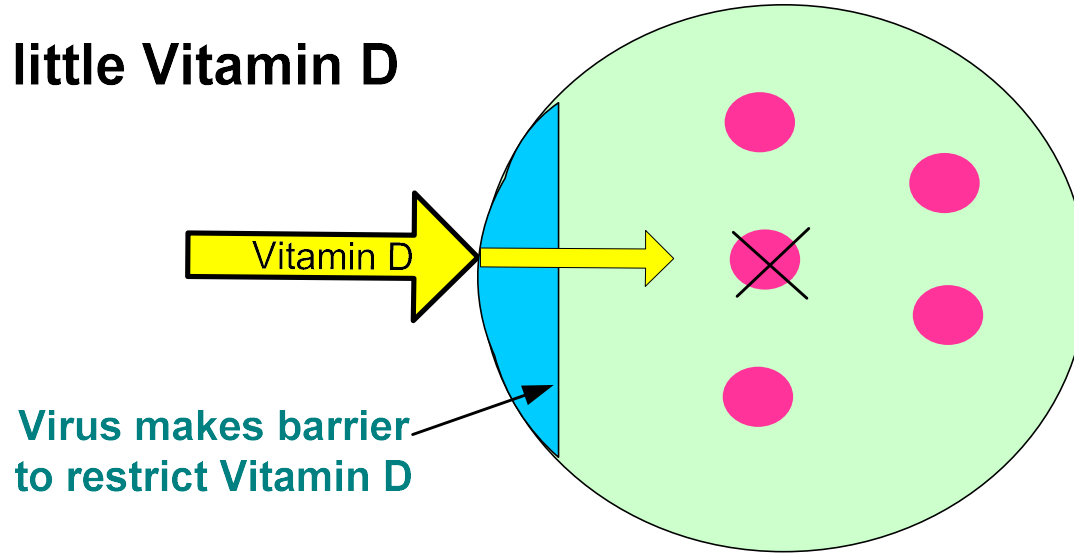
Vaccine only prevents flu

Vitamin D prevents and stops flu

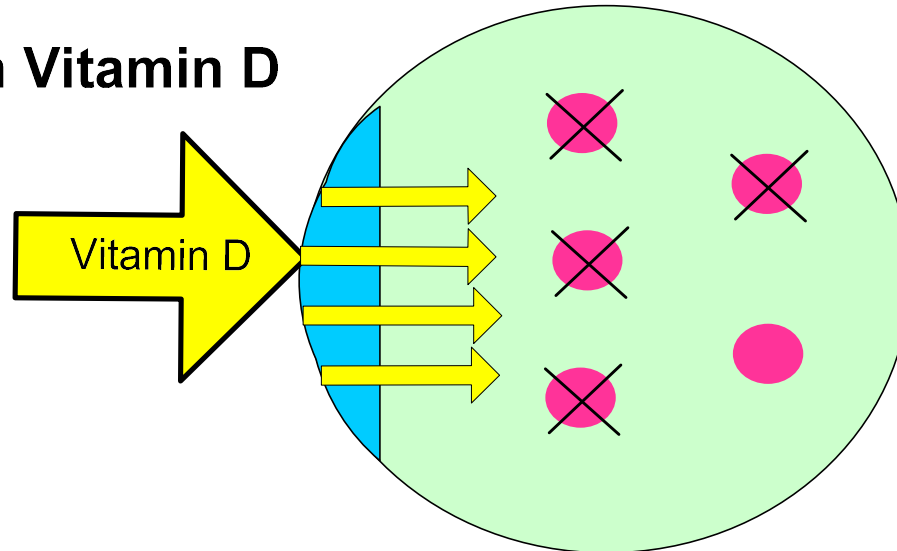


Need lots of Vitamin D to stop the flu

Too little Vitamin D



Enough Vitamin D



Additional things to prevent and shorten the common cold

1) Zinc Lozenge every 2 hours **\$5**



2) UVC air purifier greatly reduces duration of a cold for an individual & reduces spreading to others (in hospital, office, home)

Small room \$40



is.gd/germ_guard

Whole house \$110

PHILIPS
UVC Technology
Air Sanitization

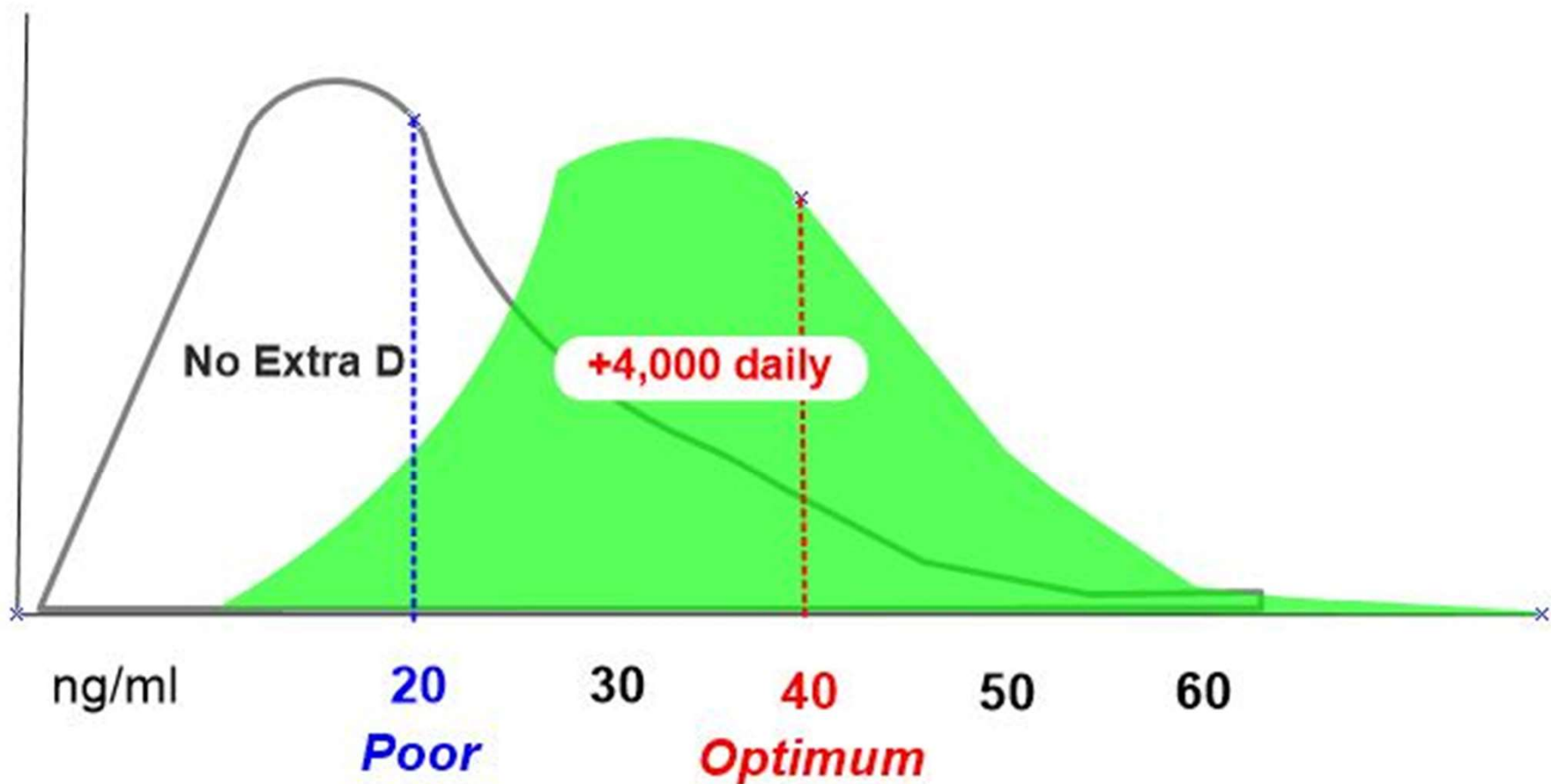
BIO-SHIELD UV-C AIR SANITIZER SYSTEM

Attacks and Sanitizes Bacteria, Viruses, Mold, Allergens and Pathogens blowing throughout your Heating and Air Conditioning ductwork that can cause:

ALLERGIES, ASTHMA, COLDS, FLU, SINUS INFECTIONS

- Cleans A/C Coils
- Easy 15 Minute DIY Installation Into Your HVAC Ductwork
- Eliminates Need For Expensive Ductwork Cleaning

4,000 IU daily results in more people getting a good level of vitamin D



Multiple Sclerosis cured by High-dose Vitamin D

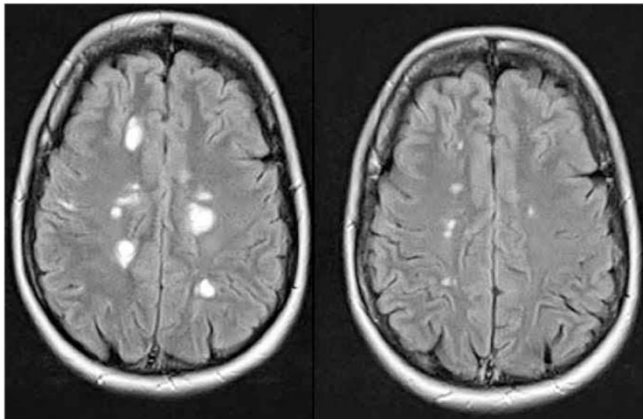
4,000 cured so far - 90% success rate

Coimbra protocol since 2002

Protocol includes 40,000 IU - 200,000 IU Vitamin D daily

131 doctors in 28 countries is.gd/CoimbraDoctors
are now treating 20,000 patients is.gd/MS20000

Over 100,000 Facebookers in Coimbra discussion forums
is.gd/domene



Before - After Brain scans
is.gd/MS_Stories

You can get a Vitamin D test, but. . . .

Expensive - \$50 to \$200 per test

- Most insurance will not cover if not physician ordered
- Medicare pays for only 1 test per lifetime
- Mail-in tests available on Amazon

Vitamin D test not needed if you are feeling the benefits

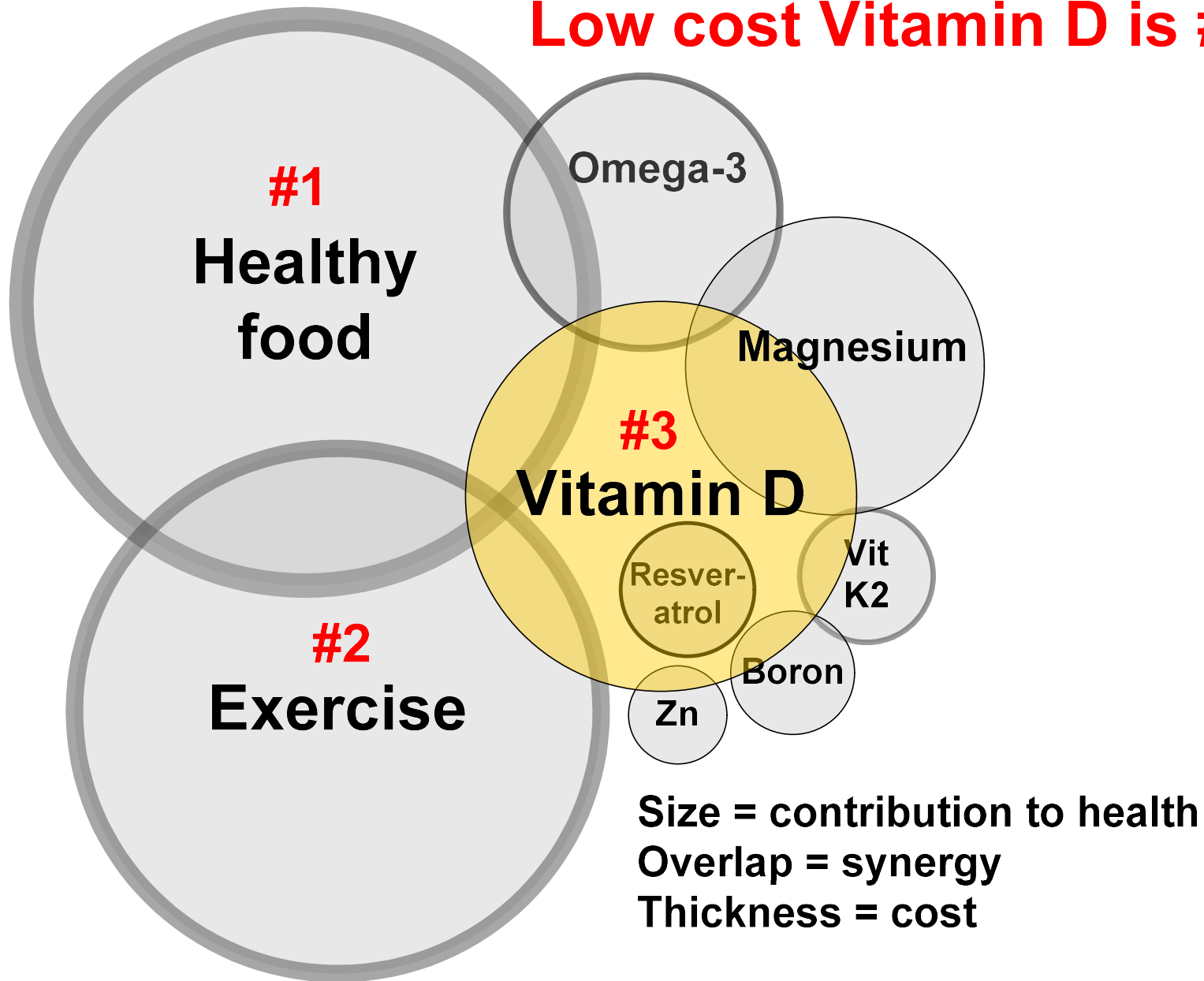
- Try larger dose and/or cofactors before testing

Test does not indicate Vit D getting to cells in 1/3 of people

- Gene mutations can restrict Vitamin D getting to cells
- Get \$100 mail-in gene test,
or try adding Resveratrol, etc. to Vit D

is.gd/VitDTest

Low cost Vitamin D is #3



4,000 IU Vitamin D

for a healthy, normal weight adult

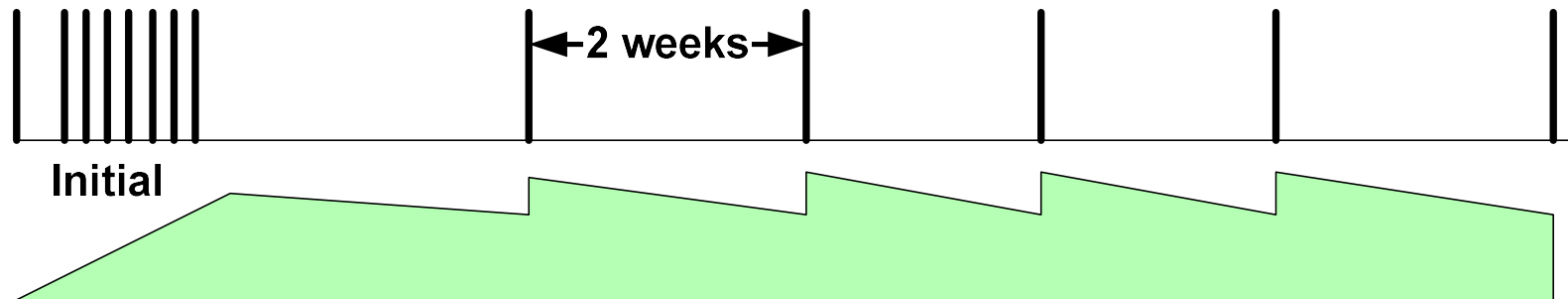
	50,000 IU capsules	5,000 IU capsules
To Start	7 in 8 days	70 in 8 days
On-going	2 per month	24 per month
1 bottle lasts	3 years	4 months

19 organizations recommend up to 4,000 IU/day

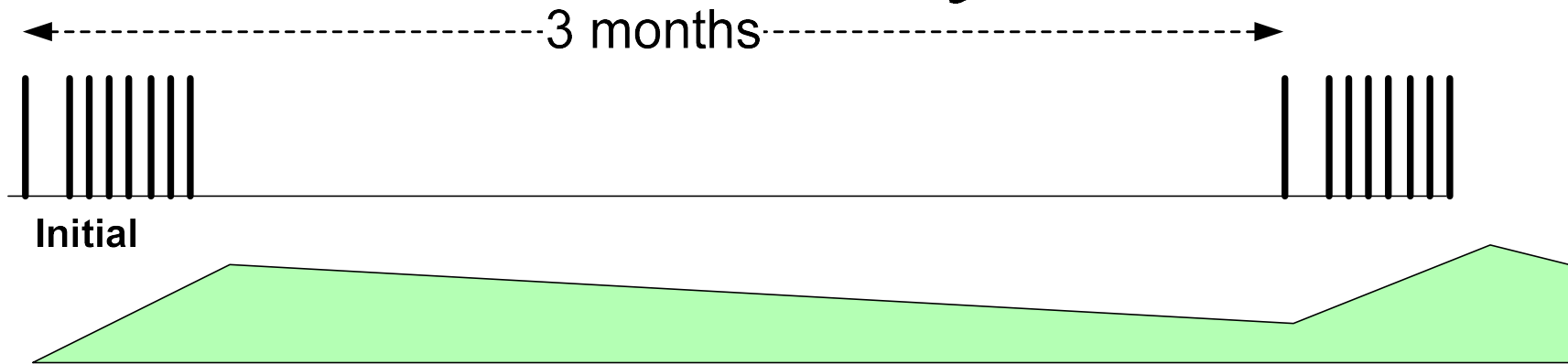
is.gd/Vitd4000

50,000 IU

Living in home: Initial, then every 2 weeks



Homeless: 1 week every 3 months



More studies => more proof

Over 10,000 VitaminDWiki articles in 160 categories
Top Categories:

642 Pregnancy	300 Obesity	199 Sports
539 Intervention	299 UV and Vit D	197 Cancer - Breast
494 Infant-Child	296 Seniors	190 Falls and Fractures
396 Skin - Dark	272 Noontime sun and D	183 Immunity
389 Cardiovascular	254 Omega-3	180 Depression
386 Meta-analysis	247 Vitamin D Receptor	180 Cancer
382 Diabetes	244 Cognitive	177 Kidney
331 Breathing	241 Bone - Health	174 Calcium
328 Deficiency	230 Trauma and surgery	173 Vitamin D in Europe
318 How much	229 Genetics	173 Osteoporosis
316 Multiple Sclerosis	219 Magnesium	170 Mortality and D
		133 Youth