

# Schüssler Express

#23



## BEWARE OF VITAMIN D TABLETS

...More scientific information

*(Apparently somewhat ignored by producers and the medical fraternity)*

**A**ntioxidants are not the only supplements causing increasing concern. Vitamin D supplements – already taken by millions of people and set for even wider use – have now been found to harm memory, weaken bones and boost the risk of heart attack and stroke in the middle-aged.

What's more, vitamin D does not even seem to protect us from chronic disease or early death.

Low levels of vitamin D have been linked to a number of health problems, including diabetes, depression, cancer and autoimmune conditions such as multiple sclerosis.

But should we all really be taking daily vitamin D supplements? Research is highlighting serious potential health dangers of the pills and questions whether taking the supplements has any beneficial effect at all.

A study by the Mayo clinic children's centre warned that obese teenagers who take vitamin d supplements can have dangerous increases in their levels of cholesterol and triglycerides – a fat in the blood that can raise the risk of heart disease.

Another study warns that giving vitamin D supplements to healthy adults, middle aged or older can significantly harm their memory.

The report by Australia's Curtin University and published in the European Journal of Nutrition says that when healthy people are given the supplement,

they perform significantly worse in tests that require them to remember lists of words over a period of time.

It is known that taking too many vitamin D supplements over time can cause more calcium to be absorbed than can be excreted, with the excess damaging the kidneys.

Excessive vitamin D can also encourage calcium to be removed from bones, which can soften and weaken them.

A study from the University of Copenhagen has warned for the first time, of a statistical connection between high levels of vitamin D and deaths from heart attacks and strokes. The research, published in the March edition of the Journal of Endocrinology and Metabolism, found that people with blood concentrations of 100 Nanomol per litre or more had an increased risk of dying from a stroke or a coronary.

Professor Peter Schwarz, who led the study, warned, "We should use this information to ask ourselves whether or not we should continue to take vitamins and nutritional supplements as if they were sweets".

❖ *(Editor's note) The minerals of Dr Schüssler are of course in such fine dilution (molecular amounts of the mineral – cation and anion bonded) that they do not have any side-effects, nor can they influence any of the situations described in this report.*

A. Sutton

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The Institute of Biochemic Medicine (Asia Pacific) is a branch of the German Association of Biochemistry, founded at Oldenburg (Germany) in 1885

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## Why is a Patient's history so important?

Take the following story of a patient. He was one of those men that would be described by some as the “master of the Universe” – held a powerful position in management of a financial institution. Stress levels high as they come, but so was his salary and perks.

Divorced, enjoying the single life to the fullest then, at the age of 50 experienced severe chest pains at work!

Rushed to A&E, at a prestigious hospital

Without skipping a beat, he was given extensive testing but nothing was conclusive.

21 kg overweight, his eating and drinking habits were the opposite of healthy living. He was taking a statin, blood pressure drugs to lower his borderline high blood pressure, an antidepressant (prescribed after his wife left him) and a sleeping pill!

Despite nothing abnormal showing up in his cardiac tests, he was transferred to the coronary care unit, where he suddenly started to vomit. There were traces of blood in the vomit, most likely due to the strain of being sick, which may have torn some superficial blood vessels in his oesophagus, but the team wanted to rule out something more serious (?) The hospital's top gastroenterologist was called in. It was an academic institute, so the doctor arrived surrounded by medical students, junior doctors and consultants.

An endoscopy was ordered to check if the pain and blood tinged vomit were from an ulcer or other serious problem. A rare but nevertheless risk of this procedure

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is oesophageal perforation. Our patient was one of those *unlucky few*.

The endoscopy revealed the stomach was fine but the potentially deadly tear in his oesophagus required him to spend two weeks in hospital in a critical condition for days.

**So what caused his original chest pains, the ones that sent him to hospital in the first place?**

Well, as he told me later when he became my patient; on that fateful day the symptoms had started with a spicy meat and cheese sandwich he'd had for lunch – something about which no one bothered to ask him when he arrive at A&E.

All he actually had was heartburn (reflux) but in their blind pursuit of a diagnosis, his doctors subjected him to a series of expensive tests and procedures he did not need and placed an otherwise healthy man in a life-threatening situation.

Speaking as a Doctor of 30 year experience, I know for a fact that doctors aren't bad people, but we have lost the art of listening and become too wrapped up in the technology of medicine.

*Dr. E. Schwartz (an EU registered medical practitioner)  
– A TRUE story*

✚ The moral of this little tale, is to remind us all that signs and symptoms are important, but that the history has a great bearing on everything.

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