

Prof. Dr. med. Jörg Spitz / William B. Grant, Ph. D.

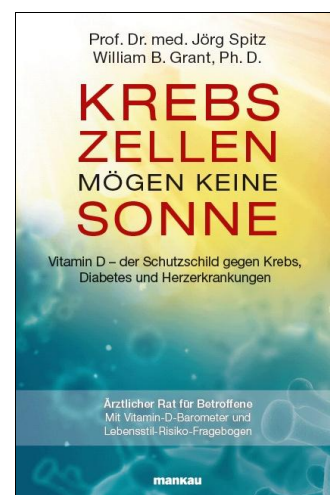
Cancer Cells Do Not Like The Sun

Vitamin D—the protective shield against cancer, diabetes, and heart diseases

Medical advise for affected persons

With a vitamin-D-barometer and lifestyle-risk-questionnaire

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About the book.

Without the sun there would be no life on earth. Until a few years ago medicine made use of its healing power. But for us modern people it is mutated into a nasty demon that threatens our health. Antibiotics and the fear of skin cancer have cast a cloud over the positive qualities of sun rays.

This guide shows how important sunlight is for our health. Without sun, there is a deficit of vitamin D which is required for the regulation of numerous processes in almost all body cells. 70 to 90 percent of all people in Germany, Austria, and Switzerland suffer from vitamin D deficiency and do not know that this can lead in many cases to cancer.

The “sun hormone” may not only improve the quality of life and prolong life regarding affected persons, but is especially a relevant key to prevention: vitamin D reduces the risk of cancer and suppresses the growth of malignant tumours. It also protects against rickets and diabetes, slows atrophy of the bones, strengthens muscles, improves the immune system, produces the body’s own antibiotics, protects nerve cells (also from MS) and lowers blood pressure.

The prevention physician Prof. Dr. Jörg Spitz and the vitamin D expert Dr. William B. Grant describe the latest research on UV light and the sun hormone, explain how one’s own vitamin D level can be determined and regulated, and provide valuable and practical advise how diseases such as cancer and multiple sclerosis can be avoided or alleviated by the help of the healing power of the sun.

A plea for a *health-conscious* approach to the sun!

About the authors.

Prof. Dr. med. Jörg Spitz (born in 1943; Schlangenbad/Wiesbaden) is a specialist in nuclear medicine, nutritional medicine and preventive medicine, board member of the “European Health Network” as well as founder of the society for medical information and prevention (Gesellschaft für Medizinische Information und Prävention) and the nonprofit German foundation for health information and prevention (Deutsche Stiftung für Gesundheitsinformation und Prävention). After his habilitation he worked as head doctor of nuclear medicine at the Municipal Hospital of Wiesbaden and as professor of nuclear medicine at the University of Mainz. For several years, Spitz is dedicated exclusively to the development of prevention concepts and their implementation in practice and gives lectures on holistic health care across Germany.

William B. Grant, Ph.D. (born in 1942) is considered as one of the leading vitamin D experts. After completing his doctorate at the University of California in Berkeley the physicist in particular turned to the study of the epidemiology of chronic diseases in relation to sun exposure. Because of his work regarding the connection between vitamin D and cancer, numerous tumours could be detected, whose formation and growth can be influenced by vitamin D. Dr. Grant is head of the Sunlight, Nutrition and Health Research Center (Sunarc) in San Francisco (USA).

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[Without the sun there would be no life on earth! In ancient cultures the sun was worshiped as God. Until the mid-20th Century the sun was used in medicine and as a treatment for infectious diseases such as tuberculosis. It seems that modern men have forgotten all this, for the sun is now often viewed only as a deadly, malignant demon which causes cancer.]	
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[Our body is an enormous chemical manufacturer that needs for the functioning of its cells—in addition to numerous substances from the diet—vitamin D as well. It can produce this vitamin by itself in a complicated process in several steps. Apart from the skin and the sun, the liver is involved in this process.]	
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[For an adequate vitamin D level (> 30 ng/ml), a daily supply is required of at least 4,000 IU. Breastfeeding mothers need 6000 IU/day. For children: 1,000 IU per 11 kg body weight. Depending on country or population group, up to 90 percent of the people do not have enough vitamin D! The major risk factor for vitamin D deficiency is our lifestyle.]	
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[The development of a malignant tumour in the body has multiple causes, in which the lifestyle is very much involved. But it is not a fatal event that one has to let happen. Vitamin D provides—among other measures—at almost every stage of cancer a possibility to influence the course in a positive way. Thus, vitamin D can play an important role in helping people help themselves.]	
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[Malignant tumours of the colon are the most common sort of cancer of which men and women are affected equally. The prognosis is poor when surgery takes place too late. Numerous studies show that the development and the progression of malignant colon tumours are influenced in a positive way by vitamin D in an unexpectedly high degree. This means, in the United States, for example, 49,000 new cases of malignant colon cancer and three-quarters of deaths from these tumours can be prevented each year.]	
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[For women, malignant tumours of the breast are the most common form of malignant cancer and have in many cases an unfavourable prognosis as well. They are the second leading cause of death of women. But reliable study results about the protective function of vitamin D regarding this tumour are very impressive. A risk reduction of the factor three is achieved in the prevention of tumours and in metastasizing by half.]	
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[A sufficient vitamin D level plays a particular role in the aftercare of tumours as well! A normal vitamin D level (40 to 50 ng/ml) not only reduces the risk of metastases, local relapses, and an increased mortality, but also has a positive effect on typical symptoms such as depression which occurs frequently as an accompanying symptom. Furthermore, accompanying diseases such as osteoporosis, cardiovascular diseases etc. are affected in a positive way or even prevented.]	
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[The qualities of vitamin D have not only a positive effect on malignant tumours, but also on many other chronic diseases: improving the functions of the heart and skeletal muscles, reducing the risk of diabetes and vascular diseases, including mortality, regulation of the congenital and acquired immune system, protection from nerve diseases and many others.]	
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[No one has to suffer from vitamin D deficiency! There are four different sources that supply the body with vitamin D: the food, the skin using artificial or natural UV radiation and artificially created vitamin D. The most important and appropriate source is the skin and the rays of	

sunshine. If one does not like this or it is not sufficient, one can draw on other sources to suit personal preferences. It is advisable to measure twice a year whether the selected measures have the desired effect.]

The deficiency syndrome—or: Other things that cancer cells do not like! 95

[Chronic diseases can appear as a result of deficiencies in our inappropriate lifestyle. Lack of vitamin D is only one of these numerous shortcomings which affect the majority of the population in industrialized countries. If the body suffers under several deficiencies, the risk to get a chronic disease increases significantly. We have called this unfortunately quite common fact the "deficiency syndrome".]

General rules of prevention 102

[Health care is more than an early disease detection! The cost for an effective health care can be described as a product of the factors of time and resources (money). Who can spend less time on his health, must compensate this with a larger use of money and vice versa! Regarding the realization, the ratio of prevention with substitute measures has a particular significance for the compensation of deficiencies. The second best solution which is implemented regularly is more effective than the best solution which remains a dream.]

Individual risk analysis and personal consequences 113

[A questionnaire on the personal lifestyle allows a first individual risk analysis and provides information about how great the need for action regarding health care is.]

Retrospective and prospect: How we can help the body to overcome cancer! 120

[Jörg Spitz and William B. Grant show the enormous opportunities that the body has to fight cancer—if we support it with an adequate lifestyle!]

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