

Ma's Medicines Class 7, Vitamin D

The Sun as Fire Element

Your sun is the big healer. You can heal yourself through the sun immediately. You don't need to consult any healer. He's the big healer coming every day. You can use him. Just watching him in the early morning and evening hours. But, you have to open your heart to receive that energy.

In the Indian tradition, most of the people in the early morning hours go to the water, the river, to take the water (in a vessel or in their hands) to take a bath. When the sun is rising they start chanting the 'Vedic Bhaskara' mantras, the sun prayers. They release the water, they take a bath, then they come out. They are saying through their sun prayers that God is directly the sun. You don't need to see God. The sun is God; the God is the sun. That's why in the early morning hours they see the sun.

What I recommend to everyone who is doing the five elements is to simply sit watching the rising sun for one hour to receive the highest positive energy. Automatically you will get a huge healing; you'll receive the energy.

Then, again at sunset, there is a lot of energy in the sun's rays. Open your heart to God, to the sun, to receive its energy. You have to think you're receiving the energy from the sun. Whatever negative circles are around you, the sun's rays can wash them out. They bring huge positive energy to wash out all your negativity. -Sri Kaleshwar



Materia Medica

VITAMIN D

Possibly the single most important step we can take to support our immune and respiratory health is to optimize our Vitamin D levels. Doing this will have profound effects on our systemic health as well, including adrenal health, hormonal health, bone and connective tissue health, brain and neuro-transmitter health, energy levels, and more. Optimizing Vitamin D has been scientifically shown to be a significant factor in overall life expectancy and prevention of chronic and acute illness.

- Vitamin D increases T17 cells, our most important immune regulating cells. New study shows it decreases cytokine inflammation in Covid-19 infections. Countries in Europe with highest D levels have lowest mortality rates.
- [Study](#) on D and Covid mortality rates
- Other studies show vitamin D decreases the severity and length of any respiratory or viral infections.
- [A study](#) that come out in February of 2022 showed a significant reduction in auto-immunity (39% decrease) with Vitamin D supplementation.
- *Clinical experience of practitioners who track D is profound and irrefutable. . .not a magic bullet but absolutely foundational for health.*

Vitamin D ranges:

- <20 severe deficiency
- <32 deficiency
- 32-50 sub-optimal
- 50-60 adequate
- 60-80 optimal
- 80-100 high but safe
- >100 excess

Dosage:

- Safe vitamin D dosage without blood test: 2-3k per day
- Range of dosage to maintain optimal levels for most people: 1-10 k per day (average 5k)

- [Grassroots labs](#) (home vitamin D test)
- Best Vegetarian D: Orthomolecular Vitamin D with K
- Food sources of vitamin D: oily fish: salmon, sardines, cod, fish eggs, organ meats, egg yolks from free range hens, maybe some mushrooms (cremini, shitake, portobello, more if left to dry in sunlight).

Homework

- get your D levels tested,
- spend time every day in the sun with as much skin exposure and no sunscreen as is safe for you (no burning!), connecting with the sun as a healer and intention to raise D levels

Vitamin D and Ancestral Health

Vitamin D is perhaps one of the most important and mysterious nutrients that our bodies need. Recent research has found that Vitamin D is important for not only bone health, but immune, hormonal, cardiovascular, and emotional health as well. It is potentially crucial in prevention of many cancers, viral infections, chronic pain, diabetes and metabolic syndrome, allergies, osteoporosis, depression, autoimmune conditions, infertility, high blood pressure, and much more!

Sadly, Vitamin D levels seem to be epidemically low. Many of my patients ask me why their Vitamin D levels are so low, especially when they go out in the sun and eat healthy food. If you think about how our Paleolithic ancestors lived, they spent MOST of their time outside, year-round, without sunscreen, so their sun exposure was much higher than ours. In addition to lots of outdoor time, when they harvested an animal, they consumed the ENTIRE thing, nose to tail. Vitamin D and other fat-soluble nutrients are stored in the brain, marrow, fat, and organs of animals, parts that few of us choose to eat these days. Also, our ancestors were eating mostly wild animals who were feeding on wild plants, and thus concentrating nutrients at a much higher rate into their tissues than feedlot or even organic animals. I believe that optimal levels of precious fat-soluble vitamins come from a synergy of exposure to sunshine as well as intake of nutrient dense foods. This seems to be a magic combination.

To raise your Vitamin D levels naturally, I recommend spending as much time in the sun without sunscreen that you can without burning.

The Vitamin D found in fortified foods like milk, tofu, and cereal is synthetic D2, NOT natural D3, which is the form our body uses. I recommend avoiding these foods as well as prescription D2 supplements which doctors often recommend.

I do recommend everyone have his or her levels checked (it is a relatively inexpensive test). The lab limit is usually around 32, and this is a good starting place. There is a lot of research and controversy around optimal levels of Vitamin D. Based on everything I have read and seen, I recommend most folks strive for a minimum of 35, while levels between 60-80 seem to bring maximum benefits for immune, emotional, and hormonal health. It is very hard to get above 60 without mega dosing on supplements.

If you need to raise your levels of D, 2 units of D3 a day is the recommended dose to take without a lab test. It is readily available at most health food stores in this form. If possible, get one that also has other fat-soluble vitamins including K and A. In nature, Vitamin D comes with these other nutrients and they are synergistic. Just keep in mind, if you are getting sun and eating fatty fish, you will be able to get to your optimal level much more easily.

Although there truly is no such thing as a magic bullet when it comes to healing, making sure your Vitamin D levels are adequate is probably one of the simplest and most powerful things you can do to support your health and well-being.

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Review

Modulation of the Immune Response to Respiratory Viruses by Vitamin D

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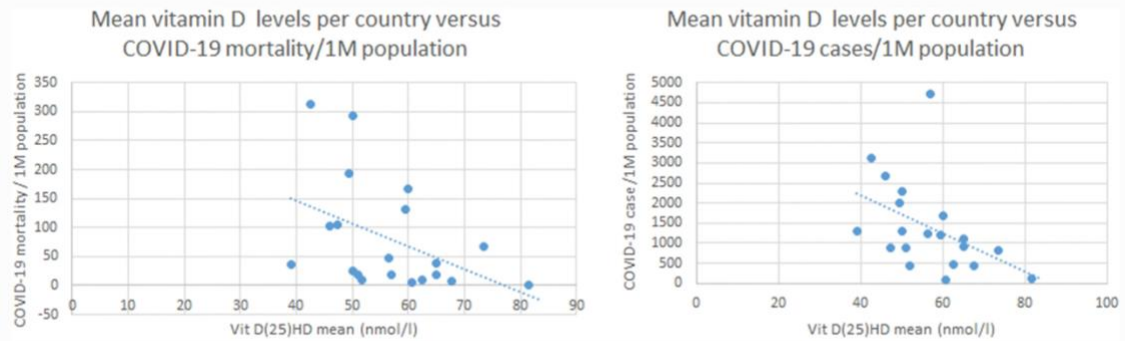
Abstract: Background: Vitamin D deficiency has been shown to be independently associated with increased risk of viral acute respiratory infection (ARI) in a number of observational studies, and meta-analysis of clinical trials of vitamin D supplementation for prevention of ARI has demonstrated protective effects. Several cellular studies have investigated the effects of vitamin D metabolites on immune responses to respiratory viruses, but syntheses of these reports are lacking. Scope: In this article, we review the literature reporting results of *in vitro* experiments investigating immunomodulatory actions of vitamin D metabolites in human respiratory epithelial cells infected with respiratory viruses. Key findings: Vitamin D metabolites do not consistently influence replication or clearance of rhinovirus, respiratory syncytial virus (RSV) or influenza A virus in human respiratory epithelial cell culture, although they do modulate expression and secretion of type 1 interferon, chemokines including CXCL8 and CXCL10 and pro-inflammatory cytokines, such as TNF and IL-6. Future research: More studies are needed to clarify the effects of vitamin D metabolites on respiratory virus-induced expression of cell surface markers mediating viral entry and bacterial adhesion to respiratory epithelial cells.

Keywords: vitamin D; respiratory viruses; antiviral immunity

Whilst influenza infection increased the production of pro-inflammatory cytokines and chemokines, as with RSV infection [187,188], treatment with vitamin D either before or after influenza infection decreased gene expression of TNF- α , IFN- β , ISG15, CXCL8, IL-6 and RANTES (CCL5).

Fig. 1

From: [The role of vitamin D in the prevention of coronavirus disease 2019 infection and mortality](#)



Mean vitamin D levels per country versus COVID-19 cases and mortality/1M population