

## Health Dangers of Vitamin D Deficiency - True Or Myth?

B. Koehler  
(Freiburg, Germany)

Do you also find that a large number of your patients have low levels of vitamin D, or have you been diagnosed and are now diligently swallowing vitamin D? Indeed, it becomes scary how often deficiencies of the sun hormone are found. Why is this happening? Here we are dealing with a phobia that arose from years of propaganda of sun damage. Therefore, it is necessary to use sunscreens with a high protection factor (SPF) so that nothing (?) Happens if the sun's rays cannot be avoided.

But, unfortunately, even at SPF10 vitamin D is not produced, or better call it "hormone D", since we are talking about a steroid hormone derived from cholesterol (and therefore, when using statins, it is not produced in sufficient quantities). It is necessary for the regulation of important metabolic processes. You can read about the importance of vitamin D in the reference literature. It is undeniable, so it is not worth talking about it in more detail here.

However, what is less known is the fact that the level of vitamin D in the blood is established by the body absolutely individually, and at the same time, even with prolonged exposure to the sun, a certain value is not exceeded. Moreover, the normal values all over the world fluctuate around the coefficient 1000 (!). And what is the right value for you?

Immediate administration of vitamin D at its low values corresponds to the linear causal thinking of classical medicine, which automatically leads to erroneous interpretations in a complex network system such as a person. All the most severe misconceptions in medicine - from arteriosclerosis, osteoporosis and to oncological diseases - are the result of such "scientific" thinking, from which a huge number of patients suffer.

Surprisingly, the euphoria of vitamin D prescription originates primarily in the ranks of naturopaths, and even at congresses is very actively promoted. This, most likely, suggests that, in fact, fewer and fewer colleagues are involved in real naturopathy. How should a true naturopath react "adequately" when a patient is deficient in vitamin D? Taking into account the patient's reason and motivation - to spend time in the sun without cream and move enough. After all, we lack not only the sun, but also regular physical activity that requires endurance.

Knowledge of the positive effects of sunlight is largely limited to the formation of vitamin D. All the previous knowledge gained from intensive research on the effects of sunlight is now hardly anyone's interest. But does anyone seriously believe that the vital photon flux of the Sun can be replaced with tablets?

The sun is life. Its rays affect the body "absolutely indirectly"

---

converting the initial stage of vitamin D into its effective form. But there are innumerable other effects that are not mentioned at all in the "vitamin D" literature. The sun can cure tuberculosis, where antibiotics are completely powerless today. In ancient cultures, seriously ill patients were taken to the mountains so that they were closer to the healing rays of the Sun. But not only that. Fruits, vegetables - everything is stored in the sunlight, which is again released within us. But we ourselves also accumulate photons, for example, in DNA or in other hollow resonators. This is the only way life is possible. It is well known that mood is dependent on the flow of light from the sun, and that a deficiency can lead to depression.

By using artificial vitamin D, a person is taught that this is doing everything in order and that they should avoid the "harmful" sun. This is the worst side effect of vitamin D hysteria.

And here is the time to double the stakes of negative propaganda, because the sun can be blamed for skin cancer and melanoma. But that's a different topic. Dosed solar irradiation, depending on the type of skin, is more or less prolonged, healing. Overdoing - as with everything in this life - must be avoided.

Anyone who argues that there is no time to go to the sun at noon should set priorities - almost everyone can find 10 minutes in summer and 20 minutes in winter. In this case, it is completely enough to expose the forearm and face to the rays of the sun. For those who are bedridden, this is a problem. But why not turn to good old fish oil instead of a fake pill, for that matter, then?

But what about the annual rhythm of solar activity? Why artificially increase the level of a vitamin, if nature provides it differently? Thanks to this decrease, the usual anabolic processes of restructuring of organs in winter become possible, which are otherwise inhibited by an excess of vitamin D (see below), since this acts as a preservation of the structure (and in higher doses it becomes denser up to hardening), and therefore has a counteraction. These changes in tissues during winter are necessary in order to constantly optimize the adaptive capacity of the body. And this only happens in winter. In addition, the bones become softer, which is also reasonable at this time of year.

If lowering levels were really harmful, then Mother Nature would long ago have devised some way to accumulate vitamin D longer so that you can spend the winter.

If vitamin D really were so important for health, then until recently people would be constantly sick and die out without an artificial vitamin. "Laboratory research" must, of course, prove it. But they are based on the linear-causal thinking that was incorrect from the very beginning and therefore are absolutely not suitable for displaying complex interrelationships. Anyone who is still guided by "research principles" should one day inquire about the statistics of the occurrence of these results.

In the near future, provable side effects will be revealed that

will be reflected in casuistry. What they will be, however, can be understood only with the help of the classification system of life-conformational medicine, Luscher's cube.

In this multidimensional classification system, a complex network of life processes can be displayed. Through intensive work on this, numerous important results have been obtained and a direct approach to causal therapy has been found.

Some of the results of an intensive study of the basics would have sunk into oblivion if the Nobel laureate Wolfgang Pauli had not postulated a basic principle in the form of the 3 + 1 law, and if this principle had not been implemented in medicine. In this case, we are not talking about a simple attachment of individual parameters, but about the understanding that functional medicine always (and without exception!) Has four components that are in constant interaction. They mutually condition each other and allow achieving high dynamics with simultaneous stability. This trick is feasible only due to bipolarity, in which one axis (separative) is the cause of the other (integrative / complex) and vice versa (duality law). Using the example of an electric field and a magnetic field, this constant transformation of one into another occurs both in large and small.

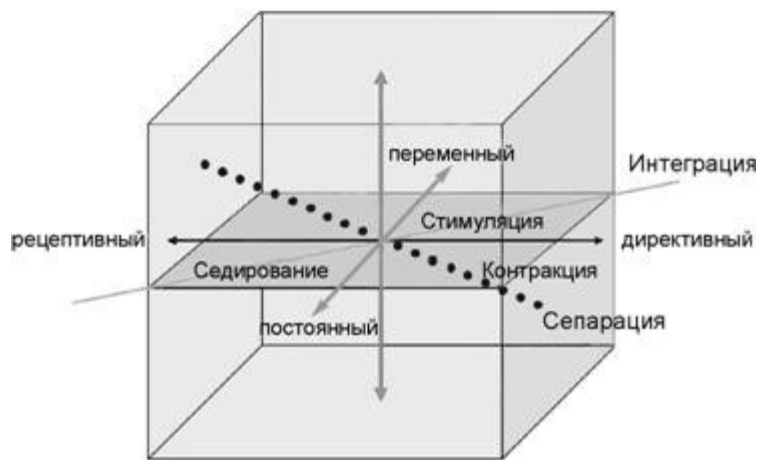
Therefore, every static (and statistical) consideration of one single component (such as vitamin D) without regard to the other three components and their interactions is wrong from the outset.

Only for the simultaneous classification of all four components and taking into account all interactions can scientifically correct statements be made. So, for example, you can recognize the 4-pole relationship of acid-base balance with cellular metabolism for both charge carriers electron and proton as a "transmission mechanism" of life, and make it the basic principle of any diagnostic and therapeutic reasoning. Thus, the organism is able to reorganize its single state (coherence) on its own over and over again.

Feature at this is an straight connection withmental self-management, as follows from the four components of self-awareness according to Max Luscher. This is true holistic medicine.

In the four-pole model of the existence of all functional systems of the body, vitamin D can be unambiguously ranked among the green aspect. From refers to the constant-directive, separative component, and thus to the reduction / contraction / counteraction. And in fact, with appropriate doses and possible overdoses (where is the individual border?), This leads to hardening of tissues (example: bones) and, in the pathological case, to the formation of stones in various organs, as well as to calcification.

A close relationship with calcium (yellow in Luscher's cube) is obtained automatically, since yellow on the separation axis forms the opposite pole to green. Iatrogenic end-stage renal disease due to vitamin D overdose is just around the corner.



Rice. 1. Luscher's cube, a categorical system of classification of lifeconformal medicine

Bones also suffer from food additives. With vitamin D deficiency, softening of the bones occurs due to calcium deficiency (rickets, osteomalacia). But this has nothing to do with osteoporosis. If healthy or already osteoporotic bones are given vitamin D, it can lead to osteosclerosis (hardening of the bones) with increased fragility, because due to the increased formation of calcium, all residual elasticity is lost, because tired, exhausted connective tissue is no longer restored. And it will be even worse if calcium is additionally prescribed. Paradoxically, bone density measurements are getting "better", which is natural due to increased calcium production. But this, unfortunately, is not at all a good sign, since this increases fragility. Density has nothing to do with strength.

What can we do here using biophysical information therapy? Hormones are the highest, basic regulators, for example, in cellular metabolism. Since we, according to the research results of prof. Cholet, we transfer the information of hormones directly with the help of our BIT devices, we observe stronger therapeutic effects, since the diseased tissue is targeted. Since quadripole is fully integrated into the life-conformal medicine system that we represent, we can, based on these principles, significantly better understand the impact of food additives and evaluate their (side) effects.

At low vitamin D values, primary solar failure occurs, and not vitamin D deficiency, since we generally do not know the individual value of the norm. A low vitamin D value says only one thing - we don't have enough sun.

In addition, do not forget that for most of the

the network of drugs is not about a self-generated solar "hormone D", but about an artificially created analogue. As in the case of the pill and other artificial hormones, it is necessary to consider significant side effects that appear over time, since the breakdown of unnatural substances in the liver is problematic or even impossible. And if the appointment of vitamin D is inevitable, since the sun effect cannot be used sufficiently, then only from natural sources, for example, from fish oil.

But there are diseases in which the positive effect of high doses of vitamin D in relation to the expected side effects must be weighed. Such diseases include cancer. In this case, the drug showed a beneficial effect on the course of the disease (in Luscher's cube: cancer occurs in the yellow sector). It corresponds to the opposite pole of contraction-stimulating vitamin D as a principle of interaction, thereby creating a balance. The green aspect is thus reinforced, which is reasonable in this case. With the BIT, however, this principle can be safely implemented using fish oil as input.

Any material change is a consequence of information transformation. Only by transforming the existing (pathological) sample can healing occur. This is the power of biophysical information therapy BIT.

In all other cases of low vitamin D levels, the question must first be answered as to whether the sun exposure was sufficient or not. Since the synthesis of vitamin D depends on good liver and kidney function. If alcoholism or other toxic effects (allopathy) impair this function, then this must be taken into account, as well as whether there is a disease (for example, cancer) in which exposure to vitamin D is desirable.

Exclusively for the preservation of health, it is necessary - for the above reasons - to dissuade people from taking an artificial vitamin, even if the general state of health improves in the first stages. This would be, in fact, proof that there was not enough sun. Adequate sun exposure during an outdoor exercise vacation cannot be substituted for anything. A positive effect on the immune system can be additionally supported by other measures and without side effects: refusal and / or restriction of refined carbohydrates, potatoes, peeled rice, maize and boiled carrots (goal: lowering insulin levels and increasing levels of growth hormone), sanitizing the intestinal environment, possibly through acidification (lactic fermented / fermented foods) and a decrease in long-term stress and positive orientation of the psyche towards justified goals that are beneficial to us and the general good, which lead to the release of certain neurotransmitters responsible for regeneration and well-being. After all, it means "life-conforming."



Rice. 2. Transmission mechanism of life with bonding charge carriers; red-blue form an integrative axis, yellow-green form a separative axis

Today's medicine can no longer ignore the laws by which our Cosmos is built and to which life processes are subject. It is our duty to patients to actively express progress. The direct implementation of these new principles into practice creates a completely different perspective in medicine and allows you to act purposefully and casually-therapeutically. What could be more effective?

### Literature

1. Brandmeyer Elke; Köhler B. Licht schenkt Leben: Lebensenergie und Gesundheit durch richtiges Licht. Natura Viva, 1997.
2. Köhler B. Grundlagen des Lebens: Stoffwechsel und Ernährung - Leitfaden für eine lebenskonforme Medizin. Videel, 2001 Lüscher, M.: Der 4-Farben-Mensch. - Goldmann-Verlag, 1990.
3. [www.bit-org.de](http://www.bit-org.de).

B. Koehler Vitamin D Deficiency Health Dangers - True or Myth? // - M.: "IMEDIS", 2014, v.1 - P.294-303

[To favorites](#)