

The Dangers of Vitamin D Treatment

In recent years a certain vitamin D frenzy has spread around the world. It has affected all areas of medicine: from internal medicine to oncology, and from natural healing methods to anthroposophic medicine. The media, especially the magazines of the tabloid Press, have also joined in. Against tiredness and chronic infections, against cancer and loss of performance: Vitamin D seems to have become a panacea.

But vitamin D is not a vitamin...

First, we have to know that so-called "vitamin D" is not a vitamin at all. By definition, a vitamin is a substance that the human body cannot produce itself, and therefore we need to obtain it externally through our diet. Otherwise, there will be a deficiency of this substance and a disease will result from this deficiency. For example, vitamin C is found in all fresh fruit and vegetables. When sailors used to be on the high seas for months on end and could not eat fresh fruit or vegetables, they got scurvy. This comes from a lack of vitamin C and results in frequent bleeding and the falling off of the teeth. The disease was completely cured by eating fresh food.

At first it was thought that vitamin D was a vitamin, but later, medical science discovered that vitamin D is produced by the organism itself. But a substance produced by the organism itself with an effect on the metabolism is by definition a hormone and not a vitamin, so vitamin D is a hormone, like cortisone and estrogen. Vitamin D was therefore renamed "D-hormone". This new name remained unknown even to most doctors. The new, more abstract chemical name for vitamin D, "cholecalciferol", completely conceals the essential point – namely, that we are dealing here with a substance that the organism itself produces. But this has serious consequences: if you produce the normal amount of a hormone, then any additional "prophylactic" intake is actually an overdose, and any overdose causes some minor or major damage. This has happened, for example, in the prophylactic administration of estrogen after the menopause when the effect tends to promote breast cancer.

Where is vitamin D made in the body?

Actually, the organism does not produce vitamin D itself, but provitamin D, and this in the kidneys. This provitamin D then gets into the skin and is there illuminated by light and converted into active vitamin D. One would have to say that the real vitamin that has to come from outside and which we cannot produce ourselves, is light itself.

But what does this now activated vitamin D do?

The function of vitamin D

We ingest calcium through milk and the milk products in our diet. The activated vitamin D causes this calcium to be then absorbed in the intestines and it enters the bloodstream. From there, some of the calcium gets into the bones and makes them hard. This allows the bones to carry the weight of the body without bending.

But the organism actually protects itself from the excessive intake of calcium: only about 30% of the total dietary calcium intake is actually absorbed in the intestine. This is the case in the normal production of vitamin D. But what is a normal production?

The subject of the "normal value" of vitamin D in the blood

Medical books say that the normal level of vitamin D in the blood is over 30 pg/ml. But if we compare the values of many people, we realize that in reality hardly anyone reaches this so-called "normal" value, but that this value is rather around 10 pg/ml. Above all, the higher value cannot be reached during the winter months, because then, due to the lower sunlight, this value is always lower. But if the allegedly "healthy" value of over 30 pg/ml is hardly reached by anyone, then it cannot be a "normal" value.

There is an urgent need to make up for the statistical determination of the normal level of vitamin D in the blood during the winter months. It cannot be compared to blood levels in the summer, just as one cannot compare normal estrogen values in women before the menopause with values of women after the menopause. These latter are of course usually lower.

This situation seems to be similar to that of the alleged "normal" value of cholesterol. Officially, the normal level of cholesterol has been below 200 mg/dl (5.2 mmol) since the 1980s. However, most healthy people have a cholesterol value of 250 mg/dl (6.5 mmol) to 280 mg/dl (7.3 mmol), which is significantly higher than this official normal value and therefore "pathological". The earlier normal level of less than 300 mg/dl (7.8 mmol) used by physicians before 1980 matched better to reality. In the meantime, many publications have appeared which draw attention to this fact, e.g. *Die Cholesterin-Lüge* (The Cholesterol Lie) by Hartenbach or *Fette Irrtümer* (Fat Errors) by Colombani.

Damage caused by vitamin D

The damage caused by vitamin D is best seen in extreme cases, in cases of poisoning. This fact has been known since at least the 1960s. At that time, as a prophylaxis against rickets,

new-born babies received so-called “vitamin D shocks” until the second year of life. A single vitamin D shock was 400 times the daily recommended dose of vitamin D today (500 I.U. = international units – *Ed.*). The vitamin D shock was thus 200,000 I.U. at once. This was then repeated at intervals of six months, up to six times (!) in total.

A number of deaths of young children resulted from this treatment. Autopsies were performed on the children’s corpses and there was found to be a pronounced calcification of the blood vessels (Prof. A. Beuren, at the medical congress in Bremen, May 6-8, 1966. Quoted by Wilhelm zur Linden, ‘Erfahrungs- heilkunde’, Volume XVI, Issue 2, 1967). This is not surprising, because vitamin D promotes the absorption of calcium from the intestine into the blood. The vessels of the heart and lungs were especially affected. The exchange of gases was gradually no longer possible and the child slowly suffocated. Unfortunately, this shattering result was only tentatively noted. But only the vitamin D shocks.

Does a small dose of vitamin D cause no damage?

As mentioned above, it is obvious that vitamin D promotes the calcification of blood vessels, because it promotes the absorption of calcium, which then enters the bloodstream. Calcium is a substance that has the property of depositing itself, which is seen in the formation of stalactites in caves. In the body, calcium deposits itself on blood-vessel walls, especially where there is already an unevenness, a plaque. If even children who have no plaque have died from overdose of vitamin D due to severe calcification of blood-vessels, then it is clear that also small but daily doses will cause in anyone, if not death, then still damage through calcification of blood-vessels. Especially with older people, for example, but actually at any age, a general calcification is promoted. This calcification is especially devastating in the thin blood-vessels of the brain and increases the tendency to dementia.

It is obvious, however, that even with a *slight* vascular calcification of the brain, other damage occurs that does not appear in a visible physical illness, but “only” as a mental tendency that goes in the direction of general hardening. Again, those who regularly take a small dose of vitamin D are affected, not just children.

What is the “minor” damage caused by small doses of vitamin D?

This is again easiest to see among children who have been treated with high dosages. Wilhelm zur Linden, who has observed many such children, describes what also others (Cook, Beuren, Taussig) have called “mental damage ...” or “... inhibitions of mental development” (Wilhelm zur Linden,

ibid.). Zur Linden himself describes the consequences of this mental damage as: a decline in academic performance, lack of interest, the narrowing of mental horizons to purely technical interests and further: “a coarsening of the skeleton and a simultaneous shrinking of the breadth of consciousness and the inhibition of mental agility” (*ibid.*). This means a general hardening of the *mind and soul*. He asks whether vitamin D could even diminish the capacity for learning.

These types of damage are far more serious than any ailments that vitamin D could help with, because they change the whole personality in the direction of rigidity, lack of mobility of thought, in short: sclerotisation. Zur Linden ends his article with the legitimate question of whether these vitamin D prophylactic-treated infants who have been put on the path of calcification will not significantly increase the numbers of dementia-afflicted elderly people in the future.

But the decisive factor is that zur Linden has found these subtle changes in the psyche not only of children who have been treated with a high dose of vitamin D, but also in those who have received extensive vitamin D treatment for many months in daily *small* doses of 500 to 1000 I.U. (zur Linden, *ibid.*)

What does real vitamin D deficiency look like?

Since vitamin D causes the absorption of calcium in the intestine, in the case of a deficiency of vitamin D too little calcium is absorbed.

This is a problem not in adults, but in children, especially newborn babies and infants because their bones are still cartilage and are therefore soft. If the bones are too soft, the back of the head may become flat through lying down, and leg bones may bend when trying to stand and walk. Thus, vitamin D deficiency manifests in bone deformation due to soft bones: this is rickets.

This is a disease which exists in adults but is extremely rare: it is called osteomalacia or rickets of the adults. Normally, adults have bones that already contain very much calcium. This relatively high amount of calcium would first have to be dissolved completely to produce a softening of the bones. This is extremely rare in adults and, if so, more likely due to a parathyroid disorder than to a lack of vitamin D and the resulting inadequate intake of calcium. Quite the opposite: earlier, it was known that precisely older people have to guard against calcium intake, because they already have a tendency to “calcification”. This does not mean that old people should not consume milk and dairy products, because we have seen that an excessive intake of calcium is excreted through stools. It does mean, however, that the old person should not take *additional* vitamin D, which forces the body to absorb more calcium than is good for it.

Who are all the people who take vitamin D today?

Vitamin D is up to this day the used method for the prevention of rickets in a recommended “small” dosage: daily 500 I.U. for newborns as of the second week of life until the second year of life. This recommendation is today being carried out on almost all infants. From the age of two, the infant’s own production is considered sufficient for the whole year, when its hands and face are exposed to the sun for two hours a week in spring and summer (General Practitioner’s Guide: *Praxisleitfaden Allgemeinmedizin*, Urban und Fischer, München, 2014. p. 867).

Besides, vitamin D is today given to the elderly, mostly women, as prophylaxis or therapy for osteoporosis (500 or 1000 I.U. per day).

In addition, many people take vitamin D today who believe they can benefit from it. As mentioned above, many people take vitamin D on their own initiative or on their doctor’s orders because of all sorts of complaints (tiredness, chronic infections, cancer, loss of performance, etc.). But it is also taken even when they present no symptom at all, just because the level of vitamin D in the blood value is “too low”.

What about the use of vitamin D in preventing or treating rickets?

After everything that has been mentioned above, it should be evident that vitamin D as a prophylactic leads to an unwanted hardening of the whole child. Vitamin D forces the organism to absorb more calcium than is necessary. A potentised remedy from anthroposophic medicine, on the other hand, stimulates one’s own production of provitamin D without this production exceeding the healthy amount.

This prophylactic treatment consists in administering Apatite/Phosphorus comp. K (from Weleda): in the morning on an empty stomach *three* drops are taken in some water by infants under eight months, or *five* drops in infants over eight months. Before the evening meal, infants below eight months are given a tip of a knife of Conchae/Quercus comp. S (from Weleda) or Conchae/Quercus comp. K if they are older than eight months. Prophylaxis begins one month after birth and is performed until the second year of life; it is recommended especially in countries with low conditions of light during the winter months. A half-hour stroll in the pram or buggy in indirect light three to four times a week complements the prophylaxis.

Also in the treatment of rickets vitamin D is not advisable, because of its general hardening effect. Therapy is only necessary if a real illness exists, i.e. when there are signs of soft bones, mostly starting on the back of the head. It consists in doubling the prophylactic treatment: a second dose of Apatite/Phosphorus is taken before lunch, and a second dose of

Conchae/Quercus at bedtime. This treatment is carried out for six months.

If it is not enough and the bones remain deformed, then cod liver oil can also be given once a day. If the cod liver oil is not processed, which is very important, then the vitamin D in the cod liver oil harmonizes with the vitamin A, which is a counterpart of vitamin D and by and large negates its side effects. This should be given for about four weeks.

What about vitamin D in cases of osteoporosis?

Despite all opinions to the contrary, osteoporosis is not due to a lack of vitamin D or calcium! (See Florian Horn, *Biochemie des Menschen* (Human Biochemistry), Thieme-Verlag, Stuttgart-New York, 2012, p. 393)

When observing cases of osteoporosis, we can ask: what is actually the problem in such cases? The easily breaking of the bones.

We have seen that calcium has a hardening effect, and so it also hardens bones. As a result, they become firm and do not bend due to the weight of the body. However, hard substances are rigid and therefore brittle. When a hard substance like glass falls on a stone floor, it breaks. This does not happen with a lump of damp clay. So hard means firm but brittle. With calcium we make the bones harder, but precisely *because of this* ... more brittle. The calcium actually makes the bones of osteoporosis patients even more brittle than they already are. That is a logical consequence. One does not need an institute or statistics to prove it. One can follow it with logical thinking.

What do osteoporosis patients lack? Not calcium, but cartilage. In osteoporosis the elastic cartilage matrix that runs through the bone is lacking. This cartilage is the base on which the calcium can settle and build up. This cartilage base in the bones is lacking in osteoporosis patients. There is anyway less cartilage in the bones of old people, also at the ends of the bones, in the joints. This is called general osteoarthritis. What is the therapy then? Not calcium, but cartilage.

In X-rays, however, it looks as if calcium is missing, hence the name “osteoporosis”. The bone is porous; it has many holes. But this is only because the cartilage is missing, and the calcium has no basis on which it can build up. Cartilage *itself* is not visible in X-rays. However, if one could see cartilage on an X-ray, one would notice that the bone still has clearly less cartilage than calcium. The calcium is lacking only subsequently to the lack of cartilage on which to deposit itself. But because one *sees* calcium is missing and one does not think about the (invisible) cartilage, one gets to the erroneous conclusion that it is the calcium which is missing and has to be replaced.

In osteoporosis therefore, cartilage is lacking. The most important component of cartilage is organic silica. *Organic* silica (not anorganic) has the property of binding to itself 330

times its own weight in water. Thus, this organic silica makes a substance that is not liquid and not solid, but in between: something that is gelatinous/elastic.

Therefore, as a prophylactic one should take a silica-rich diet. This means millet, barley and gelatin (brawn/jelly). One can also take cartilage from animals especially those that almost only form cartilage in their bones with hardly any calcium deposition. They have an extraordinarily strong power of cartilage formation. These are the so-called “cartilage fish”. A large representative of this family is the shark. So one can take as a prophylaxis shark cartilage capsules, for example *Haifischknorpel Kapseln* from Allcura, one capsule a day. But if the osteoporosis has already broken out, and there are already symptoms, one should take it twice a day. In this case, also additional injections of potentised intervertebral disc cartilage (Disci) are necessary. This is *Disci comp. cum Argento* (from Wala), injected twice weekly under the skin near the painful area. When the pack is empty, one takes *Disci comp. cum Stanno*. After this pack one takes again *cum Argento*, then *cum Stanno*, etc. This must be done for one to two years, together with the shark cartilage.

Does vitamin D really help with all other ailments?

How about tiredness, recurrent infections, poor performance and their connection with vitamin D? Is there in fact such a connection?

Could not these symptoms come from somewhere other than vitamin D deficiency? There could be three very obvious reasons for these complaints which are at epidemic level today. These are lack of sleep, lack of exercise and lack of food that really contains life (see Otto Wolff, “What are we eating?”). Also, the daily use of electronic media for hours on end must be mentioned here.

But it is typical that people prefer to take a few pills rather than changing fixed bad habits that have become dear to them.

Is it possible to reverse the damage caused by vitamin D?

It is easier to help a soft immature condition to harden and ripen than to reverse a premature hardening and aging process. Nevertheless, it has always been known that silicon also has an antagonistic effect on calcium. That is why the characteristic name of an old medicine was “Sclerosol”, and consisted only of silicium dioxide. Silica was used in earlier times against any form of sclerosis. *Sikapur*[®] is a modern preparation that contains silica in colloidal form, i.e. finely dispersed in water, and is therefore easily absorbed by the organism. Adults take one tablespoon on an empty stomach in the morning for at least one year and thereafter one does a cure twice a year for three months. Even children can be treated with it if they have been

given vitamin D for a long time. If they are under five years old, then a teaspoon is sufficient instead of a tablespoon. Children are treated with it for only six months.

A final word

There are entire countries, such as the USA and Canada, where since the 1950s vitamin D has to be added to milk *by law* (400 I.U. per liter). This tendency is starting to spread all over the world, for instance in some countries in South America. What does that mean for a whole people? The fact that humans are forced to take this hormone with milk has very evident consequences. To cite zur Linden: the shrinking of the scope of consciousness and the inhibition of mental agility.

Rudolf Steiner was speaking already in 1919 about this modern human phenomenon. Vitamin D was not even known at the time. Nevertheless, the hardening tendency in people had already started. He wrote the following in a letter about his experiences after a lecture to a general audience about the most urgent problem of our time and its solution, about new ways forward in the social living together harmonically of humanity. Rudolf Steiner describes what this hardening tendency looks like “*This lack of ‘capacity to understand’ among people. Important things that I want to get across, they simply do not hear.* It is as if they were only capable of understanding things in phrases that they have been used to for 30 years. Hardened brains, a paralyzed etheric body, an empty astral body, a completely dull I. This is the signature of the people of the present.” (Thomas Meyer, “Helmuth von Moltke”, Volume 2, p. 240, Perseus-Verlag, Basel 2007)

The inability to grasp soft nuances, i.e. spiritual thoughts, this tendency, which already started at that time, is now being clearly strengthened through vitamin D.

May these thoughts have the effect of a wake-up call.

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