

## Low Vitamin D and Risk of Premature Death

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The publication "Low Vitamin D Linked to Increased Risk of Premature Death" by Corrie Pelc and published by Medical News Today on October 25, 2022, is targeted at educating the general health consumer. Audience targeted by the article is the general public on how to adopt healthy lifestyle habits. The overall purpose of the report is to define Vitamin D, highlight sources of Vitamin D, and explore the relationship between Vitamin D deficiency and premature mortality. The material is published on the Medical News Today [web page](#).

The Centre for Disease Control (CDC) outlines seven categories of clear communication index and evidence-based criteria for evaluating public communication materials. Categories of clear communication index, including the Main Message and Call to Action, Language, Information Design, State of the Science, Behavioral Recommendations, Numbers, and Risks, will evaluate the general consumer publication. Although the publication contains the main message, partly reading "About 1 billion people globally have a vitamin D deficiency," and placed in the first section with visual clues of boldface, it does not contain a precise Call of Action (Pelc, 2022). Moreover, the language of the main message is expressed in passive voice and is hence inaccurate. While some information is designed in bulleted lists, most content is organized in small paragraphs with sub-headings. The source of the subject matter is acknowledged with an authoritative primary source. Two behavioral recommendations for appropriate sun exposure and seeking medication are at the end of the article. Moreover, the material emphasizes the numbers and risks relevant to the primary message.

Overall, the strengths of the publication are the language, information design, state of science, behavioral recommendations, numbers, and risks categories. However, I would prescribe incorporating a Call to Action and hierarchical organization of the main message. Additionally, an active rather than passive voice in the main message and call to action would render the article more potent.

# Vitamins And Death

## **Helen Saul Case**

## **Vitamins And Death:**

**Vitamins & Pregnancy: The Real Story** Helen Saul Case, 2016-03-08 Vitamins are absolutely essential for a healthy pregnancy before during and after Expectant parents want healthy babies and to more easily navigate pregnancy's many ups and downs Problem is standard prenatal vitamins don't come close to meeting the needs of all women Nutritional orthomolecular physicians have known this for decades Many women would benefit from an abundance of nutrients during pregnancy and the advantages are clear healthy babies and happy moms Helen Saul Case has lifelong experience with nutritional medicine having been born and raised with it her entire life Still she found pregnancy challenging with new aches pains and amazing symptoms I couldn't have dreamed up if I tried It became all too clear that how to best use high doses of vitamins to safely and effectively address health issues was conspicuously absent from the scores of pregnancy health books out there It's time for a change Vitamins vitamin E helps prevent miscarriage magnesium helps cramping legs and sore aching backs and extra vitamin B6 alleviates morning sickness without a prescription Optimal vitamin and mineral intakes during pregnancy and breastfeeding What the research says about efficacy and safety Nutrition based advice to help alleviate more than 35 pregnancy issues from acid reflux and yeast infections to postpartum challenges including depression and losing weight

**Vitamins and the Immune System** Gerald Litwack, 2011-04 First published in 1943 Vitamins and Hormones is the longest running serial published by Academic Press The Editorial Board now reflects expertise in the field of hormone action vitamin action X ray crystal structure physiology and enzyme mechanisms Under the capable and qualified editorial leadership of Dr Gerald Litwack Vitamins and Hormones continues to publish cutting edge reviews of interest to endocrinologists biochemists nutritionists pharmacologists cell biologists and molecular biologists Others interested in the structure and function of biologically active molecules like hormones and vitamins will as always turn to this series for comprehensive reviews by leading contributors to this and related disciplines This volume focuses on vitamins and the immune system Longest running series published by Academic Press Contributions by leading international authorities

**The New Encyclopedia of Vitamins, Minerals, Supplements, & Herbs** Nicola Reavley, 1999-10-12 Thoroughly cross referenced from supplement to disease or condition [Vitamins in Animal and Human Nutrition](#) Lee Russell

McDowell, 2008-09-25 Vitamins in Animal and Human Nutrition contains concise up to date information on vitamin nutrition for both animals and humans The author defines these nutrients and describes their fascinating discovery history and relationship to various diseases and deficiencies Discussion of vitamins also includes their chemical structure properties and antagonists analytical procedures metabolism functions requirements sources supplementation and toxicity Vitamin like substances essential fatty acids and vitamin supplementation considerations are also examined This book will be useful worldwide as a textbook and as an authoritative reference for research and extension specialists feed manufacturers teachers students and others It provides a well balanced approach to both animal and clinical human nutrition and compares

chemical metabolic and functional aspects of vitamins and their practical and applied considerations A unique feature of the book is its description of the implications of vitamin deficiencies and excesses and the conditions that might occur in human and various animal species      **Vitamins and Minerals in Neurological Disorders** Colin R. Martin,Vinood Patel,Victor R Preedy,2023-06-06 Vitamins and Minerals in Neurological Disorders offers readers a comprehensive reference addressing their relationship to brain health in a wide variety of neurological diseases Examining various compounds this broad coverage allows readers to learn about the role nutrient deficiency plays in the pathology of many conditions as well as their potential in treatment The book covers diseases including Alzheimer s Parkinson s ALS and MS along with severe neurological conditions like brain injury stroke headache and migraine This volume provides a platform for research on vitamins minerals and future investigations of these compounds Summarizes vitamin and mineral research for a variety of neurological conditions Contains chapter abstracts key facts a dictionary and a summary Covers nutraceutical and botanical use in Alzheimer s Parkinson s ALS MS and more Includes conditions like migraine headache stroke and brain injury

Vitamin E Ronald R. Eitenmiller,Junsoo Lee,2004-05-24 Meeting industry demand for an authoritative dependable resource Vitamin E Food Chemistry Composition and Analysis provides insight into the vast body of scientific knowledge available on vitamin E related to food science and technology Coverage of these topics is intertwined with coverage of the food delivery system basic nutrition      *Fight Heart Disease with Vitamins and Antioxidants* Kedar N. Prasad,2014-11-20 The most complete and up to date resource on the powerful benefits of micronutrients for heart disease prevention and treatment Provides an easy to follow program of nutritional supplements to halt the progression of heart disease and prevent its onset despite family history Shows how merely changing your diet and activity level cannot fully counteract the chronic inflammation and free radical damage at the source of heart disease Debunks flawed conclusions of the medical community that show vitamins and antioxidants to be ineffective for treatment of heart disease and high blood pressure In this practical scientific guide leading researcher in cancer heart disease and diabetes prevention Kedar N Prasad Ph D reveals the latest revolutionary discoveries on the use of antioxidants and micronutrients to treat heart disease He details how the proper combinations of vitamin and antioxidant supplements can greatly increase the effectiveness of standard medical treatments for heart disease as well as help balance cholesterol levels and blood pressure minimize plaque and clot formation reduce angina and atherosclerosis and prevent onset of heart disease despite family history Prasad shows how chronic inflammation oxidative stress homocysteine levels and free radical damage are the chief culprits in the progression of heart disease and that merely changing your diet and activity level and regulating cholesterol and blood pressure cannot fully counteract an unhealthy internal state He provides an easy to follow daily supplement regime for multiple age groups to target free radical damage and cell injury and stop the progression of heart disease and its related complications Sharing the scientific data on familial heart disease and antioxidant use he debunks the flawed conclusions of the medical community that vitamins and

antioxidants are ineffective for heart disease revealing how their studies focused on specific micronutrients rather than synergistic combinations Offering the missing complement to the standard care of medications diet exercise and lifestyle changes promoted by mainstream medicine this guide provides a powerful approach to heart disease prevention treatment and care

**Niacin: The Real Story (2nd Edition)** Andrew W. Saul, Abram Hoffer, Harold D. Foster, 2023-03-21 1 NEW RELEASE ON AMAZON Second Edition Revised Updated and Expanded Now with 116 new references added to this edition providing summary of the very latest niacin research Discover the newest cutting edge research about the wonderful healing properties of niacin Vitamin B3 or niacin is a small molecule made of only fourteen atoms smaller even than the simplest sugar But this one molecule has profound effects on health it plays a role in more than five hundred reactions in the body Many illnesses are caused by too little niacin and many illnesses can be cured with high doses of niacin The updated and expanded second edition features Detailed recommendations on the forms and therapeutic doses of niacin Updated information on niacin side effects and safety The most effective ways to use niacin for arthritis learning and behavioral disorders mental illness cardiovascular disease and other conditions Niacin The Real Story takes an orthomolecular nutrition based approach to medicine supporting wellness with substances that naturally occur in the human body In this groundbreaking second edition the most prominent minds in orthomolecular medicine return with an expanded discussion of the widespread use of niacin for the prevention and treatment of health problems

**Evidence-Based Cardiology** Christopher P. Cannon, Sharis, Benjamin A. Steinberg, 2010-11-01 Thoroughly updated throughout for its Third Edition the book lets you review the most current clinical trials that support or refute an intervention and choose the most appropriate cost effective treatment The latest American College of Cardiology and American Heart Association guidelines are also available to you at a glance Each chapter summarizes the pathophysiology of a disease and guideline recommended diagnostic tests and treatments and presents synopses of the major clinical trials for all therapies Highlights Clear logical format presents the results of major randomized trials in six major topic areas including the design study population treatment regimen and results In depth summaries address the pathophysiology of a disease and the appropriate guideline recommended diagnostic tests and treatments supported by concise synopses of the major clinical trials for all therapies Brief summaries deliver essential facts on meta analyses review articles and nonrandomized trials A handy index of trial acronyms familiarizes you with frequently cited trials New to this edition In depth discussions on peripheral artery disease and drug eluting stents Expanded coverage of pacers and implantable cardioverter defibrillators Expanded section on preventive cardiology

**Natural Causes** Dan Hurley, 2007-12-26 A riveting work of investigative journalism that charts the rise of the dietary supplement craze and reveals the dangerous and sometimes deadly side of these highly popular and completely unregulated products Over 60 percent of Americans buy and take herbal and dietary supplements for all sorts of reasons to prevent illness vitamin C to ease depression St John's wort to aid weight loss ephedra to boost the memory ginkgo

biloba and even to cure cancer shark cartilage bloodroot despite the fact that few of these natural supplements have been proven to be safe or effective The vitamin and herbal supplement industry generates over 20 billion a year by selling products that promise to cure or fix but are produced and marketed essentially without oversight And while the media has been quick to sensationalize the benefits of supplements few have taken a hard look at the dangers posed by many of the remedies flooding the market today Award winning journalist Dan Hurley breaks the silence for the first time in *Natural Causes* From the snake oil salesmen of the early twentieth century to rise of the health food movement in the sixties and seventies Hurley charts the remarkable growth of an industry built largely on fraud and reveals the backroom politics that led to the passage of the Dietary Supplement Health and Education Act of 1994 which effectively freed the industry from FDA oversight In unprecedented detail he shows how supplement manufacturers have concealed the truth about dozens of untested treatments and the shocking rise in deaths disfigurements and life threatening injuries caused by products deceptively promoted as safe and natural Most importantly he provides a telling look at why in an age of unprecedented scientific advancement we continue to buy and believe in remedies for which little evidence exists and why the supplements we take to promote our health may be doing far more harm than good As Hurley shows the dietary supplement craze may be one of the greatest swindles ever perpetrated on the American public one that feeds billions of dollars each year into the pockets of lobbyists politicians and any charlatan who wants to slap a label on a bottle and tout it as the next big natural cure Blending hard facts with spellbinding personal stories *Natural Causes* is a must read for anyone who has ever popped a multivitamin or an herb and provides a hard hitting frightening look at a cultural trend that is out of control

**The Vitamin Cure for Women's Health Problems** Helen Saul Case,2012-06-15 This is a book you will want to keep close by It is a

comforting reference resource for natural drug free alternatives to know about and consider for healthy everyday supplementation or when traditional medicine is not finding answers

[The Encyclopedia of Vitamins, Minerals, and Supplements](#) Tova Navarra,2014-05-14 Presents information on vitamins minerals and dietary supplements in a dictionary format with over 900 entries

*The Vitamin Cure for Depression* Bo H. Jonsson,2012-12-01 This title provides essential information on the benefits that vitamins other nutrients and lifestyle modifications can offer in an integrated treatment of depression

[Vitamins in the Prevention of Human Diseases](#) Wolfgang Herrmann,Rima Obeid,2011 Vitamins especially B and D vitamins influence the development and outcome of many neurodegenerative and other diseases Among others dementia neural tube defects epilepsy and osteoporoses can be caused by vitamin deficiency This book provides up to date knowledge on the role of water and fat soluble vitamins in the prevention of human diseases Having knowledge about the association of vitamins and disease as well as keeping track on the patients vitamin status has become increasingly important to every physician and clinical chemist

**Lipophilic Vitamins in Health and Disease** Paramjit S. Tappia,Anureet K. Shah,Naranjan S. Dhalla,2024-05-13 The concept of vital amines as essential nutrients was introduced over a century ago by

Dr Casimir Funk It was suggested that there is a family of organic substances that are required in minute amounts and essential for life The increase in incorporation of vitamins and supplementation in routine dietary practices is expected to increase In fact it has been estimated that 60% of worldwide consumers are taking vitamin supplements on a daily basis a trend that will most likely rise across the world This book brings together international experts in the field of vitamins for human health and disease to update and integrate current understanding on the effects of different lipophilic vitamins on cellular metabolic and molecular biochemical reactions with respect to different pathophysiological conditions including cardiovascular disease cancer metabolic defects inflammatory and immune diseases This book is uniquely positioned as it focuses on the biochemistry and molecular biology of lipophilic vitamins in diverse cell systems in relation to human health and disease The book will certainly stimulate and motivate biomedical researchers and scientists to further explore the relationship between lipophilic vitamins and biological processes as well as serve as a highly useful resource for nutritional investigators health professionals medical students fellows residents and graduate students We hope that the reader will gain knowledge and further understanding of the importance of lipophilic vitamins The novel insights provided by the contributing authors will assist in advancing preventive medicine worldwide as well as bring forward knowledge that may help in the use of lipophilic vitamins as adjuvant to therapeutic strategies for human disease

#### **Orthomolecular Medicine for Everyone**

Abram Hoffer, Andrew W. Saul, 2008 The basics of Orthomolecular Medicine explained demonstrating that megavitamin therapy works Presents 5 simple rules for healthy eating how to take vitamins minerals and other nutrients in optimum doses and covers therapy for arthritis cancer behavioral problems autoimmune diseases cardiovascular disease and more

**Handbook of Vitamins** Janos Zempleni, John W. Suttie, Jesse F. Gregory III, Patrick J. Stover, 2013-07-29 Within the last few years knowledge about vitamins has increased dramatically resulting in improved understanding of human requirements for many vitamins This new edition of a bestseller presents comprehensive summaries that analyze the chemical physiological and nutritional relationships as well as highlight newly identified functions for a

#### **The Biochemical Journal**

, 1928 Vols 36 include Proceedings of the Biochemical Society

*Collected Papers* Lister Institute of Preventive

Medicine, 1929

**Orthomolecular Treatment of Chronic Disease** Andrew W. Saul, Ph.D., 2014-06-01 If the word cure intrigues you this book will also High doses of vitamins have been known to cure serious illnesses for nearly 80 years Claus Jungeblut M D prevented and treated polio in the mid 1930s using a vitamin Chest specialist Frederick Klenner M D was curing multiple sclerosis and polio back in the 1940s also using vitamins William Kaufman M D cured arthritis also in the 1940s In the 1950s Drs Wilfrid and Evan Shute were curing various forms of cardiovascular disease with a vitamin At the same time psychiatrist Abram Hoffer was using niacin to cure schizophrenia psychosis and depression In the 1960s Robert Cathcart M D cured influenza pneumonia and hepatitis In the 1970s Hugh D Riordan M D was obtaining cures of cancer with intravenous vitamin C Dr Harold Foster and colleagues arrested and reversed full blown AIDS with nutrient therapy and in

just the last few years Atsuo Yanagasawa M D Ph D has shown that vitamin therapy can prevent and reverse sickness caused by exposure to nuclear radiation Since 1968 much of this research has been published in the Journal of Orthomolecular Medicine This book brings forward important material selected from over forty five years of JOM directly to the reader At some 800 pages The Orthomolecular Treatment of Chronic Disease is a very large book but it is also a very practical book If you want to know which illnesses best respond to nutrition therapy and how and why that therapy works this is the book for you Part One presents the principles of orthomolecular medicine and the science behind them Part Two is devoted to orthomolecular pioneers presenting an introduction to maverick doctors and nutrition scientists in a reader friendly way that brings the subject to life Part Three brings together extraordinary clinical and experimental evidence from expert researchers and clinicians The Orthomolecular Treatment of Chronic Disease shows exactly how innovative physicians have gotten outstanding results with high dose nutrient therapy Their work is here for you to see and decide for yourself The Orthomolecular Treatment of Chronic Disease subtitled 65 Experts on Therapeutic and Preventive Nutrition is a complete course in nutritional healing for less than thirty dollars



## **Vitamins And Death** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Vitamins And Death**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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