



EXCELLENCE IN HEALTH

Your trusted source for the best in Health & Wellness
from Dr. John Zielonka and Health & Wellness Canada

Another Vitamin Study Skewed

**Stop Misleading the Public to Minimize Health
It's Way Past Time to Maximize it**

© Dr. John Zielonka 2005, 2012, 2013

It was just yesterday that North American media outlets across the continent reported a recent study from Canadian researchers at McGill University that appeared in the Journal of the American Medical Association. The study apparently found that 400 I.U. of vitamin D supplementation was just as effective as 800 I.U., 1,200 I.U. or 1,600 I.U. in the bone health of babies.

What's wrong with that you may ask? Plenty and it's a re-occurring theme that has to be shown for what it is – misleading.

HERE'S WHAT'S WRONG WITH THE REPORTING

When reporting scientific studies the media should report the facts and the researchers conducting the studies should avoid giving their *opinion*, after all this is supposed to be *science* - not opinion. What did the media report? Many reported that “a supplement of 400 international units of vitamin D each day is *enough to ensure an infant's health*”. That's not what the study showed. Assuming that the protocols used were accurate, which is often a big assumption, the study concluded that 400 I.U. of vitamin D supplementation was *necessary in babies to prevent rickets*. There is a huge difference between ensuring an infant's health and preventing rickets.

**There is a huge difference between ensuring
an infant's health and preventing rickets**

The matter was further exacerbated when one of the researchers gave his opinion that people taking supplementation in excess of this amount was of no benefit to overall health, thus suggesting that we should minimize supplementation.

IT'S WAY PAST TIME TO GET OUT OF THE SICK-CARE SYSTEM

Such an opinion would only be accurate if we completely ignored the role of vitamin D supplementation in cancer prevention, cardiovascular disease, immune system function, type 2 diabetes, seasonal affective disorder and numerous other aspects of optimal health all of which require vitamin D3 supplementation well in excess of 400 I.U.

HERE'S A DIFFERENT HEADLINE

If everyone actually lived in a health and wellness paradigm, the exact same study could have had the following newspaper headline;

“New study confirms that all babies require vitamin D supplementation just to maintain a minimum standard of health”

Do you see the difference? The exact same study and the exact same information, yet one headline minimizes the need for vitamin D supplementation whereas my more accurate headline confirms that every baby should be on vitamin D supplementation from birth.

WHY IS THIS SO IMPORTANT?

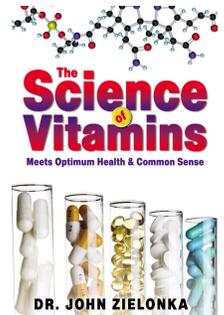
I have long since educated my patients that chronic illness is the biggest threat to mankind and the good science is abundantly clear that vitamin supplementation plays a huge role in not only the prevention of most chronic illness but in improving both the quality and quantity of one's life. Unfortunately, newspaper headlines that one day tell you that vitamins will make you live longer followed by a headline the next day that says they will kill you earlier have resulted in a decrease in necessary supplementation and thus they have contributed to chronic illness, needless suffering and early death.

WHAT SHOULD YOU DO?

Educate yourself, stop simply reading newspaper headlines and know the difference between scientific fact and opinion masquerading as fact. Most importantly, take responsibility for your own health, get into the health and wellness paradigm and accept the fact, based on the good science, that appropriate optimal vitamin supplementation, including but not limited to vitamin D3, is necessary for all. And by all means, please set your health goals higher than the avoidance of rickets.



Dr. John Zielonka is one of Canada's best known and most trusted health and wellness experts. He is the Director of Health & Wellness Canada and the Founder of National Health Day in Canada. Both a best-selling author and speaker, he is also a regular contributor to CTV Morning Live. Winner of the Consumer Choice Award for 2011, 2012 & 2013, he is owner of the Ottawa Chiropractic & Natural Health Centre, "Ottawa's Premier Centre for Health & Wellness since 1995" in the World Exchange Plaza in downtown Ottawa. He is also the owner of [Your Health Store](#), home to Canada's best vitamins and the owner of [Custom Orthotics Ottawa](#). The latest of his 5 books, "The Science of Vitamins Meets Optimum Health & Common-Sense", is now available. If we can be of service please call us today at (613) 688-1036 or please visit www.excellenceinhealth.com or www.drjohnzielonka.com



Leadership

Trust

Integrity

Truth

Human Health Potential