

Dr. med. Raimund von Helden

Healthy in Seven Days

Success through vitamin D treatment

A practical guide

Hygeia publishing

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Nobody will be able to cure diseases
unless they know the causes.

AURELIUS CORNELIUS CELSUS

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About the author

Dr. med. RAIMUND VON HELDEN has been a doctor since 1984 – and has worked at a joint practice for general medicine in Lennestadt (Germany) since 1991. In this book, he reports on his successes in treating acute vitamin D deficiency, and on the importance of vitamin D for restoring and preserving our health.

The author looks forward to hearing readers' responses, and welcomes suggestions and criticism. He can be contacted at www.vitaminDelta.org

Foreword

In his book *Healthy in Seven Days*, Dr. RAIMUND VON HELDEN examines the use of Vitamin D to treat many illnesses. The MANOS concept (Muscles, Adynamia, Nervous system, Orthostasis, Skeletal damage) covers the main symptoms of acute vitamin D deficiency. The book contains many informative case studies, showing how these complaints and illnesses can be permanently remedied by eliminating the cause.

Vitamin D deficiency is a widespread issue nowadays, and one of the main causes of disease in many patients. Science has shown that an optimum vitamin D level is over 40 ng/ml. The risk of infections, heart disease and cancer drops significantly in this range, while life expectancy increases.

Anyone wanting to regain health, joie de vivre and creativeness, and maintain these in old age, should heed the information presented in this book.

WILLIAM B. GRANT, Ph.D. – San Francisco, June 2011
Author of of more than 180 scientific articles on vitamin D, and the founding director of the *Sunlight, Nutrition And Health Research Center* – www.sunarc.org

How this book came about

*A surprise
after twenty years as a doctor*

I had been working as a doctor for twenty years when I first measured the vitamin D content in a patient's blood in 2005: The reading fell below the measurability threshold of 7 ng/ml. I felt guilty, because, until then, I had been unable to provide this patient with the correct treatment, even though vitamin D was available at low cost.

Thereafter, barely a day passed when I didn't encounter a patient with a serious deficiency. Vitamin D deficiency proved to be a mass phenomenon. It is the most common pathological laboratory result in Germany, as well as in other industrialized countries. It is staggering that this matter had gone undetected in medical practices for so long, even though the scientific findings are loud and clear.

Optimum vitamin D levels cannot be achieved with freely available vitamin D or multivitamin formulae. The required dose is much too low for this. The general recommendations for vitamin D intake cannot fix deficiency; even good vitamin D levels cannot be maintained. I thus increased vitamin D intake until my patients reached the same optimum level found in the indigenous people of sun-blessed countries.

Incredible success can be achieved when an optimum vitamin D level is reached: nut, apple and animal hair allergies disappeared, migraines decreased, dizziness fits with auditory defects (Menière's disease) were eliminated,

chronic back pain dissipated, patient attitude improved, and there were no signs of calf cramps, sun allergies or long-lasting weariness. Many cases of chronic fatigue and depression improved after just one week, though bone pain took longer to heal, sometimes even a few months.

Vitamin D therapy is affordable, easy and low-risk. A vitamin D deficiency can be accurately diagnosed and quickly rectified using a natural substance. Every doctor should incorporate vitamin D therapy into his/her practice, because many patients suffer from a serious deficiency - both in summer, and even more so in winter. There is no alternative to vitamin D therapy; it is the only way to eliminate the cause of the resulting illnesses.

Vitamin D therapy can be administered using medication or radiation. In the case of the former, specific doses can be prescribed, enabling an optimum vitamin D level to be reached within just a few days. Radiation takes longer to replenish stores and reach an optimum level – usually around two months, even with high altitude treatment.

Light therapy is a very old practice, having achieved success even in ancient times. Hippocrates himself recommended daily sunbathing.

People still underestimate the amount of vitamin D the body actually needs. We have to go by the levels found in the indigenous peoples of the tropics, which is the only way to maintain good health in the long term.

It is astonishing that, as a result of official monitoring, animals in Germany have better access to vitamin D than humans do.

The book's title *Healthy in Seven Days* seeks to explain that rectifying a vitamin D deficiency often also allows

other illnesses to suddenly disappear, even if the patients have been suffering from them for years. However, these successes can only be achieved if doses are high enough to ensure an optimum vitamin D level can be reached and maintained.

This book presents the complaints and illnesses suspected to be caused by a vitamin D deficiency. It aims to help readers become more aware of vitamin D, and get a better idea about the many different symptoms of a deficiency, which are often left untreated for years due to their unknown cause. Case studies allow readers to see the effectiveness of vitamin D therapy for themselves.

Up to eighty percent of deficiency patients notice an improvement as a result of the vitamin D therapy. If there is no improvement in health, it means the symptoms are due to other illnesses whose causes should be determined. But even these patients benefit from having their vitamin D increased to an optimum level: Their overall health improves, their cancer risk drops, and their life expectancy increases, since a vitamin D deficiency significantly increases the risk of cancer, diabetes mellitus, multiple sclerosis, autoimmune diseases, osteoporosis, arteriosclerosis, and high blood pressure.