

### *Research Shows Vitamin D Significantly Decreases Chance of Severe Illness and Death from COVID-19*

The Times of Israel. June 17, 2021. 1 in 4 COVID patients hospitalized while vitamin D deficient die – Israeli study.  
By Nathan Jeffay

#### QUOTE BOARD:

"In a study conducted in a Galilee hospital, 26 percent of vitamin D-deficient coronavirus patients died, while among other patients the figure was at 3%."

"Hospitalized COVID-19 patients are far more likely to die or to end up in severe or critical condition if they are vitamin D-deficient, Israeli researchers have found." "Patients with insufficient D are 14 times likelier to end up in severe or critical condition, research shows." "Half of those [patients] with recorded levels were vitamin D-deficient."

""This is a very, very significant discrepancy, which represents a big clue that starting the disease with very low vitamin D leads to increased mortality and more severity," Dr. Amir Bashkin, endocrinologist and part of the research team, told The Times of Israel."

"For much of the pandemic, many scientists [like Dr. Chestnut from the BEGINNING!!] have suggested that the so-called sunshine vitamin may help people fight the disease. The new study represents one of the most compelling pieces of supporting research yet."

""In short, after conducting this study I would say to people that during this pandemic, you certainly want to make sure that you have adequate vitamin D, because if you contract the coronavirus it will help you," said Dr. Amiel Dror, who led the research."

"Israel's centralized health record-keeping has allowed Bar Ilan researchers to easily access patient vitamin levels that are on record from before infection. This data led to an important study that lauded vitamin D's prospects for fighting the disease last year [the study showed Vit D decreased risk of infection and hospitalization], as well as the new study."

"This study is important because of the results, because of the fact that it uses data from before admission, and also because we were careful to isolate all factors like age and diabetes," Dror said. "We saw that vitamin D deficiency is an independent factor that significantly influences the status of the patient."

#### **What You Need to Know:**

Vitamin D (and Omega-3) deficiency is DEVASTATING to your immune function and your ability to control inflammation and thus to your ability to prevent serious illness from COVID-19 and FLU.

#### **What You Need to Do:**

You need to follow Dr. Chestnut's Evidence-Based COVID and FLU Prevention and Risk Reduction Supplementation Protocol. To order ask your practitioner or go to [www.eatwellmovewellthinkwell.com](http://www.eatwellmovewellthinkwell.com).