

Rufus Greenbaum

From: Rufus Greenbaum <rufus@greenbaum.com>
Sent: 16 June 2020 14:43
To: Duncan Selbie
Cc: 'Rufus Greenbaum'
Subject: Black, Asian & Minority Ethnic - Why the difference ?

Dear Mr Selbie,

Black, Asian & Minority Ethnic - Why the difference ?

I think that the **benefit of sunlight on our skin** is the “elephant in the room” that you have not mentioned

- *Because your experts have given you poor advice*

I started on my Vitamin D evangelism in 2009 when I wrote a 9-page letter to SACN, which is stored in the National Archives

<https://webarchive.nationalarchives.gov.uk/20140507013534/http://www.sacn.gov.uk/pdfs/SACN1008%20-%20Vitamin%20D%20correspondence%20Rufus%20Greenbaum.pdf>

Please note my statement on page 1:

“...higher vitamin D levels are associated with lower incidence and severity of influenza and other infectious diseases.”

I still maintain that there is very strong evidence that:

- 1. Higher Vitamin D blood levels can reduce the many health differences between BAME people and others**
- 2. Higher Vitamin D blood levels reduce the severity of COVID-19**

In order to understand the importance of Vitamin D you need to accept these 2 key statements as facts:

- **If your blood level of Vitamin D is less than 100 nmol/L then you are liable to suffer from some of [88 different health conditions](#).**
- **Vitamin D is made in your body from sunlight or supplements and very little can be obtained from food**

Most doctors have wrongly been taught that only a very low level of Vitamin D is required, and that this is only to avoid problems with bones and muscles.

If you persist with this belief, than you will probably reject all the assertions and evidence that higher levels are needed for better health.

The Department of Health and Social Care has set the definition of Vitamin D Deficiency at 25 nmol/L

The experts that I follow state that: optimum Vitamin D should be 4-6 times this at 100-150 nmol/L

There is good evidence that a high level of Vitamin D helps to prevent or treat more than 88 health conditions. (See: www.is.gd/proofvitd)

There is good evidence that people with dark skin have lower blood levels of Vitamin D than people with light skin

- and that when their levels are equalised then their health outcomes become similar. (

See: www.is.gd/BlackHealth)

- THERE IS GOOD EVIDENCE ABOUT THIS THAT HAS BEEN AVAILABLE SINCE 2010

If you live further away from the equator than 30° north or south than you cannot make enough Vitamin D from the sun all year round - and in your winter you will need to find another light source of UV-B or take Vitamin D supplements

Many people who live an outdoor life near the equator, like African Maasai warriors and Hawaii lifeguards, have blood levels of 100-150 nmol/L. An American doctor who walks on a Florida beach without a shirt every day has a Vitamin D level of 117 nmol/L

Vitamin D3 helps to boost your immune system as it is a powerful steroid hormone that controls 2700+ genes and helps to protect against infection

You can see a comprehensive talk about Vitamin D and ethnic difference by Dr David Grimes here:

https://www.youtube.com/watch?v=TIo9a56nOwI&feature=view_all&list=PL79E463CE11F9B469&index=9

A copy of his presentation is here:

<http://www.vitamindassociation.org/eventpdfs/20110517/20110517%20Vitamin%20D%20&%20Obstetrics%20-%20Clinical%20view%20-%20Grimes.pdf>

I can find you many more qualified experts worldwide to say the same as him

Learn more about Vitamin D here:

<https://vitamindwiki.com/>

Learn more about optimum blood levels of Vitamin D here:

<https://www.grassrootshealth.net/>

Here is a very recent medical report sent to Angela Merkel:

https://borsche.de/res/Sachstand_Vitamin_D_EN.pdf

- Sample of 780 patients with COVID-19
- **NO deaths if Vitamin D blood level > 85 nmol/L**
- **Look at their graph ! ! ! ! !**

Now that you know more about Vitamin D - what does this data tell you:

COVID-19 Severity by Vitamin D Level (N=212)

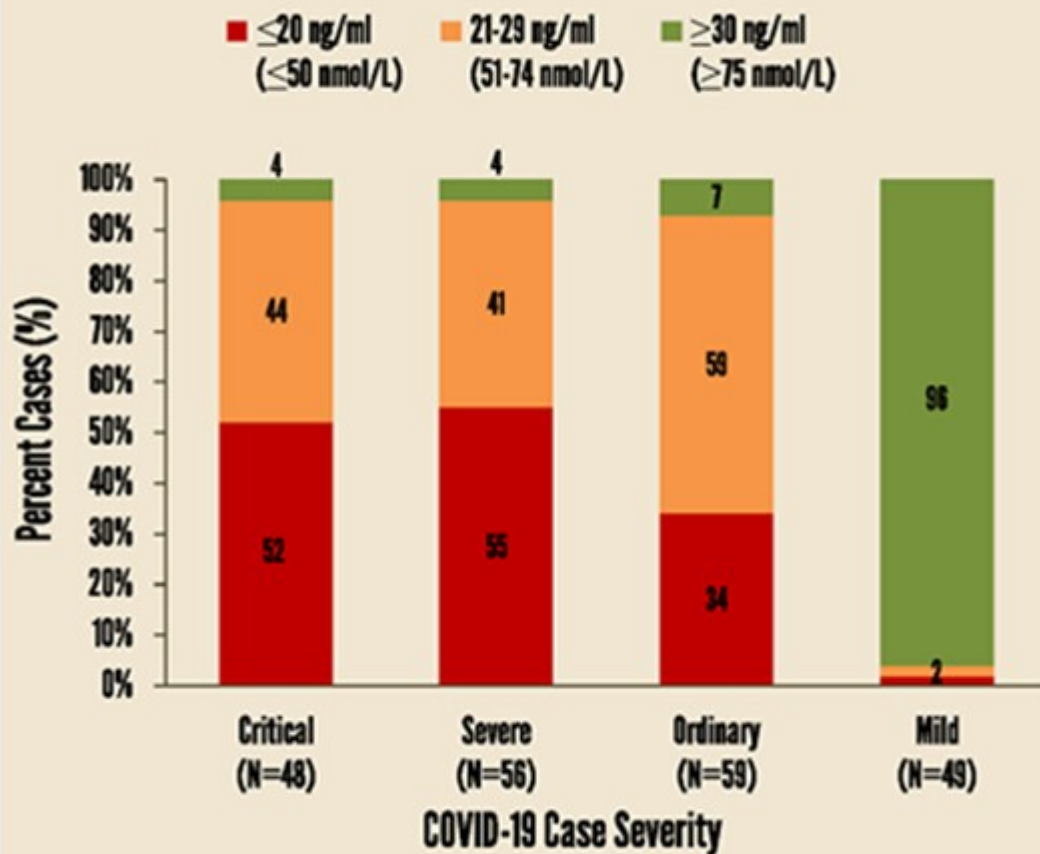


Chart Date 4/21/2020
 © 2020 GrassrootsHealth
 Alipio MM, SSRN, 2020.



GrassrootsHealth
 Moving Research into Practice
www.grassrootshealth.net

See more detail about this chart here:

<https://www.grassrootshealth.net/blog/first-data-published-covid-19-severity-vitamin-d-levels/>

If you have any questions, please contact me at any time

Regards

Rufus Greenbaum

Email: rufus@greenbaum.com

Skype: rufusg

Mobile: +44 7831 135428

 53A London Road
 Stanmore
 HA7 4PA, United Kingdom

Tel: +44 20 8954 6242
www.rufusgreenbaum.com