

## **Multiple Benefits of Vitamin D, Scientific Based**

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According to the Hamilton, Ontario Vitamin D Disease Prevention Symposium, McMaster University; Sponsored by the Vitamin D Society. The Vitamin D Society is a Canadian non-profit group. [Symposium Event Poster](#)

**Fact:** According to a group of 40 of the top Vitamin D researchers and doctors, maintaining Vitamin D levels in the range of 100-150 nmol/L has been linked to reducing the risk of

- Asthma,
- Upper Respiratory Infections,
- Dental Caries, Diabetes,
- Heart Disease,
- High Blood Pressure,
- Breast Cancer,
- Prostate Cancer,
- Colon Cancer,
- Osteoporosis,
- Multiple Sclerosis,
- Colds,
- Flu in the population.

**Fact:** Vitamin D in the 100-150 nmol/L range could possibly prevent

- 18,000 women (75%) from getting breast cancer and could prevent
- 15,000 men and women (67%) from getting colon cancer, in Canada.

**Fact:** Approximately 50% of the complications of pregnancy (infections, pre-term labour, preeclampsia) could be prevented with Vitamin D levels in the 100-150 nmol/L range.

Once can see that food has a profound effect on the body offering multiple benefits.

Likewise Dr. Ouellette's Pain Relief Diet offers multiple benefits. See Dr. Ouellette's white paper on [Benefits of Dr. Ouellette's Pain Relief Diet](#).

Get yourself tested for Dr. Ouellette's Pain Relief Diet at [www.TheQ.ca](http://www.TheQ.ca).