

Rufus Greenbaum

From: Rufus Greenbaum <rufus@greenbaum.com>
Sent: 24 October 2020 13:52
To: Professor Peter Horby; 'nervtag'
Cc: 'Rufus Greenbaum'
Subject: Early references to "Respiratory Virus" and high levels of Vitamin D

Dear NERVTAG,

As I understand it, your charter is to look at Novel and Emerging Viruses

***Have you looked at these past reports ?
- with some interventions from 1994***

2019 How Vitamin D helps fight the cold, flu and other viruses

"UK research shows that for every 10nmol/L increase in your vitamin D, you lower your odds of getting the flu by 7%."

2017 Vitamin D is 10 x better than Flu Vaccine

RCT: Vitamin D3 supplementation during the winter reduces the incidence of influenza

2015 Influenza prevented by 100 nmol/L levels and treated with Vitamin D hammer

Quote: A colleague of mine and I have introduced vitamin D at doses that have achieved **greater than 100 nmol/L in most of our patients for the past number of years, and we now see very few patients in our clinics with the flu or influenza-like illness.**

In those patients who do have influenza, we have treated them with the **Vitamin D hammer**, as coined by my colleague. This is a 1-time 50 000 IU dose of vitamin D3 or 10 000 IU 3 times daily for 2 to 3 days.

The results are dramatic, with complete resolution of symptoms in 48 to 72 hours. One-time doses of vitamin D at this level have been used safely and have never been shown to be toxic.

We urgently need a study of this intervention. The cost of vitamin D is about a penny for 1000 IU, so this treatment costs less than a dollar.

2014 We need a new strategy against viral infections

2011 Vitamin D can inhibit enveloped virus (e.g. Herpes, Zoster, Epstein, Hepatitis, Ebola)

2010 100 nmol/L of Vitamin D reduced viral respiratory tract infections by half

2009 Many Infectious diseases (virus) treated and prevented by high Vitamin D

Intervention trials going back to 1994

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