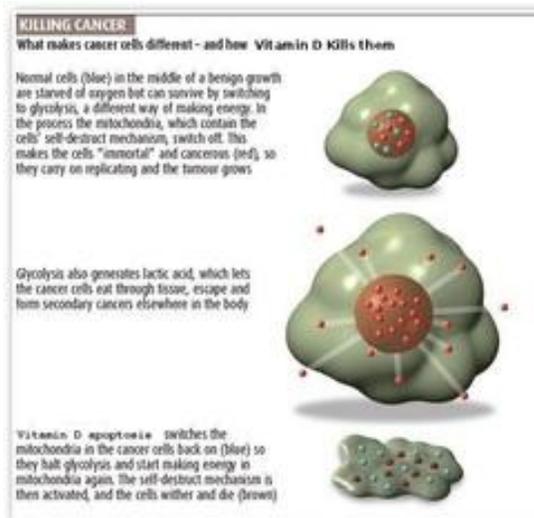


## Cancer and Vitamin D



At least 20 minutes of Sun exposure a day is essential for not only preventing cancer but also for “curing” cancer. If you have adequate amounts of vitamin D3 in your body, the cancer cells in your body stop growing and dividing uncontrollably, stops invading and destroying other bodily tissues, stops spreading throughout your body, and begins the process of getting rid of (curing) the cancer – naturally. Vitamin D3, made naturally through skin exposure to the Sun’s UV rays, causes the cancer cells to lose their immortality, and begin to die normally. Cured of cancer using; no drugs, no radiation, and no Chemo.

These days we can no longer rely on our food supply as good sources of vitamin D3. Either the soil is contaminated or too nutrient depleted to grow any food of good nutritional value. To make matters worse the FDA is now pasteurizing everything from milk, to eggs, to fruits and vegetables. Heat from pasteurization destroys the last remaining beneficial nutrients in our food. So where can we get an adequate supply of cancer curing Vitamin D3? You can buy vitamin D3 tablets at vitamin and retail stores. It’s more convenient to buy tablets that have the highest dose per tablet. For example, bottles of vitamin D containing 2,000 IU per tablet. So you need to take only five tablets to equal 10,000 IU.

Sunlight exposure is the best way to get adequate amounts of cancer curing Vitamin D3, as the body automatically regulates how much Vitamin D3 it makes from sunlight, and there is the added benefit of controlling cholesterol. Since vitamin D3 precursors require cholesterol for conversion into the hormone-like vitamin, without adequate sun exposure vitamin D3 precursors can turn into cholesterol instead of the vitamin.

It is estimated that for each 5% of skin surface exposed, approximately 435 IU of Vitamin D3 can be manufactured. Just 20 minutes of direct sun exposure to your skin will manufacture 20,000 IU of Vitamin D3 – enough to prevent and even cure you of cancer. In other words if you don’t have money to buy Vitamin D supplements or your diet doesn’t have enough Vitamin D3, turn off your computers, TVs, video games, and go outside.

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