

Vitamin D-Setup with 300,000 UNITS OF VITAMIN D3 Gives FIRST DEFINITION OF ACUTE VITAMIN-D-DEFICIENCY-SYNDROME (AVDDS)

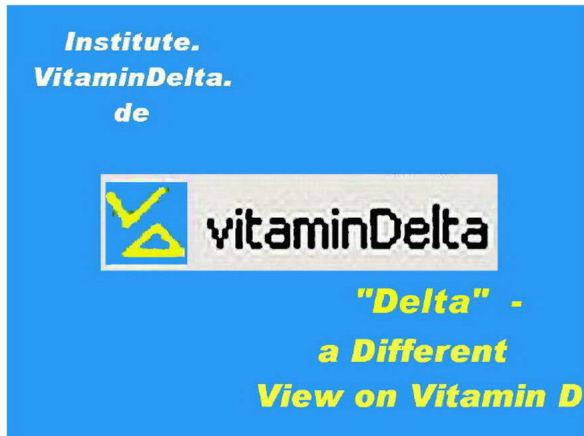
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BACKGROUND:

Vitamin D-deficiency is widespread in Germany. The inadequate supply is the result of 6 month without solar effect on Vitamin D synthesis, low intake with common foods and indoor-lifestyle. The conventional “slow” therapy is an intake of 400-1,000 Units/d of Vitamin D. Under this therapy the recovery of Vitamin D levels takes some months and does not even reach the recommended levels of 30 ng/ml in every case. The aim of this study is to reduce patients’ complaints through a more intense vitamin D-therapy. **RESULTS:**

A wide spectrum of complaints was reduced in response to Vitamin D-Setup therapy: muscle cramps, leg pain, orthostatic dysregulation and tiredness improved within a few Days. A questionnaire revealed a positive effect in 87.5 % of cases versus 12.5 % without effect. There were no side effects reported.

Figure 3 shows the most frequently mentioned improvements. Figure 5 highlights the complaints that respond best to vitamin D.

Some selected casuistic suggest greater potential of VDST.

Finally table 1 gives a systematic overview of responding complaints. The “MANOS”-System gives a Complex definition of the AVDDS.

Figure 2: Questionnaire: Success of Vitamin D-Setup-Therapy (identical data to Figure 2)

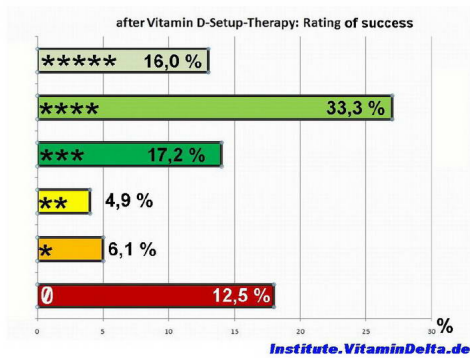


Figure 3: Most mentioned improvements after Vitamin D-Setup-Therapy

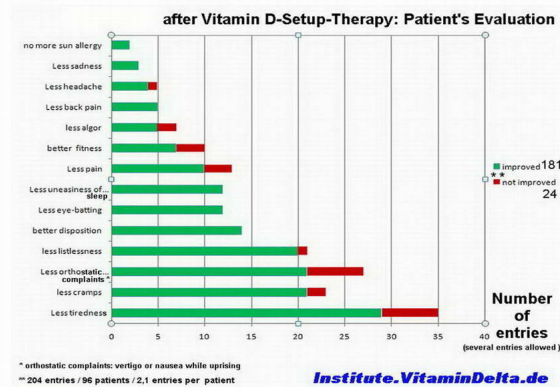


Figure 4: Ranking List on most reported improvements after VDST

Top 7 of Success of Vitamin D-Setup-Therapy:

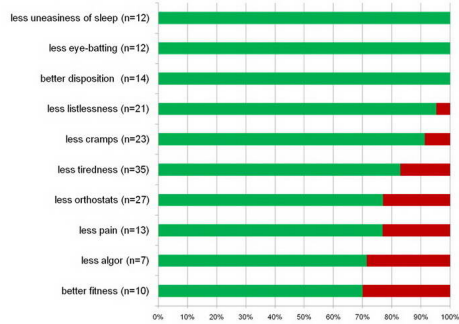
1. less Tiredness
2. less Cramps
3. less Orthostatic-Problems
4. less Listlessness
5. better Disposition
6. less Eye-Batting
7. less Uneasiness of Sleep

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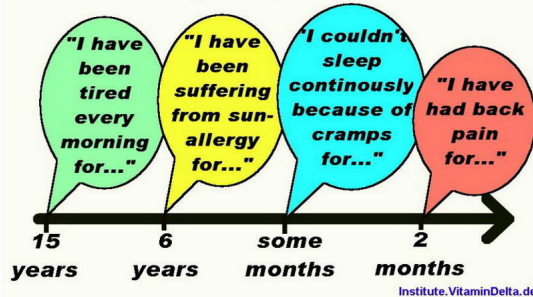
Figure 5: Effect of Vitamin D-Setup:
Ranking List of best responding complaints
(positive versus negative entries)



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Figure 5: Selected Statements on Success of Vitamin D-Setup

**Vitamin D-Setup achieves
therapeutic success
on long lasting complaints:**



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Figure 7: Surprising Response to VDST: selected Cases

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Complaint	Improvement reported ... after Setup-Therapy.
"hearable thoughts"	3 Days
Hämorrhagic Colitis	2 weeks
Sun allergy	2 weeks
Esophagitis	1 month
Myocardial failure	2 months
Morbus Menière	2 months
Broken fingernails	3 months
Allergy to apples	6 months
Allergy to dog-epithel	2 years

**Table 1: Authors' suggestion: „M.A.N.O.S.“-System of Response
to Vitamin D-Setup-Therapy (based on data of 139 patients)**

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M yopathic-Complex:	73 cases	Eye-batting Twitching Muscles Fasciculation Cramps Nighttime-Myalgia	Responding in 1 to 5 Days
A dynamic-Complex:	71 cases	Tiredness Listlessness Fatigue Exhaustion Increased Need for Sleep	Responding in 1 to 5 Days
N eurological-Complex:	39 cases	Uneasy Sleep Sleeplessness Concentrating-Difficulties Depressive Mood Dysphoric Mood Sadness Restlessness	Responding in 1 to 5 Days
O rthostatic-Circulatory-Complex:	36 cases	Dizziness Headrush Chronic Headache morning-sickness Sensitive to cold Temperature Numb legs or Arms Paleness	Responding in 1 to 5 Weeks
S keletal-Complex:	13 cases	"Growing Pain" Low Back Pain while Standing Inguinal Pain while Standing Hurting Feet while Standing	Responding in 1 to 8 Weeks

CONCLUSION:

The effects of Vitamin D therapy on diffuse complaints has been underestimated in the past. A positive correlation has been found recently. Using the Vitamin D-Setup-Therapy the sudden improvement of long-lasting complaints encourages both patient and physician to continue the intake of Vitamin D. This could lead to a better compliance in Vitamin D prophylaxis of chronic diseases like allergies, autoimmune disorder, cardio-vascular death and cancer.

SYSTEM: The „MANOS“-System categorizes the AVDDS-responder complaints according to 5 medical fields. The 5 fields are sorted by frequency.

- M yalgic Complex
- A dynamic Compl
- N eurologic Comp
- O rthostatic Comp
- S keletal Complex

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