

144,000: 45 – D is Divine

In the divine design of our spiritual anatomy as a child of God, our **power of order-organization-system expresses primarily by way of our digestive system, skin and bones**. Our **throne of order** in our cerebrum, which oversees and governs the functioning of these three systems, probably is located in Brodmann's area 10 in the prefrontal lobes.

Our digestive system takes in and absorbs nutrients from the animal, vegetable and mineral kingdoms. Our skin ingests sunlight that is converted into **vitamin D**. In recent years, a growing amount of scientific research has documented a whole range of protective and health-promoting activities by vitamin D throughout our body, including our cerebrum. For example, vitamin D deficiency contributes to both depression and schizophrenia, which are mediated partly via our order throne in our prefrontal cerebral cortex. (For details of this research and recommendations for taking vitamin D, go to www.vitamindcouncil.org.)

One fascinating theory, supported by scientific evidence, is that the flu is partly or largely due to a vitamin D deficiency. This makes sense, in that the flu comes during the winter when vitamin D levels are the lowest. (Cold temperature and dampness in scientific tests have not been found to cause the flu, colds or other viral illnesses.)

Thus, one of the treatments that holistic, integrative, nutritionally-oriented physicians recommend is getting sufficient sunlight and/or supplementing with vitamin D-3 (cholecalciferol), which is the naturally active form of Vitamin D. Getting enough sunlight in the winter can be difficult. So, the most common recommendation is to supplement with 4,000-5,000 units of vitamin D per day. It used to be thought that 400 units of vitamin D was the upper limit before adverse symptoms resulted. Now the upper range is thought to be at least 10,000 units per day or even higher. (I am taking 2,000 units with my morning and evening meals.)

The best and only sure way to know how much vitamin D to take is to have your vitamin D blood level checked. Optimal amounts of 25 hydroxy vitamin D (the correct blood test to order) are between 50 and 65 nanograms per milliliter. At least five studies have shown that people with optimal levels of vitamin D have the lowest risk of getting the flu, colds or other respiratory infections. For additional discussion about all aspects of vitamin D, the flu and swine flu by Dr. Joseph Mercola, DO, go to his website www.mercola.com.

How about the proposed vaccine for swine flu/H1N1 virus? Presently, most holistic, integrative and a growing number of conventional physicians do not recommend it. It is being developed too rapidly, without sufficient testing. A past vaccine for swine flu caused a large number of people to develop Guillain-Barre Syndrome, a paralytic autoimmune disease. The current most widely available vaccine will contain the controversial preservative Thimerosal that has mercury in it, as well as other items that are toxic to the body. Thus far, the symptoms of swine flu are so mild that a vaccine is not called for, with such a vaccine possibly causing more harm than the virus itself.

(It may be that the swine flu virus will mutate at some point into a more virulent strain, as other viruses apparently have done, at which time a properly developed and thoroughly tested vaccine may be appropriate.)

Spiritual vitamin D is in order, too. We are a Son or Daughter of God, whose divine light shines in and through and around us in all ways, always. The primal cause of all our disease is a **divine vitamin D deficiency** -- we do not ingest and incorporate enough God light in our life. Therefore, we are wise to "Sunbathe" each day in His-Her light in our meditations. Moreover, we have every means at our disposal at mental, emotional, astral and physical levels to be well and to stay well. We are not an unfortunate victim of some seemingly all-powerful virus, but rather we have the power to protect ourselves and to treat any disorder. (I have not had the flu for twenty years or more, and I seldom get a cold.)

In addition to taking supplemental vitamin D, meditate more to receive your divine vitamin D. Get sufficient rest and relaxation. Eat more fresh fruits and vegetables, ideally organically grown, which have incorporated sunlight into anti-oxidants that keep our body healthy. Remove white sugar from your diet. Junk the junk foods. Exercise regularly. Wash your hands frequently, but not obsessively, and do not touch your hands to your face, nose or mouth, to prevent viral transmission by touch. If you do get swine flu, treat it as you would treat any flu. See your physician and use the best of all tested and proven remedies, conventional or alternative. (However, most conventional anti-viral medications like Tamiflu are only marginally effective, probably shortening the course of swine flu by about one-half a day, and having numerous potential side effects.)

Above all, **love God and love one another**. Then, all is in divine order. So be it.