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Vitamin D and Covid-19 Fatality Risk

Medical researchers are beginning to discover the importance of vitamin D in preventing Covid-19-related fatalities. Researchers at Northwestern University analyzed data that was available from hospitals and clinics in China, France, Germany, Italy, Iran, South Korea, Spain, Switzerland, the United Kingdom (UK) and the United States.¹ A preprint abstract of the research on which the

Science Daily article was based can be found at medRxiv.² It was no surprise to those of us who understand the value of vitamin D that they found a consistent correlation between vitamin D deficiency and the mortality rate due to Covid-19.

Most Covid-19 fatalities are caused by cytokine storms.

Some authorities have previously speculated that since cytokine storms are caused by overactive immune systems, vitamin D might be responsible for provoking cytokine storms. Needless to say, this was a worrisome speculation. It inferred that taking vitamin D supplements to increase one's vitamin D blood level could (according to the opinions of the speculators) increase the risk that Covid-19 might provoke a cytokine storm.

But this study at Northwestern University refutes that speculation.

The researchers found that the data between vitamin D deficiencies and increased fatality risk due to Covid-19 was so consistent that it was clear that:

"Not only does vitamin D enhance our innate immune systems, it also prevents our immune systems from becoming dangerously overactive. This means that having healthy levels of vitamin D could protect patients against severe complications, including death, from COVID-19."

Our suggestions for preparing for this pandemic have not changed.

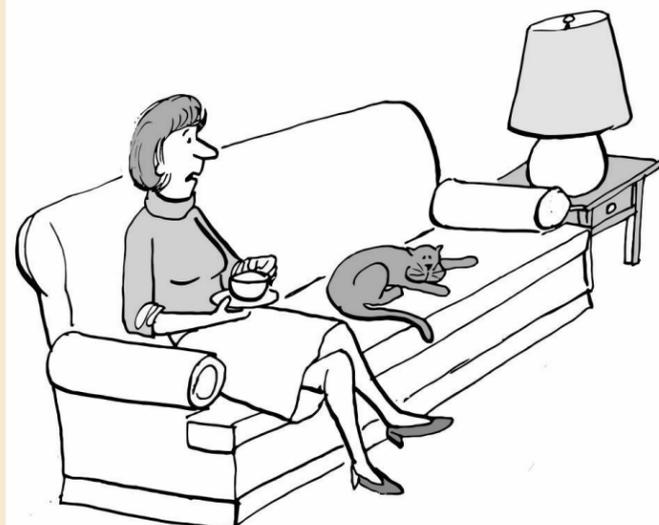
We originally suggested that MC patients should prepare for the pandemic by making sure that their vitamin D blood level was at least up in the 50 or 60 ng/ml (125 or 150 nmol/L range). It's gratifying to see that our original suggestions appear to have been right on target. Therefore, we see no reason to change those suggestions at this point. It now appears that as businesses are beginning to be reopened in many areas, there will very likely be a resurgence of the number of Covid-19 cases. It behooves us to keep our guard up, and stay prepared, because this pandemic is far from over.

References

1. Northwestern University. (May 7, 2020). Vitamin D levels appear to play role in COVID-19 mortality rates. Retrieved from:

2. Daneshkhah, A., Agrawal, V., Eshein, A., Subramanian, H., Roy, H. K., & Backman, V. (Preprint posted April 30, 2020). The possible role of vitamin D in suppressing cytokine storm and associated mortality in COVID-19 patients. Retrieved from:

<https://www.medrxiv.org/content/10.1101/2020.04.08.20058578v3>



“My therapist says it’s a good sign I’m not talking to the cat anymore.”

Baking is Very Popular Right Now

One of the more popular ways to make use of the extra time cooped up at home is to bake. In fact, baking has become so popular that there is a flour, baking powder, and yeast shortage! Empty shelves have sent frustrated shoppers to online scavenger hunts



and to store after store in search of ingredients. A spokesperson for King Arthur Flour said that the demand they have been experiencing is double what they experience during their busiest holiday months of November and December. There isn’t a shortage of grain, but demand has outpaced the speed at which new product can be created and delivered, even as their mills run at full capacity.

Those of us who have MC and have to contend with gluten and other food sensitivities don’t want to be left out. And luckily the wheat flour shortage doesn’t seem to have happened with gluten-free flours. So here is an opportunity to experiment with some recipes. First of all, the MC Forum has a very helpful section on cooking with MC called “Dee’s Kitchen”. Not only are lots of recipes available, but the substitutions suggested for various ingredients mean that most of us can find something that works with our individual sensitivities. You can check it out here:

<https://perskyfarms.com/phpBB2/viewforum.php?f=7>

As an example, let’s try Morning Glory Muffins, sometimes called Paleo Muffins. This muffin recipe has a lot of variations that allow you to craft it to your particular likes and sensitivities. Not only that, it is packed full of nutrients, is low carb and most importantly tastes yummy and satisfying. Below is the basic recipe that I use, and then some variations.

Morning Glory Muffins

Almond flour

2 ½ cups

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| Salt | ½ teaspoon |
| Baking Soda | 1 ½ teaspoons |
| Pumpkin Spice Mix | 1 tablespoon |
| Chopped Walnuts | 1 cup |
| Craisins | ½ cup |
| Sunflower seeds | ½ cup |
| Unsweetened shredded coconut | ½ cup |

- 3 eggs, beaten until frothy
- ¼ cup canola oil (or coconut, avocado, grape seed)
- ¼ cup honey
- 1 tsp vanilla extract
- 15 oz canned pumpkin

1. Mix together the dry ingredients.
2. Combine the eggs, oil, honey, vanilla, and pumpkin in separate bowl.
3. Add the dry ingredient mixture to the egg mixture and blend. The batter will be thick.
4. Use cupcake pan with liners. The liners with aluminum foil work best.
Makes about 14 muffins.
5. Bake at 350 degrees for 25-27 min.

There are many different variations. You can use whatever blend of spices you like, or whatever combination of nuts, seeds or dried fruit work for you.

Instead of the canned pumpkin, you can substitute 2 cups grated carrots plus one medium grated apple.

The muffins freeze well, and I have found them very handy to take when traveling, as a snack, or when finding a good place for lunch is problematic.

They are filling and nutritious and easy to pack. So experiment and see what works best for you!

