

The Vitamin D Newsletter  
August, 2006

This is a periodic newsletter from the Vitamin D Council, a non-profit trying to end the epidemic of vitamin D deficiency. If you don't want to get the newsletter, please hit reply and let me know.

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Oliver Gillie has done it again. He is the editor of a free manuscript, [Sunlight Vitamin D and Health](#). This time it is a collection of articles from a conference about vitamin D organized at the British House of Commons in November 2005, chaired by Dr. Ian Gibson, MP. The conference was dedicated to the scientist, Sir Richard Doll, who proved George Bernard Shaw was right when Shaw said, "Progress is impossible without change, and those who cannot change their minds, cannot change anything."

Sir Doll (who researched and wrote about the dangers of cigarette smoking in 1950) had earlier signed off on a British report warning of the dangers of sunlight. Before his recent death, at 92, he changed his mind and became an advocate of responsible sun exposure. Reinhold Vieth once pointed out that the science of the dangers of cigarette smoking and the science of the benefits of vitamin D were quite similar (mostly epidemiological) when governments and physicians began warning about the dangers of smoking. In spite of similar evidence about vitamin D deficiency, no government or organ of medicine is taking the steps necessary to address vitamin D deficiency. After looking at the vitamin D data, Sir Doll said, "This isn't difficult science, we should have answers."