



DISCLAIMER:

PLEA of GRNY's only goal is to educate all (regardless), in hopes of making a healthier you; in lay terms and based on research and facts . We present some of the latest information on Nutrition and Health , and make no recommendations nor endorsements . Your health care is between you and your doctor. "One size does not fit all."

The Immune system began development in us all before 7 weeks of development.

Immune Response in Neonates

Saleem Basha, Naveen Surendran, and Michael Pichichero
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC>

"The immune system defends the body against microbial invasion by activation of both adaptive and innate mechanisms. The innate immune system is the more primitive system prebuilt into cells that are on the front line of defense against bacterial and viral invasion..."

The adaptive immune system provides a more specific response, but takes longer to develop, although once developed provides a powerful response against invading organisms.

Vitamin D, via its active metabolite 1,25 (OH)₂ D, regulates both types of immunity, suppressing adaptive immunity, but potentiating the immune system."

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VOCABULARY LIST

Immune = resistant

Microbial = bacteria, germ, virus

Innate = inborn, natural

Primitive = earliest, simplest, basic

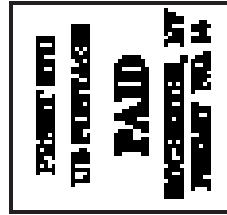
Prebuilt = prefabricated

Regulates = to maintain so something operates properly

Suppress vs. Potentiate = put an end to vs. increase power

References:

1. Litwack, Gerald, VITAMINS AND HORMONES/VITAMINS and the IMMUNE SYSTEM, Elsevier, 2011.



**Physicians and Laypersons Educational
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2020 2nd Annual Spring PLEA of GRNY Inner City Health Seminar *by Mail* APRIL 10, 2020 | Part II

Obesity • Immune System • Vitamin D Level

↓ Innate Immunity ↑ Obesity ↑ Vitamin D Deficiency



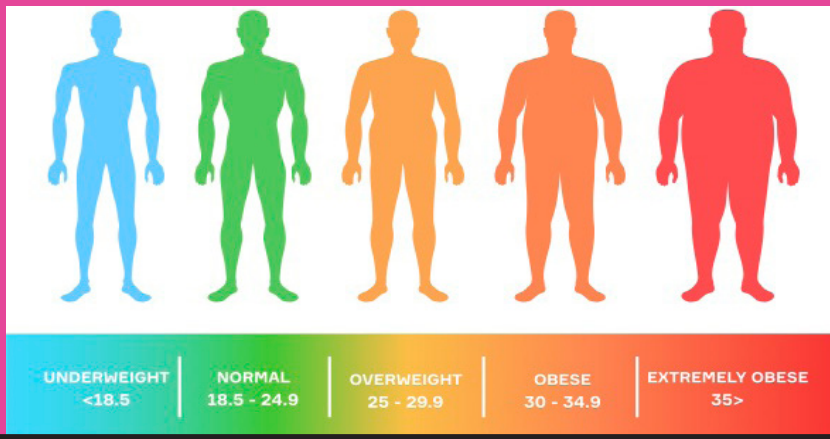
**Balanced & Strong Immune System, Love,
Happiness, Peace, Harmony and SURVIVAL**



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BMI



Message from PLEA of GRNY

Hello Everybody!

Learn about your Body/a Gift, and what must be done to keep it healthy, so it will serve you well. Remember during this pandemic, government guidelines seek to protect the body from outside invaders. Your immune system will protect from inside. Like your body, with two arms and legs, balance is key. A healthy immune system must have a balanced innate arm (primitive and what you were born with) and adaptive arm (learned). Life is about balance. Imbalance is not good in any situation. Imbalanced immune system is no exception.

Read, Learn, Rest, Stay Positive, consider eating the colors of the rainbow/from the ground, Exercise, Help any in need, Pray Remember to Give Thanks for All, and then: "let the chips fall where they may".

We love you,
PLEA of GRNY



Vitamin D Status in the United States 2011 – 2014

Am J Nutr 2019 Jul1; 110(1):150-157.doi 1093/ajcn/nqz037

Herrick KA, Storandt RJ, Afful J, Pfeiffer CM, Schleicher RL, Gahche, JJ, Potischman N

"...The prevalence of at risk of deficiency was higher among non-Hispanic Blacks than among non-hispanic Asian, non-hispanic white, and Hispanic persons."

www.ncbi.nlm.nih.gov

Vitamin D Deficiency

Omeed Sizar; Swapnil Khare; Amandeep Goyal; Pamkajc Bansal; Amy Givier

- "Prevalence of Vitamin D deficiency was 35% higher in obese irrespective of latitude and age".
- "About 1 Billion people worldwide have Vitamin D deficiency."
- Vitamin D increases absorption of Calcium, magnesium and phosphate.

Vitamin D Deficiency Risk Factors

- Elderly (6/10)
- Alcoholics with liver failure
- Nursing home residents
- African-American and other Ethnicities with melanin rich skin
- Obesity
- Kidney disease
- Hospitalized

2011 Numbers from Healthline

41.6% of adults | 69.2% Hispanics | 82.1% African Americans

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"Forward, Upward, Onward Together"

PLEA of GRNY : SNEEP MD

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National Institutes of Health

Office of Dietary Supplements Strengthening Knowledge and Understanding of Dietary Supplements

Vitamin D Level

<12 ng/ml

12 ng/ml - <20 ng/ml

(Lay terms/Southern vernacular : "don't cut the mustard.")

20 ng/ml - 50ng/ml

Health Status

DEFICIENT

"Generally considered Inadequate"

(Lay terms/Southern vernacular : "don't cut the mustard.")

ADEQUATE

Note under Physician supervision levels > 60 ng/ml are used to treat some medical conditions and decrease the incidence of certain chronic diseases.

Web MD Archives

"IOM (The Institute of Medicine Committee recommends"

- 4-8 years 600 IU- 2,500 IU/ day
- 9-70 years 600 IU-4,000IU/ day
- 71 + years 800 IU – 4,000IU/ day

Note: Other numbers are out there in the range.

Vitamin D Counsel
Endocrine Society

Adults 5000IU/day
Adults 2000IU/day

