

# Vitamin D Identified as the “Survival Nutrient” Against COVID-19... Could Cut Mortality Rate in HALF, Say Researchers

By Mike Adams | [The Health Ranger](#)



For three months, we’ve been urging our readers to pursue sensible nutritional strategies to boost immune function and protect against infections. Now a study carried out by Northwestern University has found that **higher vitamin D levels result in lower mortality rates from covid-19** infections.

Vitamin D deficiency, according to the study, was significantly linked to the development of severe symptoms and complications leading to death.

The study, published in medRxiv, is entitled, “[The Possible Role of Vitamin D in Suppressing Cytokine Storm and Associated](#)

## [Mortality in COVID-19 Patients.](#)

The study used data from coronavirus patients across multiple nations, including the UK, the USA, China, France, Italy and South Korea. Those patients who had the lowest vitamin D levels had the highest risk of complications such as the “cytokine storm” immune reaction that leads to rapid death.

“[W]e saw a significant correlation with vitamin D deficiency,” says study author Vadim Backman.

The research paper concludes, “Our finding suggests that Vit. D may reduce COVID-19 severity by suppressing cytokine storm in COVID-19 patients.”

The paper is careful to note that vitamin D should not be considered a kind of miracle cure for covid-19 and that more research needs to be conducted to further explore the relationship.

The paper was also [covered by StudyFinds.org](#), which explains:

*All of the data used for this study was publicly available, and an in-depth analysis revealed a correlation between vitamin D levels and cytokine storm (a form of hyper-inflammation due to an overactive immune system). A relationship between vitamin D and mortality rates among COVID-19 patients was noted as well.*

*So, the research team believe vitamin D is helpful against COVID-19 because it simultaneously boosts our existing immune systems while also preventing new immune responses from going over board.*

*“Our analysis shows that it might be as high as cutting the mortality rate in half,” Backman says. “It will not prevent a patient from contracting the virus, but it may reduce complications and prevent death in those who are infected.”*

*However, it is clear that vitamin D deficiency is harmful, and*

*it can be easily addressed with appropriate supplementation. This might be another key to helping protect vulnerable populations, such as African-American and elderly patients, who have a prevalence of vitamin D deficiency.*

## **Why is no government leader recommending vitamin D or zinc?**

With research like this clearly showing a drastic reduction in mortality from a simple, low-cost and very safe supplement that's widely available right now, it begs the question: Why isn't anyone in government recommending nutrition as a way to protect public health while we attempt to reopen the economy?

Even worse, why are governors **restricting people from going to the beach** where they generate vitamin D for free as they are absorbing healing sunlight? That's the beauty of vitamin D: Your body makes it at no charge, but *not if you're locked down in your own home*, which seems to be part of the big plan to cause mass suffering and death.

President Trump is pushing hard for 300 million doses of a vaccine by the end of the year, but he completely fails to mention vitamin D and zinc. These solutions **could be saving lives right now**, and they don't need months (or years) or testing, since they have a long track record of safe, effective use (and are incredibly affordable).

The real answer, of course, is that **Big Pharma doesn't want people to stay healthy with nutrition**. They'd rather see people sick and suffering, waiting for a vaccine or another high-priced prescription drug that barely even works (like remdesivir, which saves no lives at all).

And since the drug companies run the White House, the media, Big Tech and medical schools, there's virtually no one in any position of power that's willing to risk the ire of the drug

companies by recommending safe, simple, low-cost nutritional supplements that might make drugs and vaccines obsolete.

The Big Pharma scheme, you see, demands that the American people stay locked down until there's a vaccine, at which time the entire US economy will be shattered and beyond repair.

## **Trump should order the government to manufacture vitamin D + zinc supplements and give them away to all Americans**

This is why I've called for the government to manufacture and give away key supplements that may help prevent coronavirus infections. **For a fraction of the price of the multi-trillion-dollar bailouts that have already been paid, the federal government could provide free vitamin D, zinc and vitamin C for the entire population.**

Health care costs would plummet across the board, and Big Pharma would lose hundreds of billions of dollars as fewer people are diagnosed with a long list of diseases and chronic conditions that are prevented through nutrition. **And that's exactly why any plan to keep America healthy will be halted by those in power.** A healthy nation doesn't need Big Pharma, and Big Pharma provides the re-election campaign money that keeps corrupt lawmakers in power. The drug cartels also provide about 70% of the ad revenue to the corrupt mainstream media, which is why the media relentlessly attacks natural remedies while pushing toxic, high-profit prescription drugs and vaccines.

[[Read more here](#)]



*O'Leary, JD BARA, has had an abiding interest in alternative health products & modalities since the early 1970's & he has seen how they have made people go from lacking health to vibrant health. He became an attorney, singer-songwriter, martial artist & father along the way and brings that experience to his practice as a BioAcoustic Soundhealth Practitioner, under the tutelage of the award-winning founder of BioAcoustic Biology, Sharry Edwards, whose Institute of BioAcoustic Biology has now been serving clients for 30 years with a non-invasive & safe integrative modality that supports the body's ability to self-heal using the power of the human voice. Robert brings this modality to serve clients in Greater Springfield, Massachusetts and New England (USA) & "virtually" the world. He can also be reached at [romayasoundhealthandbeauty@gmail.com](mailto:romayasoundhealthandbeauty@gmail.com).*