

August 2008 Vitamin D story - make sure you have enough in your life - go out in the sun every day - 15 minutes in the North, 5 minutes in the South. Take a supplement too, this can **IMPACT YOUR SURVIVAL!**

Study Shows How Vitamin D Fights Colon Cancer, J Science

By Maggie Fox, Health and Science Correspondent

WASHINGTON May 16, 2002 (Reuters)

Vitamin D works to prevent colon cancer by detoxifying the body's own digestive products, scientists said on Thursday, and the finding may help others develop drugs to prevent the disease.

They warned that taking huge doses of the vitamin would do more harm than good, causing the body to pull calcium out of the bones, but said drugs might be designed to mimic the effects of the vitamin.

And, they added, the best way to prevent colon cancer is to eat less fat.

Colon cancer is the second biggest cancer killer in the United States and other industrialized countries, after lung cancer. It is strongly linked to a diet heavy in red meat and animal fat, as well as to smoking and heavy alcohol use.

"Our findings suggest a new look at the relationship between nutrition and cancer, particularly how vitamin D protects against colon cancer," David Mangelsdorf, a professor of pharmacology and a researcher at the Howard Hughes Medical Institute at the University of Texas Southwestern in Dallas, said in a statement.

"The rate of colorectal cancer is much higher in the United States -- where a high-fat diet is common -- than in Japan, where people don't eat a lot of fat and colorectal cancer is almost nonexistent. But no one has understood why that is."