

# Dr. Smith Live

## Energy Medicine: The New Frontier

**Topics:** • 20 Benefits of Vitamin D<sub>3</sub>  
• Best 26 Natural Antibiotics

June 5, 2025

# 20 BENEFITS OF VITAMIN D<sub>3</sub>

1. **Heart Disease:** Maintains heart health; patients with low vitamin D<sub>3</sub> concentrations had a 60% higher risk of heart disease than those with higher concentrations.
2. **High Blood Pressure:** Patients with low vitamin D<sub>3</sub> concentrations were three times more likely to be diagnosed with hypertension than those with high concentrations.
3. **Type 2 Diabetes:** A correlation between vitamin D<sub>3</sub> and diabetes risk exists.
4. **Type 1 Diabetes:** Vitamin D<sub>3</sub> improves the production of insulin and known to protect from autoimmune diseases in animal models.
5. **Healthy Bones:** Supplementation with about 800 IU of vitamin D<sub>3</sub> per day reduced hip and nonspinal fractures by about 20%.

# 20 BENEFITS OF VITAMIN D

6. **Multiple Sclerosis (MS):** Vitamin D<sub>3</sub> improves the inflammation and immune status in patients with multiple sclerosis, and that higher vitamin D<sub>3</sub> levels are inversely correlated to lower incidence of multiple sclerosis in women.
7. **Macular Degeneration:** The incidence of age-related macular degeneration was highest in those with deficient vitamin D<sub>3</sub> status.
8. **Arthritis:** A vitamin D<sub>3</sub> deficiency is highly prevalent in patients with rheumatoid arthritis, and that deficiency may be linked to disease severity.
9. **HIV/AIDS:** Higher vitamin D<sub>3</sub> levels were associated with a slower progression of HIV to AIDS.
10. **Depression:** An association has been found between low levels of vitamin D<sub>3</sub> and depression in healthy young adult women.

# 20 BENEFITS OF VITAMIN D

11. **Asthma:** Low maternal vitamin D<sub>3</sub> and E intakes during pregnancy are associated with increased risk of children developing asthma in the first ten years of life.
12. **Colds and Flu:** Research shows that vitamin D<sub>3</sub> supplements protect against acute respiratory infections including colds and flu.
13. **Autism:** Research revealed that a vitamin D<sub>3</sub> deficiency was higher in autistic children compared to healthy children.
14. **Cancer:** Vitamin D<sub>3</sub> decreases cell proliferation and increases cell differentiation, stops the growth of new blood vessels, and has significant anti-inflammatory effects.
15. **Alzheimer's/Dementia:** Research results confirm that vitamin D<sub>3</sub> deficiency is associated with a substantially increased risk of all-causes for dementia and Alzheimer disease.

# 20 BENEFITS OF VITAMIN D

16. **Crohn's Disease:** Low sunlight exposure is associated with an increased incidence of Crohn's disease.
17. **Eczema:** Research studies have found that adults that are vitamin D<sub>3</sub> deficient have an increased likelihood of atopic dermatitis.
18. **Psoriasis:** Research demonstrates that high-dose vitamin D<sub>3</sub> therapy may be effective for psoriasis patients.
19. **Parkinson's Disease:** It has been suggested that chronically inadequate vitamin D<sub>3</sub> intake may play a significant role in the pathogenesis of Parkinson's disease.
20. **Autoimmune Diseases:** Vitamin D<sub>3</sub> deficiency can contribute to autoimmune diseases such as multiple sclerosis (MS), type 1 diabetes, rheumatoid arthritis, and autoimmune thyroid disease.

# **Energy Medicine: The New Frontier**

## **Best 26 Natural Antibiotics**

# Best Natural Antibiotics to Fight Infections

- **Infections:** The remedies depend on the diagnosed pathogens.
- Oregano (Physician's Strength)
- Colostrum (Premier Research Labs)
- Health Max (Ionic Silver - American Biotech Labs)
- Immutol (immunocorp)
- Congaplex (Standard Process Labs)
- AMLA-C (Professional Health Products)
- Thymex (Standard Process Labs)
- Immuplex (Standard Process Labs)
- Nucleo Immune (Premier Research Labs)
- Noni (Premier Research Labs)

# Best Natural Antibiotics to Fight Infections

**Infections:** The remedies depend on the diagnosed pathogens.

- Pleo Staph (Sanum Remedies) Biomed (800) 665-8308
- Pleo Strep (Sanum Remedies) Biomed (800) 665-8308
- Calcium Lactate (Standard Process Labs)
- Docs Aminos (Super Nutrient)
- D3 Serum (Premier Research Labs)
- Magnascent Iodine (Shield Bear, Inc.)
- Protease (Nutritional Enzyme Support Systems)
- Garlic (MediHerb - Standard Process)
- Nucleo Immune (Premier Research Labs)
- Turmeric (Premier Research Labs)

# Best Natural Antibiotics to Fight Infections

- **Infections:** The remedies depend on the diagnosed pathogens.
- Cat's Claw (Energetix): Effective against cytomegalovirus
- Stevia (Penn Herb) (215) 632-6100 [www.pennherb.com](http://www.pennherb.com)
- Delta-tocopherol (Alan Tamisawi) (510) 881-1922
- Echinacea (MediHerb - Standard Process)
- Propolis Immune (Premier Research Labs)

# Best Natural Antibiotics to Fight Infections

- Manuka Honey (best from New Zealand): methylglyoxal, H<sub>2</sub>O<sub>2</sub>. Unique Manuka Factor (UMF) must be between 5+ and 20+ to be effective. Also needs a rating between 83 and 829 for methylglyoxal (MG); MG index measures potency of Manuka honey.

## Five best Manuka Honeys to purchase

Comvita Manuka Honey UMF 15+

Kiva Certified UMF 15+

Manuka Health – MGO 400+

Wild Cape UMF 15+

Bee's Inn Manuka Honey UMF 15+