Inflammation and vitamin D: The infection connection

Meg Mangin

Chronic Illness Recovery, USA

Abstract

Inflammation is believed to be a contributing factor in many autoimmune and inflammatory diseases. The influence of low
vitamin D on chronic inflammation is being explored but studies have not demonstrated a causative effect. The current
method of determining vitamin D status may be at fault because the level of 25(OH) D doesn't always accurately reflect the level
of 1, 25(OH)2D. Assessment of both metabolites often reveals elevated 1, 25(OH)2D, indicating abnormal vitamin D endocrine
function. Some authorities now believe that low 25(OH)D is a consequence of chronic inflammation rather than the cause.
Research points to a bacterial etiology pathogenesis for an inflammatory disease process which results in high 1,25(OH)2D
and low 25(OH)D. Immunotherapy, directed at eradicating persistent intracellular pathogens, corrects dysregulated vitamin
D metabolism and resolves inflammatory symptoms. Author will review vitamin D's influence on the immune system, discuss
ways to accurately assess vitamin D status, explain the effect of persistent infection on vitamin D metabolism and present a
novel immunotherapy which provides evidence of an infection connection to inflammation.