

Podcast #1 shownotes

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First 2 show correlation with Vit D and disease, the third shows only slight improvement and others have shown no improvement at all. Some researchers have called Vit D and immunity elusive while others call it a myth. Realize that when it comes to immunity there are many factors and isolating one and studying it alone is difficult. For the uninitiated, medical studies evolve over time and they become like spices and ingredients that eventually make a great meal. Taken by themselves, they are sometimes inedible. So, this discussion about Vit D and immunity is still cooking.

Nutrients: 2020 Sep 10;12(9):2757. doi: 10.3390/nu12092757.

Vitamin D Deficiency and Outcome of COVID-19 Patients

[Aleksandar Radujkovic](#), [Theresa Hippchen](#), [Shilpa Tiwari-Heckler](#) , [Saida Dreher](#) , [Monica Boxberger](#) , [Uta Merle](#)

Nutrients: 2020 Oct 31;12(11):3361. doi: 10.3390/nu12113361.

Evidence Regarding Vitamin D and Risk of COVID-19 and Its Severity

[Joseph Mercola](#), [William B Grant](#), [Carol L Wagner](#)

Vitamin D supplementation and COVID-19 risk: a population-based, cohort study

[J Oristrell](#), [J C Oliva](#), [E Casado](#), [I Subirana](#), [D Domínguez](#), [A Toloba](#), [A Balado](#), [M Grau](#)

Keto diet- intro. There is so much more in the research. 1st study says might be helpful, 2nd one says might not.

2020 Mar;33:102-121. doi: 10.1016/j.molmet.2019.06.026. Epub 2019 Jul 27.

Ketogenic diet in the treatment of cancer - Where do we stand?

[Daniela D Weber](#), [Sepideh Aminzadeh-Gohari](#), [Julia Tulipan](#), [Luca Catalano](#) , [René G Feichtinger](#) , [Barbara Kofler](#)

Nutrients 2021 Apr 21;13(5):1388. doi: 10.3390/nu13051388.

Efficacy of Low-Carbohydrate Ketogenic Diet as an Adjuvant Cancer Therapy: A Systematic Review and Meta-Analysis of Randomized Controlled Trials

[Ya-Feng Yang](#), [Preety Babychen Mattamel](#) , [Tanya Joseph](#), [Jian Huang](#), [Qian Chen](#), [Babatunde O Akinwunmi](#), [Casper J P Zhang](#), [Wai-Kit Ming](#)

Avascular disc

Bone Joint Surg Am 2006 Apr;88 Suppl 2:30-5. doi: 10.2106/JBJS.E.01290.

Nutrient supply and intervertebral disc metabolism

Thijs Grunhagen 1 , Geoffrey Wilde, Dahbia Mokhbi Soukane, Saeed A Shirazi-Adl, Jill P G Urban

Divine Inspiration

explore (NY)Nov-Dec 2011;7(6):354-62. doi: 10.1016/j.explore.2011.08.004.

The role of inspiration in scientific scholarship and discovery: views of theistic scientists

Kari A O'Grady 1 , P Scott Richards

This is Steve Cranford's marketing company. He is the genius behind the name
Bodyguitar and Spine & Body along with both logos
WhisperNY

Twitter account: <https://twitter.com/DrSeanWheeler>

Facebook <https://www.facebook.com/thebodyguitarclinic/>

Website <https://bodyguitar.com>

Linkedin <https://www.linkedin.com/in/drseanwheeler/>

Song: Chains by Deraj

Artist

<https://artist.io/song/64229/chains>