

ALLERGY, VITAMINS

# MORE HEAT THAN LIGHT

8.07.2009

There is a new review on [vitamin D and allergy](#).

Reading that piece carefully, I fear that expertise in one area does not guarantee expertise in another one ... Putting allergy and transplant rejection into a joined context at least does not make so much sense. The allergy part suffers also from throwing everything into one big pot- one should not mix up initiation & modulation phase of type I allergy.

Diet effects in pregnancy may also be a completely different story than newborn exposure (although I admit that there might be a higher rebound in children of deficient mothers). Even worse, there are at least 4 more pro-allergic studies not mentioned in the review, giving therefore a biased view. IMHO the whole chapter on toxic effects is being irrelevant - as we are dealing with high LOCAL doses at the mucosal surfaces and not systemic effects. So, more heat than light, yea, yea.

## Addendum

Funny- this review is not even listed at the [vitamin D council website](#) - a pro D organization that is [no more allowed to publish advertisements](#) in a medical journal.

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