

VITAMIN D – IMMUNE SYSTEM BOOSTER COURSE LEARNING WORKBOOK



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VITAMIN D – IMMUNE SYSTEM BOOSTER—COURSE WORKBOOK

ACTIVITY QUESTIONS AND ASSIGNMENTS

This course includes “15 numbered activity questions” designed to help you present your results. We recommend completing the questions as you go through the course. The questions will guide you through each lesson, help reinforce and check your understanding of the material, and prepare you for the final exam.

Additional Assignments

— In addition to the “15 numbered” activity questions” there are external video/article links (∞) that also have questions. These questions are not on the exam.

— The main purpose of the external webinar/video/article links is to watch and/or read them and increase student engagement.

— The webinars/videos also offer you the flexibility to pause, rewind, or skip parts if you would like to. With the articles, you can re-read them as many times as you like.

The external links are more for you to write, draw, and discuss what you have learned.

There are a number of things you can do to process and learn from the external links to help you learn the information. For example, write down keywords that you learn on index cards or in your notes. Then review this and any other notes you took.

— Also, draw pictures to help you recall keywords. [Research](#) says drawing pictures may help you remember better boost memory and challenge students to explore the materials in different ways.

— You might find that some of the external links are similar in what they provide in learning. This will help retention and reinforce the material more.

— Take your time through the videos/articles - pausing as often as you like - to engage more with the content and enhance learning processes.

— Discuss what else you learned. Discussion helps you think about what you learned more.

Again, while there are some “Additional Assignment Questions” provided below - these questions are not on the exam. They are to help reinforce the material.

External Link Assignments Quick Steps

— Click on the external webinar/video/article links (∞) below.

— Key Points: Identify core sections.

— Webinars/Videos: Pause, rewind, and rewatch.

— Take notes.

— In addition to any questions below, write and discuss what you have learned from each external link.

LESSON 1. FACTS AND HEALTH BENEFITS OF VITAMIN D

1. List 7 roles that vitamin D has in the body.

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2. Explain how vitamin D is produced with sunlight.

3. List 10 diseases vitamin D may help.

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4. List 10 fast facts on vitamin D.

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5. Explain how vitamin D assists with good bone health.

6. Explain how vitamin D assists with cancer prevention.

LESSON 2. RECOMMENDED INTAKE OF VITAMIN D, RESEARCH AND OTHER

7. Explain how vitamin D intake can be measured.

8. What are the recommended intakes for infants through adults?

9. What are the other cofactors in your body needed to get the most benefit from vitamin D?

10. List the most important cofactors needed in the body for vitamin D.

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11. Explain what happens to vitamin D when you put sunscreen on with sun protection factor (SPF) 30.

LESSON 3. VITAMIN D FOOD SOURCES, RESEARCH AND OTHER

12. List 10 foods with good levels of vitamin D.

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13. Explain how you know if you have taken too much vitamin D.

14. Explain three ways to get tested for vitamin D.

15. Explain what happens with excessive consumption of vitamin D.

LESSON 4: VITAMIN D VIDEOS AND ARTICLES

∞ [Is it Safe to Take 10,000 IUs of Vitamin D3? - 5:51 minutes](#)

- Why is vitamin D important for the immune system?

- What prevents the absorption of vitamin D?

- Why do white blood cells need vitamin D?

- What is the biggest complication of too much vitamin D?

∞ [How To Increase Your Vitamin D Absorption? - 5:44 minutes](#)

Assignment: Watch or listen to the video. Then answer the questions below.

- What does vitamin D help with?

- What is a simple way to test for vitamin D deficiency?

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- What vitamins help with the absorption of vitamin D?
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- What is vitamin D made from?
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- When should you take vitamin D?
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- Why are probiotics important?
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- How do you increase vitamin D?
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- What happens if you do not have enough K2?
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∞ [Get the Benefits of Vitamin D Without the Toxicity - 6:26 minutes](#)

Assignment: Watch or listen to the video. Then answer the questions below.

- What is the danger of too much vitamin D?

- What level is vitamin D toxicity?

- How much K2 should you take for vitamin D absorption?

- What foods should you limit when taking vitamin D?

- What is the normal amount of vitamin D in the blood?

∞ [Interesting Facts About Vitamin D - 4:28 minutes](#)

Assignment: Watch or listen to the video. Then answer the questions below.

- What is vitamin D responsible for?

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- What minerals does vitamin D increase absorption in?
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- How is vitamin D activated?
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- What does vitamin D help control?
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- Vitamin D is a precursor to making hormones?
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- Why is vitamin D important in making strong bones?
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- Can vitamin D help in the prevention of musculoskeletal pain?
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- Why is it important to take vitamin K2 at the same time as you take vitamin D?
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∞ [Vitamin D - NOTE - only up until minute 9:45](#)

Assignment: Watch or listen to the video. Then answer the questions below.

- What does it mean to be a fat-soluble vitamin?

- What is a water-soluble vitamin?

- What does UVA light do?

- What is vitamin D 3 also known as?

- Why are enzymes important in the process?

- What else did you learn from this video?

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- What is the active form of vitamin D called?
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∞ [Vitamin D Testing Challenges](#) - 4:59 minutes

Assignment: Watch or listen to the video. Then answer the questions below.

- What are the challenges of vitamin D testing?
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- How many forms of vitamin D are there? 2?
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- What is the primary organ for the conversion of vitamin D?
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- Why is bile important?
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- What lowers your ability to convert vitamin D?
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∞ [Low Vitamin D Levels Linked to HIP FRACTURE - 1:24 minutes](#)

Assignment: Watch or listen to the video. Then answer the question below.

- What did you learn from this video?

∞ [Why Vitamin D Is So Important? - 2:28 minutes](#)

Assignment: Watch or listen to the video. Then answer the question below.

- What did you learn from this video?

∞ [VITAMIN D Top 3 Latest BENEFIT Findings - 3:17 minutes](#)

Assignment: Watch or listen to the video. Then answer the question below.

- What new research was discussed in this video?

∞ [How much vitamin D do you need for bone health - 16:58 minutes](#)

Assignment: Watch or listen to the video. Then answer the questions below.

- Can you reduce a bone fracture by taking vitamin D?

- How many types of cancer does Dr. Susan E. Brown say vitamin D helps?

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- What else did you learn from this video?
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∞ [How to Achieve Optimal Vitamin D Levels - 3:29 minutes](#)

Assignment: Watch or listen to the video. Then answer the question below.

- What did you learn from this video?
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∞ [Vitamin D: Question and Answer - 1:33 minutes](#)

Assignment: Watch or listen to the video. Then answer the question below.

- What did you learn in this video?
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∞ [What you need to know about vitamin D - 12:02 minutes](#)

Assignment: Watch or listen to the video. Then answer the questions below.

- According to Dr. Susan E. Brown, what level is enough to protect bone?
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- According to Dr. Susan E. Brown, what is the best level for prevention?

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- What are some symptoms of low vitamin D?
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- What else did you learn from this video?
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∞ [Supercharge Your Immune System with Vitamin D - 53:50 Hour - Reinforcement Webinar](#)

Assignment: Watch or listen to the video. Then answer the question below.

- What else did you learn from this video?
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∞ [How Vitamin D Works - YouTube - 1:49 minutes](#)

Assignment: Watch or listen to the video. Then answer the question below.

- What else did you learn from this video?
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∞ [The health benefits of vitamin D](#) - 3:37 minutes

- Use these animation videos to help you make drawings of what happens when you do not have enough vitamin D.

∞ **ADDITIONAL OPTIONAL VIDEOS**

Click on the external links below to learn more about Vitamin D.
While these videos are older, they provide content that is helpful.

- [Vitamin D: Role in Calcium Metabolism Safety - 26:17 Minutes](#)
- [Vitamin D: Nutrient, Not A Drug - 37:14 Minutes](#)
- [Supercharge Your Immune System with Vitamin D - 53:50 Hour Webinar](#)
- [Why the Sun is Necessary for Optimal Health - 59:13 minutes](#)
- [Vitamin D Measurement the Key to Change - 52:53 minutes](#)
- [Vitamin D and Sunlight for Cancer Prevention - 45:16 minutes](#)
- [Vitamin D Sunshine Optimal Health: Putting it all Together - 49:35 minutes](#) - Vitamin D research video

∞ **ARTICLES and RESOURCES**

[Click on the external links below to learn more about Vitamin D.](#)

[A Q&A with Steven Gundry, M.D.](#)

[6 Powerful Health Benefits of Vitamin D - Muscle & Fitness](#)

[Vitamin D Comprehensive Article](#)

[GrassrootsHealth's Research on vitamin D](#)

[Vitamin D*calculator™](#)

