

Exhibit 29

Our greatest weapon against the coronavirus
is Vitamin D: Board-Certified pathologist
Dr. Ryan Cole

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NEWS

Our greatest weapon against the coronavirus is Vitamin D: Board-certified pathologist

'We don't just have a viral pandemic, we have an international Vitamin D deficiency pandemic – 70 percent of the world is immune-suppressed,' Dr. Ryan Cole says.



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March 29, 2021 ([LifeSiteNews](#)) –A founder of one of the largest independent laboratories in Idaho is declaring loud and clear that the greatest weapon against the coronavirus is Vitamin D.

“(The) biggest lost message in this entire pandemic is Vitamin D. It is the master key to your immune system, the master key. So we don't just have a viral pandemic, we have an international Vitamin D deficiency pandemic – i.e., 70 percent of the world is immune-suppressed,” Dr. Ryan Cole, founder of Cole Diagnostics, said during a March Capitol Clarity talk hosted by the Idaho Freedom Foundation.

Dr. Cole introduced himself as a “Mayo clinic trained, board-certified pathologist, board certified anatomic and clinical pathology,” who had seen about 350,000 patients in his career, and had done about 100,000 COVID tests and read about 6,000 articles in the past year.

“It is right up my alley, and so I’m not just blowing smoke today,” he explained.

“Normal D levels decrease your COVID symptom severity risk for hospitalization by 90 percent. There have been a lot of placebo controlled trials that show this all around the world. It is scientific fact, not just a correlation,” said Dr. Cole.

Dr. Cole explained why Vitamin D deficiency is the biggest contributor to both Wuhan coronavirus hospitalizations and deaths: “Data shows what kills people. Cytokine storm. If you are in (Vitamin D) mid-level range, you will not die from COVID because you cannot get a cytokine storm.”

According to Dr. Cole, widespread Vitamin D deficiency makes this a big problem. “Seventy to 80 percent of all Americans are immune suppressed because they are D deficient.” He further noted that “96 percent of people in the ICU are Vitamin D deficient.”

Dr. Cole cited statistics showing lower levels of Vitamin D in darker skinned populations, which he says is due to biology, and not “social disparity.”

“Eighty-three percent of African Americans, 70 percent of Latinos, 72 percent of Native Americans, 47 percent of Caucasians are deficient,” Dr. Cole said. “The darker your skin, the further north you live, the harder it is to synthesize Vitamin D.”

Along with low Vitamin D levels, Dr. Cole discussed what he called the other “highest risk factors” for COVID-19: obesity and advanced age.

“Ninety percent of deaths in the state have been over 70 years of age. That’s the at-risk population. We have stopped our society for something that’s taking people that are already at that death risk age anyway,” said Dr. Cole.

Dr. Cole explained that obesity contributes to higher risk of symptoms and death at least in part because it “drastically reduces your ability to get Vitamin D into your circulation.”

“D is a fat soluble vitamin. The heavier set you are, the more it goes into your fat and not into your circulation to stimulate your immune system,” Dr. Cole explained.

“If you don’t have D in normal range, how do we get D? Sunshine,” he continued.

“There’s only about a three-hour window a day, without your sunscreen. You need to be outside for 20 to 30 minutes during the spring and summer to get natural Vitamin D. In the fall, in the winter, you need to supplement to boost your immune system.”

To help guide the best use of time spent outdoors, Dr. Cole recommended an app called D Minder that “shows you when you can synthesize your vitamin D.”

Dr. Joseph Mercola stresses the importance of taking vitamin K2 while supplementing with vitamin D, to prevent any potential vitamin D toxicity symptoms. He recommends supplementing with vitamin D3, instead of vitamin D2, at 5,000 units per day for adults.

Dr. Cole noted that Dr. Fauci revealed in an interview in November that he takes 8,000 to 9,000 IU of vitamin D a day in the winter. “Yet inexplicably, that’s not a public health message,” Dr. Cole continued.

While Dr. Cole focused on the preventative power of vitamin D, he also emphasized the importance of early treatment of COVID-19, if and when the disease is contracted, through the use of Ivermectin.

“This medication won the Nobel prize for the discoverer. It is on the world’s safest and most essential drugs list,” Dr. Cole explained.

“Ivermectin, if that’s added to the mix, it decreases the death rate by 75 percent. If given early, by 86 percent. What does that mean? Of the half-million deaths we have in North America we would have 375,000 less deaths. There is blood on the hands of the bureaucrats in Washington who have suppressed this life-saving medication,” he continued.

“Wherever it has been given in the world, they’re back to normal life. 100 percent of the world trials have shown benefit. In Argentina, in a hospital trial it prevented 100% of acquisition in health care workers. In the placebo group, 57% got Covid that were not on Ivermectin. To a ‘T,’ every person that’s had Covid I’ve treated with this has been better in 12 to 48 hours. 42 people. I know it works.”

“The beauty of it: It can cover all the variants because of its mechanism,” he continued.

Dr. Cole didn’t stop at promoting prevention and treatment of Covid. During his talk, he warned about the potential dangers of the mRNA so-called “vaccines.”

He first pointed out, “If there’s a treatment for a disease, the federal government cannot approve a vaccine. By law. The NIH who is involved in approving medications, they co-hold the patent on the “vaccine” with Moderna. That is insanity, to have the government in bed with a private company vending a product that they want to give to everybody.”

He further explained that the mRNA injections don’t fall under the definition of vaccines, but are rather “experimental biological gene therapy.”

“Long-term safety data is not there. MRNA trials in mammals have led to odd cancers. mRNA trials on mammals have led to auto-immune diseases, not right away — six, nine, twelve months later,” said Dr. Cole.

“The companies did their own data. There were no independent observer groups looking at the data. They don’t fall under the definition of creating peer immunity and preventing transmission. If you are immune after injection, why in the world would you have to mask and social distance. That is an admission that they don’t know that it’s a vaccine. That’s an absurdity,” he continued.

“My biggest concern is antibody-dependent enhancement reaction. If you get a coronavirus shot, historically SARS, MERS, animal coronaviruses, when you are exposed to a wild type variant of the virus, six, nine, twelve months later the immune system can go haywire.”

“In the SARS vaccine trials, in the ferrets and the monkeys, 100 percent of the animals, when exposed to wild type virus, ended up with immune reaction.”

Dr. Cole also explained that COVID, like other coronaviruses, must be allowed to run its course, and slammed some of the measures being currently used to keep it in check.

“Coronaviruses are seasonal. They follow a 6-9 month life cycle – no matter what we do, they’re going to do what they do, and then they’re going to fade. What happened to SARS? What happened to MERS? What did we do to stop them? Nothing. They did their thing.”

He showed a graph of Idaho daily cases over the past year and explained that Idaho is no longer in a state of pandemic, but in an endemic. “Statistically, once we are below a certain percentage we are not in a pandemic. Is the disease present? Sure it is. Is it widespread? No. At most we are seeing 2% (positives) per day now and so the numbers are going way down.”

Dr. Cole also explained why wearing masks outside is “insanity.”

“The virus is fragile. It doesn’t live outside. UV light fractionates it, kills it, blows it apart. Ventilation and the wind blows it away. It is insanity to wear a mask outside. Absolute insanity. There is not one study that has shown any superspreader to have occurred outside. They have all happened indoors with poor ventilation.”

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