

Last updated July 18, 2026

Patient Stories

Brazilians whose M.S. reversed with vitamin D intake:  [Vitamina D - Por uma outra terapia Coimbra Protocol](#) [Brazil](#) and [North America](#) Facebook groups

 [Appropriate vitamin D therapy diseases](#) (organized by disease)

Researchers

List of MDs and PhDs who advocated for vitamin D during COVID: [VitaminDforAll open letter on Vitamin D and COVID-19](#)

MDs

Dr. Cicero Coimbra -- treating patients with multiple sclerosis (MS) for at least 15 years

-  Dr. Cicero G. Coimbra: Lecture at Vitamin D Workshop Lab4More, Mallorca / Spai...
-  Coimbra, vitamina D e patologie autoimmuni
- coimbraprotocol.com

Dr. Renu Mahtani

- renumahtani.com
- Trained by Dr. Coimbra and based in India, so will give advice at a lower cost and faster than a Coimbra protocol doctor in the U.S.

Dr. Michael Hollick

-  Vitamin D: The Hormone That Can Save Your Life | Dr Michael Holick Interview
- drmichaelholick.org/vitamin-d
- Researching vitamin D since his grad school days (>50 years)
- Advocates for a higher daily dosage than standard recommended by FDA but not mega-dosing like the Coimbra protocol

Dr. Jorg Spitz

- German doctor with general vitamin D education:
 -  Vitamin D – „Hype oder Hope“ Vortrag von Prof. Dr. Jörg Spitz (translate to English)

People who have experimented on themselves and shared experience with others

Jeff Bowles, self-experimentation on D3 who writes in an un-proper way

- [Miraculous Cure for and Prevention of All Diseases](#) and [High Doses of Vitamin D](#) books (he'll give you PDFs if you ask), read reviews for other patients' experiences
- <https://jeffbowles.com/> -- Jeff's correspondences (jeffbo@aol.com) with others on D3

Dakota and Charlie from Freedom from Psoriasis, who tried D3 + cofactors incrementally to figure out which co-factors are useful

- freedomfrompsoriasis.com

What dosage and co-factors?

Vitamin Dosing

Downsides

I've experienced dehydration and some feeling (not on imaging) of buildup in my liver that goes away when I take K2 MK-7 softgels.

Personal experience

I am taking 40,000 IU / day now (started Jan 2026) along with vancomycin (started Dec 2025) for PSC, so I can't say with certainty that vitamin D is solely responsible for my improvement in symptoms. However, I was taking vancomycin 2020-2023 and noticed no improvement in symptoms, even though there was an improvement in bloodwork and imaging.

My liver enzymes have come down since Dec 2025. My abdominal ultrasound is now normal. My liver MRCP is mostly the same. Eventually, I'm hoping that I will be able to come off of vancomycin and only be on vitamin D.

I recommend testing vitamin D levels regularly because mine went to 264 ng/L after 2 months of an average of 30,000 IU / day of vitamin D. My PTH and ionized calcium were normal.

Why is there resistance to vitamin D treatment?

Mayo Clinic Proceeding paper by Dr. Hollick: [Vitamin D Is Not as Toxic as Was Once Thought: A Historical and an Up-to-Date Perspective](#) describes how high doses of vitamin D (200,000 to 300,000 IU / day) were given without the correct co-factors and vitamin D was put in many foods as fortification in the early to mid 1900s, suggesting the pendulum swung too far in one direction once the benefits of vitamin D were found, and now it's swung too far in the other.

[Safety Data in Patients with Autoimmune Diseases during Treatment with High Doses of Vitamin D3 According to the "Coimbra Protocol"](#)

What could be the root cause of autoimmune diseases?

[CD8+ T-Cell Deficiency, Epstein-Barr Virus Infection, Vitamin D Deficiency, and Steps to Autoimmunity: A Unifying Hypothesis](#), Michael Pender (2012)

[Vitamin D Resistance as a Possible Cause of Autoimmune Diseases: A Hypothesis Confirmed by a Therapeutic High-Dose Vitamin D Protocol](#), Lemke et. al (2021)

Other documents

 Vitamin C  Vitamin K2