

*"The Vitamin D Revolution is an extremely important book . . . everyone needs to know and apply this information. It could save your life!"*

— Christiane Northrup, M.D.,  
the best-selling author of *Women's Bodies, Women's Wisdom*

# the VITAMIN D REVOLUTION

*How the Power of  
This Amazing Vitamin  
Can Change Your Life*

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## The Vitamin D Revolution: How the Power of This Amazing Vitamin Can Change Your Life



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Recent, groundbreaking medical research has made a connection between Vitamin D insufficiency and 17 types of cancers, including breasts, colon, and prostate. Illnesses such as influenza, diabetes, multiple sclerosis, and cardiovascular system disease have also been connected to too little this vitamin. Vitamin D levels for their optimal health., sheds new light on the energy of the long-forgotten vitamin.D. Right now, Soram Khalsa, M. He reveals how exactly to recognize signals of Vitamin D insufficiency, which includes reached epidemic proportions in North America, and shares insights from his Beverly Hills medical practice, where he normalizes his own patients' Until lately, not getting enough Supplement D (the sunshine vitamin) was only connected with rickets, the childhood bone disease.



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Vitamin D Revolution Sets the Precedence on The Critical Dependence on Vitamin D This is the second book I've read on vitamin D and, in addition, we are severely deficient in this vital hormone. "Vitamin D Revolution" has remaining me more than convincing? that supplement D is certainly monopolizing, in more ways than one, the metabolic processes inside our body and deficiency can cause many malfunctions. How may i possibly be deficient in sunlight vitamin? Having adequate levels of vitamin D can run many metabolic pathways throughout the body, targeting DNA, cells, tissues, and organs. Dr. Research promises that it prevents 19 various kinds of cancers. Spram Khalas, M.D. Very informative. I didn't see this in his publication, but he does provide a website with these details. I take vitamin D3 daily. The next thing is to convince medical doctors to create checking Vitamin D bloodstream levels in every individual mandatory, to recommend sufficient sun exposure, and also have medical schools include the importance of Vitamin D to their curriculum. After doing my very own independent study on vitamin D, in addition to reading "Vitamin D Revolution" and "Power of Vitamin D" by two knowledgeable doctors, I have come to trust that vitamin D can save lives, improve general wellness, and become an alternative method to pharmaceutical drugs in assisting patients get over bone disease and health problems. A VERY IMPORTANT Resource for Basic Wellness Improvement. I am so grateful for the info in this book. Thanks a lot, Amazon. The principles in this reserve have produced a marked difference in my own health since March 2012. On March 3, 2012 I experienced excruciating pain and an ugly rash around the upper part of my own body. This condition necessitated a quick trip to a hospital er one evening. At this time. And I am now taking the quantity of vitamin D that the initial doctor suggested me to take. The pain medicine had horrible unwanted effects, and hardly diminished the pain of the rash. I was told by my doctor that I possibly could not receive a vaccination against a future onset of Shingles so long as I experienced any symptoms of this assault. I was reminded of something my mother once said after quite a long time of coping with various procedures: She said: "Now I am aware why doctors call it 'practicing' medicine, because they just continue practicing, never really setting it up just right. This reserve proves that it's nearly impossible to have toxic levels of D. The rash was healed, but there remained deep pain where in fact the rash had appeared, and there is deep scarring from that rash. The anti-histamine simply produced me sleepy, and did small else. I also learned from my internet search that the pain could last the others of my lifetime, because I am elderly. Very discouraging. Important information for everyone on the sunshine vitamin Good information, but a bit dated. And thank you for such great book. That is how I came across this book, "The Supplement D Revolution." This information has been most valuable to me in overcoming the Shingles symptoms, and seems to have brought significant improvement in my own arthritic feet as well! I now have hardly any pain. This book has made a positive contribution to my own health in the past few months. This book is well-written, readable, and worth the reading time, particularly if one needs treatment that's more than only a prescription to alleviate symptoms.. I'm feeling great and all I can say is many thanks Lord Almighty! Phenomenal We am excited to implement this. One of the best things about this book is that it was offered as a free of charge download for my Kindle. I am hoping the ideas provided of the individual body's requirements for a far more efficient level of nutritional intake will be widely read. Carolyn McElrath Age 83, Retired High School Teacher Repetitive and Boring, But Great Information Though I loved the information I picked up out of this book, I found it boring and repetitive. The info I must say i wanted was tucked into the last few pages, yet by then I believe I got figured it out. Like many non-fiction books, that one followed the method of telling us there's a problem, why we have the issue, and what research

has been carried out. The issue was repeated again and again. On the other hand, my personal experience with my doctors has produced me more than curious about this vitamin. One doctor told me that I was supplement D deficient.. "At the end of three months my symptoms had improved only slightly. That our bodies utilize this vitamin totally. And it seems that I have all of the symptoms of adult rickets. Those will be the symptoms of fibromyalgia, at least my experience of it. For the reason that ER, I received prescriptions for an anti-bacterial cleanser for treating the rash, and a solid pain medication, as well as tips that maybe an anti-histamine would be helpful in dealing with the painful rash. I would love to hear from others who have read this book or followed the bigger supplement D intake and find out how well it functions for them. And I will continue to study this and other methods to find my health again. I will continue and get tested quickly. Unselfish and accurate info that I desire most doctors would show their patients. Just awesome! I really do think people who are having health issues and those who want to keep themselves healthful would find this publication informational, at least. Discovered my D level was 11 ng after my hematologist did some blood work. Was told to consider 2000 IU. However, went to discover an integrative doctor who believed it was a joke for my condition and put me on 10000 IU for 3 mos and 5000 to keep level. Within a few months level proceeded to go up to low 30 something. Trust me. I found information regarding how to strengthen one's basic immune system, including data which products to include to accomplish this. These details and continued pain caused me to explore the internet to find out more. New studies also show the importance of vitamin MK-7 (K2) when acquiring high doses of D3. Research on this powerful vitamin is still relatively youthful, but I am hoping prospective studies will shed more light on this important steroid hormone. I want he would update his book and make it on Amazon instead of the older book. Life changer. Read Today. Right now.. Life changer. Read Today. The problem was diagnosed as "common T-4 Shingles," Herpes Zoster, that often occurs as an aftermath of a long-forgotten childhood bout with Poultry Pox!. Perfectly written, great information.. Another doctor told me I was too much in this vitamin, that it had been toxic. Very informative. Nature calls for vitamin D to end up being synthesized from sunlight. Well, I was. I avoid the sun like crazy after having squamous cell carcinoma taken off my nose. Of training course I'm vitamin (hormone) D deficient. When it comes to more discoveries about the effects of vitamin D, science is heading in the right direction. After scanning this book, I'm going to immediately analysis a credible organization that sells a trusted source to make sure I'm getting a precise dosage. The only cause I'm not giving 5 stars is this reserve could be repetitive, but besides that, it's a very good go through. I am living evidence that it is true, based on good science and great outcomes. I've gotten ill all my entire life especially every wintertime. My immune system is horrible. I've been vitamin deficient for a long time and constantly forget to consider my vitamins. In fact, i didn't even work with them because my doctors have never connected it to anything essential. I currently bought and started acquiring vitamin D and also other vitamins and I am excited for this winter- to observe if it helps me avoid the flu and throat attacks that I always get., offers impressed me on what he understands on vitamin D. I have a whole lot of medical problems . The info in this publication can actually bring about remedies of several of our common ailments.. I live in Phoenix, Arizona so when my doctor ran a Vitamin D lab test, I sort of laughed, to myself. I have a whole lot of medical problems. Helps me understand my complications and possible help. Five Stars Good information Five Stars Great book



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