

Vitamin D3 Miracle

SERIES

(The huge secret Big Pharma Does not want you to know)

The Miraculous Results of Extremely High Doses of the Sunshine Hormone Vitamin D3

#1
EBook
Best Seller

My experiment with
HUGE DOSES of D3
from 25,000 to 50,000 to 100,000 IU
a Day Over a One Year Period

Jeff T. Bowles

Can we cut our healthcare costs by 90% ?

Jeff T Bowles

The Miraculous Results Of Extremely High Doses Of The Sunshine Hormone
Vitamin D3 My Experiment With Huge Doses Of D3 From 25,000 To 50,000 To
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This updated edition has a fascinating new look at diabetes as an evolved protection to freezing damage in winter gone out of control- Don't miss it! 144+ Webpages of Fact-Packed Research Based Information-But FUN to read- Upon realizing that taking 4,000 IU of Vitamin D3 a day time was not enough for me personally, I decided to embark on a "dangerous" experiment that directly contradicted everything MD's had explained for years: "DON'T TAKE TOO MUCH VITAMIN D IT REALLY IS DANGEROUS!" We started taking 20,000 IU a day-50X times the recommended dosage of 400 IU a day. After about 4 months upped the dosage to 50,000 IU a day or 150X the old recommended "safe" dose I then boosted it to 100,000 IU a day time or 300 x Situations the old maximum secure dose! AND-Without even trying my weight has dropped by 25 pounds from 204 to 179.. get ill? A ganglion cyst that persisted on my wrist for over 5 years has shrunk from the size of half a golf ball to how big is a pea and now it is rock solid ,painless, and shrinking. Just the contrary!! High dose Supplement D3 therapy over the last year-CURED ALL MY CHRONIC CONDITIONS-SOME THAT I'D HAD FOR 20+ YEARS! When your Vitamin D3 levels are low, the body gets you to prepare for winter simply by overeating, slowing you down to conserve energy, and actually causing you to depressed to maintain you housebound. No pain and NO SNAPPING!! Yellow fungus infected toenails (beneath the nail)- I attempted everything over twenty years and nothing at all worked-10 weeks of high dose Vitamin D3 plus they are very clear as a bell! 100% cured. It has created the large epidemics we see today of Weight problems, Autism, Asthma, and many more! Painful , hitting, popping, stiff Arthritic shoulders that avoided me from also throwing a ball from home plate at night infield. A condition I've had for 15 years. Gone. No more popping snapping or clicking and I can throw the ball twice as far . No! A small subcutaneous cyst on my encounter that had not gone away for twenty years today gone! What happened over these last 10 a few months? This leads to what I call the Incomplete Restoration Syndrome which causes most of the diseases humans face other than spontaneous gene mutations that cause syndromes and illnesses caused exclusively by aging. A knobby bone spur on my elbow that made me appear to be Popeye the sailor man-It has now 100% dissolved and my elbow is back again to the way it used to end up being 20 years ago. A painful snapping hip syndrome which I had been experiencing for 23 years and no Dr could help me-It is currently 100% gone. If your body expects famine-like conditions due to winter to be likely- it will conserve your critical assets for the future. Interestingly it really is this same drop in Supplement D3 levels that signals a bear to start out hibernating! This book tells you detailed results of my experiment, dangers to avoid, and also discusses a straightforward and elegant new theory that suggests how Great Dose Supplement D3 therapy Should assist in preventing OR CURE all of the epidemics of disease and health issues that have been plaguing us since the 1980's when Doctors started warning us to stay out from the sun and always utilize sunscreen. I've researched diseases and aging for 20+ years, with a 10 year stint where I spent 12 hrs/time everyday in the Northwestern Med School's library simply reviewing medical and scientific studies!. Did I die? This is actually the better mousetrap! Most MD's get only a basic 4 years in Med School, then work to earn not learn. High D3 can be used to prevent or treat a huge number of illnesses MS, asthma, 17 kinds of cancers, lupus, arthritis, heart disease, obesity, unhappiness, Parkinsons+many more. I've had 3 major papers released; the publishing journal has 5 Nobel Prizes between your editors. And referred to my papers as extremely thrilling and of major importance



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Indispensable Body Maintenance, Illness Prevention and Injury Repair Reference I am reading this publication for the fourth time just to make sure We haven't missed anything. I have been using the info it contains to handle some symptoms. I am a very healthy 74 year outdated woman would you not make use of mainstream allopathic medication for wellness maintenance. She told me the first time she started feeling better. If administered in these dosages in infants or young children it can cause malformations and kidney failing. All these issues were totally resolved using the D3 and K2 therapy defined in this book. I would then drop back again to a maintenance dosage of 10,000 iu per day. Know your D3 levels and shoot for 50-75 all year long. Obviously, I HIGHLY recommend this book. If people take this garbage seriously it might cause not merely bodily damage but also fatalities. I am 66 years old. The only unwanted effects from D3 are surprising and welcome improvements in some other part of your body that you weren't actually thinking about!! I acquired 2 Moh's procedures for pores and skin cancer on my nasal area in the 90's and have since stayed from the sun, utilized hats, umbrellas, sunscreen going back 20 years. BTW, I have not had a cool or flu in YEARS! Everyone should have this book useful for reference in dealing with day to day health maintenance. Revise: Additional and very recent (as in today) d3 encounter to report: We had a predicament with my right hands which received a injury at work last September. I did not survey it to workmans comp as they typically hand out drugs and do worthless physical therapy. Therefore no mainstream treatment was sought or utilized. I was looking for alternative treatments for the resulting trigger finger on the middle finger of that hand. I also look forward to life giving hikes and walks. it has served a great purpose. High dosages of d-supplement are toxic putting it simple. No good fortune. I tried infra red light therapy and acupressure. No good. I utilized ibuprophen and arnica gel topical for temporary relief, but of course didn't expect a healing from the temporary strategies. These are really heavy and thorny tea roses with very sturdy stems. Although it is badly edited and a grammatical nightmare, it includes a whole lot of information that should prompt the reader to analyze everything they can on Vitamin D3 and Vitamin K2. On about April 25 it occurred to me to try d3 boost for painful and today quite chronic result in finger issues. I had been taking 10,000 iu of d3 daily with one K2 cap from Life Expansion. I upped it to 25,000 d3 daily with two k2s. Low and behold, when I was out trimming roses today, I was able to handle the clippers easily without pain. I totally refused to consider medical procedures since it, too, is frequently only a temporary alternative if it functions at all. It needs a firm attack with clippers and considerable pressure to cut them. At lunch time I laid my hand up for grabs and was pleasantly surprised to notice that I possibly could lay hands and all fingertips totally flat without pain or swelling visible and could raise wrist forwards with hand still toned and no pain resulted. Everyone. And only a note: the "toxicity" statements are simply plain bunk. Actually at the 90% fist close, a trigger snap and discomfort occurs upon discharge of the fist. I am certain that continuing the high dose d3 can lead to 100% recovery. In January my D3 was 30 and I had been acquiring 10,000 IUs of D3 each day - but no K2. At present, the bump is still there, but MUCH smaller sized and the swelling is totally gone. I acquired a ganglion cyst the size of a table tennis ball at the top of my wrist. Quite amazing because it has only been about 10 days! Also, I could not use the hand for things such as opening a jar or cutting roses due to pain. I am grateful for the time and ...but I did so notice changes to my feeling and libido for the reason that small amount of time frame will resume the megadoses when the fast is completed Destroy old myths I can not award five stars, for a detail that I consider vitally important; Besides, potential iatrogenic problems could possibly be really bad. It isn't enough to regulate the blood level of D3, it is necessary to evaluate the level of calcium, PTH, renal function, etc. While Jeff appears to take extreme risks with his wellness, it has served a great purpose. Each provides purpose and although it really is oil soluble it generally does not appear to become toxic with higher amounts. I am currently taking 20. I know my body does a tremendous work and I really look forward to providing it all the various tools it needs to heal. You don't need to observe doctors who haven't a clue or buy costly toxic pharmaceuticals

that don't work anyway. I am now going to start offering it to my elderly doggie who offers been ill lately. I've created Syndrome X (high blood pressure, diabetes and high cholesterol) and also becoming obese. I recommend - it's a brief read and practical applications. Even though I am acquiring low doses of medicine since January 2018 because of these problems, I have started the D3 and K2 with the intention that I will get off all medication and be healthy and energetic. Additionally, during the entire time I have had this problem, it was along with a sore, swollen bony bump nearly mid palm under the middle finger. when one escalates the dose of supplement D3, it must suppress the intake of calcium from enriched and dairy foods, since it is at risk of calcification in cells and certain organs, therefore the toxicity of high dosages of the hormone, toxicity which will be present although consume supplement K2 proportionally to the dosage of D3. As of today, the physician says I am 85% on my method to recovery from these most current health issues. Ridiculous book. I've lost 15 pounds and look forward to losing a lot more. Over the former twenty years I became allergic to sunlight (I broke out in very itchy rashes if uncovered) but now I sit out in sunlight for 15-30 minutes each day building up my tolerance for sunlight and tanning my body. I also have had arthritis for at least 25-30 years and I am curious how which will all end up. I anticipate having the ability to swim with my grand children in the sea or pool. It was swollen from mid palm to the middle joint of the finger and in addition to the frequent painful trigger snapping events, I was totally struggling to lay the finger smooth with the rest of the fingers, nor may i make a closed fist. That's why this book is indeed weird. I don't believe in evolution and a lot of the stuff he discusses, but he has strike the nail on the top with so a lot of his information. I have embarked on higher dose as a result and am noticing a lot more energy This book could cause fatalities. I will up my dose once again to address a "trigger finger" circumstance in my right hand and a slight on again off once again pain in my left knee. Also, dietary supplement with K2. I love the life span Extension super K since it contains both forms of the MK7 and MK4 which the body needs. I am grateful for enough time and work it had taken for him to comprehend more about these 2 vitamins. I am really looking towards seeing what all will happen in the potential now that I've found some extremely fundamental and fundamental truths about what the body needs to exist in a wholesome, happy way. Oh, incidentally, I have acquired no cartilage, a torn meniscus and a cyst in my right knee for MANY years that made it difficult to walk and in this short period, I am able to walk along stairs normally, not just one at the same time. Also, the pain is fully gone. I now see the sunlight as a friend and a wonderful gift from God that was meant to heal us and help us and give us lifestyle.000 IUs of D3 plus 2 Super K's from Life Extension every day. I am very grateful I came across this book which information. if you have an illness this is likely part of the problem may be saving my life from a neurodegenerative disease that's universally fatal - am more than a year past my expiration date distributed by my doctor and may be discharged from hospice cause I haven't died yet and I think this has alot related to it intelligence reading every day fifty percent way through important knowledge designed for longer and better lifestyle more should read. Legitimately works! On the other hand, high dosages of D3 can cause osteopenia-osteoporosis using people, particularly if their bone turnover is usually increased. Mid-finger there is still some pain, but greatly reduced from about a five on a 1-10 scale to in regards to a 1 and swelling there is completely eliminated. It persisted for approximately a year. I experienced it drained twice and was thinking of surgery because of frustration. I examine this publication along with Dr. Consequently, recommending high doses of vitamin D3, without a medical basis that settings what is happening, is highly dangerous. And 5 weeks later the cyst shrunk and now is gone. This really was my small miracle. I fluctuated with doses of 30k to 60k together with the Life Extension Vit K blend. My SOLGAR D3 can be 10,000IU, and last week I was at a meeting and very very busy & I was on medication, then was able to get off through diet and exercise, but got some traumatic occasions that caused me to gain weight and acquire all those former conditions with heart palpitations added. Information Very informative I also bought 1 for my friend we both low in vitamin D Very Informative I

only tried the megadoses for about a week and a half so far because I'm trying a fast for 30 days ; This is an extremely unusual book.. I am so grateful for this publication. I have listened to lectures from many, many people online and I've ordered some additional books to greatly help clarify my approach to the use of both of these supplements. Leong's reserve on Vitamin K2. The reserve is important, because it demystifies misconceptions of medicine, but with out a medical help in the administration of high-dose D3 supplementation, that is a danger. Eye opening book Espouses an alternative solution approach that functions. I am glad I found this book and I am glad I read this publication. Sugar and blood circulation pressure are great and I believe the calcium is being removed my blood vessels. It will save time and money. Over the past two roughly years I have utilized 20,000 iu vitamin d3 to address lingering pain in shoulders from rotator cuff accidents, 7 warts on the bottoms of my ft, left hip ache which would occur ahead of rainfall storms from barometric pressure adjustments, a few little scaly fungus patches on my encounter, and a malformed toenail using one of my ft.I found an article about using an exercise of squeezing a small semi-soft ball to heal it. /Toxicologist with a PhD in clinical pharmacology LIFE-CHANGING. A must-read! Everyone should read this publication. I next attempted a fully closed fist which I have not been able to do since early September this past year. I've been taking very doses of supplement D3 for just two months right now, and the switch in health and energy is amazing. My hormones have been out of whack for a long time, and I currently feel just like I'm stabilized. I could feel the difference instantly- the 1st week. My glucose cravings are gone, my menstrual period is a breeze, mood is fantastic, sleep can be deep and restorative, but I want less than before, depression is gone, old back injury is normally cracking and popping into place without PAIN, thoughts are clear, nails are growing for the first time in my own life... this book was the solution for me. I even bought the reserve and SOLGAR D3 & K2 for my mother to consider. She's struggled with despair for years. I've seen an MD 4-5 occasions in 47 years. I can today close it about 90% but the try to close it completely still causes pain. This was the deal maker! for reasons unknown I thought it had been only 1 1,000 IU. Therefore accidentally, for 7+ days, I took over 150,000IU PER DAY. I do end up getting a little twinge in the kidney area therefore i stopped completely. Will need a little break before resuming 50,000 IU/day. Guess what, though? I'm alive.



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