

# The Optimal Dose



Restore Your Health With  
the Power of Vitamin D<sub>3</sub>

Judson Somerville, MD

MD Judson Somerville

The Optimal Dose: Restore Your Health with the Power of Vitamin D3



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You could be surprised to discover that all these problems may be the result of a deficiency of one substance that is misunderstood since its discovery in 1939. In THE PERFECT Dose, he reveals how supplement D3 saved his personal life when all else failed and clarifies how this essential vitamin is key to acquiring answers to your very own health questions and issues. Do you awaken multiple times during the night, have sleep apnea or restless leg syndrome? Are you overweight and always hungry, and wonder why? Are you, a loved one or a pal still experiencing a health issue after you have exhausted traditional healthcare choices? This ground-breaking book is your possibility to regain your wellbeing quickly, safely and easily. While it is named a vitamin, D3 is often a hormone. It was first used to take care of a childhood bone disease called rickets. And, almost all the analysis on the benefits of supplement D3 has been carried out at doses which are 80 times less than the optimal doses described in this publication. That substance is vitamin D3. Do you constantly feel fatigued or feel something is wrong, but can't find out why?



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Unsettling, eye-opening, as well as perhaps even life-changing Not absolutely sure where to begin with this book. I love an excellent health read.. This publication will without doubt be labeled as controversial by many. There are numerous people who are defiantly against acquiring high doses of vitamin d3, which this reserve proudly supports. Having said that, the author backs up what he says. Starting with a compelling story of his own journey. So much to say. There are a great number of studies he cites and he switches into detail about how vitamin d3 treats specific illnesses, such as respiratory, obesity, sleep problems and more. The author goes into detail in what seems to be a 15 12 months long trip of recovery, ending with - you guessed it- supplement d3 because the super hero. The reality and science are also there to support this publication. And he continues on to detail tales about their own healing journeys as well. It is also about his patients (he is a doctor). But this book is more than just about stories from him and his patients. The pain that this man has experienced, especially the terrible tale about the brown recluse bite is normally horrifying. A few of the stories of results, specially the obesity types, from taking supplement d3 are really amazing. Since reading this, I've been working on upping my vitamin d3 intake, and have noticed some mild results thus far. Yes, it doesn't sound true, however the writer does offer explanations for why this weight loss happens when taking vitamin d. Patients losing a huge selection of pounds from simply taking the vitamin. More and more I've been experiencing chronic congestion, and to my delight it's gotten slightly better days gone by week as I am getting ultimately more d3. It's probably too early to indicate this as the sole reason. But I'm optimistic. We immediately followed his advice Amen to Dr. I am convinced and already taking Vit D! Two years ago, I was shocked when my blood check indicated a severe D deficiency. I learned do much scanning this publication! . . , no wait, it's already here. Do yourself this one favour; Also, the reserve was well crafted and an easy task to follow. He and his patients all regained better health after a lengthy stretch of ill health insurance and low quality of life. And not in a teacher-student way. Dr. Somerville is knowledgeable about his subject matter and delivers his message with obvious care and passion. You can find clear explanations of what he calls "wintertime syndrome", and how exactly we inside our day and occasions, are all suffering from it. This Great Doctor's Personal Story of Triumph Over Tragedy is Cause Enough to Get This Book! I recommend this book to anyone interested in their health and well-being. Nevertheless, you are also provided the science and the path to Optimal degrees of Supplement D3 and its benefits. The style of this book is science meets everyday man. It is so honest, as Dr. Somerville tells not merely his patients' stories but, his own story as well. You get plenty of researched information and a lot of real people tales. The Optimal Dose will astound you with practical, experience based, factual scientific info. Each chapter is closed with a useful review. It's an excellent read, very educational. testimonials from sufferers, and a lot of aha! occasions in this publication. I'm a believer and I highly recommend this book to you. Impressive research and real life results Not only do I really like Doctor Somerville's personal tale of reinventing his lifestyle after tragedy struck, but also how he transformed himself in to the best kind if Functional Medical Practioner by getting a better, natural cure for himself and his patients. Kudos to him for getting the courage to broadly publish something that goes against the establishment, but offers desire to millions. There's now hope for so many suffering from sleeplessness, restless leg syndrome, low energy, blood sugar levels problems, low immunity, snoring and weight gain amongst others. The research, real-presence examples and in-depth explanations are impressive more than enough to inform medical professionals, but written within an easily understandable method for the laymen. In any event, this is an excellent book, definitely in the very best 5 out of the 30 or so books I've read this season. Eye-Opening and Informative! Learn almost all about the benefits of Amazing and Powerful Vitamin D3 Winter Is Coming . Excited to give it a try! The explanations for why that is

essential are well-researched, clearly organized, and backed by way of a ton of anecdotal proof. But, don't think that the book will read like a text reserve. His work is well documented and sited. Dr. Summerville's phrases are conversational throughout. You come to comprehend why and the awful implications of Vitamin D3 deficiency. I had no idea just how many methods D3 contributes to our well-being and health. This book immediately appealed to me when I realized its recommendations of Vitamin D3 at optimal levels can help me with several issues I have, including restless leg syndrome, allergies, and sleepless nights. I want to hear even more how he overcomes his unique story of so much misfortune which he offers converted into blessings of beautiful service to patients. I have high hopes that this will be precisely what I've been looking for. I also love that he outlined a website where we can go to ask queries and get further help—talk about going far beyond! But that doesn't have to be the case. Well done! Increase intake of D3 for most health benefits Dr Somerville gives a apparent explanation of the numerous benefits to individual health and longevity when taking the perfect dose of D3. I was a skeptic, but having scrutinised this publication from start to end I've decided that it explains a good deal and I'm bound to look at my Vitamin D3 levels and those of my family members. The optimal dose that is recommended in this reserve is not within standard suggested ranges, however the research and medical practice certainly support what this doc is normally recommending. The best chapters worried the benifits of the perfect dose for better sleep, weight reduction and longevity. I love it that the doctor is posting his wisdom and individual success stories. The optimal dose is much greater than what is normally used. He makes an extremely strong case for increasing to the perfect dose! I am! Great case for D3! you won't regret it. The author's journey isn't solely about him. An useful and fun examine! Everyone ought to understand the significance of the perfect dose of Vitamin D to feel hope again! Lol. There is the testimony of his life; Lots of useful information for optimal health by taking optimal dose of supplement D3. Caution This may be a well crafted book, however please check with your primary doctor. The author is no longer able to practice medication in the condition of Texas because of improper prescribing of narcotics. MUST READ for FITNESS TRAINERS and Healthcare Specialists! Dr. With Somerville's real world experience, I am a lot more self-confident applying this with myself and clients. Definitely recommend! We all have been suffering from Vitamin D3 deficiency. Wow. Somerville's 30 years of practicing medicine in the regions of pain management, also to this discovery of the hidden miracles in the perfect dose of Supplement D3. And a controversial one tends to peak my curiosity. The author's tale of healing is astounding. Dr. Somerville's writing is so clear, it's like he is sitting with you telling you a tale. He patiently goes through every factor that contributes to Vitamin D insufficiency. I look forward to his future books. It won't. Highly recommend that one as it is incredibly eye-opening and simply may change how you think about curing, and could even change your life. I did my own limited study and contemplation and came to the realization our culture--due to your damaging the ozone layer of atmosphere--is avoiding sunshine, our primary source of Vitamin D. And when we lack Vitamin D, it impacts every organ, action and function. I've been a personal trainer (online and offline) for the last 4 years and I never would have thought about Vitamin D3 and most of its' benefits! Somerville switches into the fine detail! My dosage increase was gradual and took nearly 2 yrs to come back on track. As it did, my brain became sharper and my disease fighting capability strengthened. My locks stopped falling out and my fingernails grew strong again. I'm really thrilled to try this, especially to help with my restless hip and legs as they've been getting worse so when not a lot helps...and, right now, to the globe. He explains why current recommended doses are miscalculated. Meanwhile, I have upped my dosage of Vitamin D3 and I'm feeling some immediate boosts in energy, relaxed, and clarity. Well researched, powerful proof, easy to read As a fellow doctor, I came across this book well written, easy to read, and well cited to appease my analytical

side. The corroboration of the perfect dose can be given through individual testimonies from hundreds he has treated. I have already been recommending dosages in the higher edges of Vit D3 dosing and seen results as well, but have observed greater personal results since implementing even higher dosing as recommended in this publication. A well rounded reserve - and from someone who has researched Vit D extensively currently, I learned a lot more! If you're fighting your health, you borrowed from it to yourself to give this a examine. I'll return to this review with an increase of of my outcomes after assessment this out for a series of weeks/months.. His story is certainly riveting and his study is unmistakable. Lots of information, well-written I meant to go right to the section that informs me the optimal dosage of vitamin D3, but I ended up reading the entire book! Well-written, simple and quick to read, and supported with easy-to-understand science. Each chapter ends with a recap and what amounts to become a medical journal content literature review to get each beneficial chapter subject. I couldn't place it down because it ticked so many boxes for me and those I know: Alzheimer's, Chronic Exhaustion Syndrome, Autism, pounds gain, anti snoring, immune complications - the list has no end. Based on the doctor, it's perpetually here. I really like the authors writing style and personal stories that support his D3 recommendations.



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