

*"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*

SORAM KHALSA, M.D.

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Vitamin D Revolution (09) by Khalsa, Soram [Paperback (2009)]



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Nature calls for vitamin D to end up being synthesized from sunlight. Was told to take 2000 IU. Supplement D Revolution Units the Precedence on The Critical Need for Vitamin D This is actually the second book I've continue reading vitamin D and, not surprisingly, we have been severely deficient in this vital hormone. Having adequate levels of supplement D can operate many metabolic pathways through the entire body, targeting DNA, cells, tissues, and organs. Analysis statements that it prevents 19 different types of cancers. Dr. Among the best things about this reserve is that it had been offered as a free download for my Kindle. On March 3, 2012 I experienced excruciating pain and an ugly rash around the upper section of my body. Five Stars Good information Five Stars Great book At this time. I steer clear of the sun like crazy after having squamous cell carcinoma taken off my nose. Another doctor explained I was too much in this supplement, that it had been toxic. After doing my own independent study on vitamin D, in addition to reading "Vitamin D Revolution" and "Power of Vitamin D" by two knowledgeable doctors, I've come to believe that vitamin D can save lives, improve general wellness, and become an alternative solution to pharmaceutical drugs in assisting patients recover from bone disease and health problems. A VERY IMPORTANT Resource for Basic Wellness Improvement. How could I probably be deficient in the sun vitamin? I am hoping the ideas shown of the individual body's requirements for a far more efficient level of nutritional intake will be widely read. The concepts in this reserve have made a marked difference in my own health since March 2012. D. This condition necessitated a quick visit to a hospital er one evening. The condition was diagnosed as "regular T-4 Shingles," Herpes Zoster, that frequently occurs as an aftermath of a long-forgotten childhood bout with Chicken Pox! Carolyn McElrath Age 83, Retired High School Teacher Repetitive and Boring, But Good Information Though I loved the information I picked up out of this book, I found it boring and repetitive. The pain medicine had horrible unwanted effects, and barely diminished the pain of the rash. The anti-histamine just produced me sleepy, and do small else. I was reminded of something my mother once said after a long period of coping with various procedures: She said: "Today I understand why doctors call it 'practicing' medicine, because they just continue practicing, never really getting it just right." By the end of 90 days my symptoms had improved only slightly. The rash was healed, but there remained deep pain where in fact the rash had appeared, and there was deep scarring from that rash. I was told by my doctor that I possibly could not get a vaccination against a future onset of Shingles provided that I experienced any symptoms of this assault. I also learned from my search on the internet that the pain could last the others of my lifetime, because I am elderly. I'd love to hear from other people who have browse this book or followed the higher vitamin D intake and find out how well it functions for them.. I came across information about how to strentthen one's fundamental disease fighting capability, including data on which supplements to include to accomplish this. That is certainly how I came across this book, "The Vitamin D Revolution. I've been vitamin deficient for years and constantly forget to take my vitamin supplements. I now have hardly any pain. However, went to observe an integrative doctor who thought it was a joke for my condition and place me on 10000 IU for 3 mos and 5000 to keep level. This book is well-written, readable, and worth the reading time, especially if one needs treatment that's more than just a prescription to ease symptoms. The info in this reserve can actually bring about remedies of several of our common ailments. Trust me. I am living evidence that it's true, based on good technology and great outcomes. Spram Khalas, M. Thanks, Amazon. 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 guidance that maybe an anti-histamine will be helpful in dealing with the painful

rash. The information I must say I wanted was tucked in to the last few web pages, yet by then I think I had figured it out. I really do think those who are having medical issues and those who want to maintain themselves healthful would find this book informational, at least. The problem was repeated again and again. Found out my D level was 11 ng after my hematologist did some bloodstream work. One doctor told me that I was vitamin D deficient. The next step is to convince physicians to create checking Vitamin D blood levels in every affected person mandatory, to recommend adequate sun exposure, and also have medical schools incorporate the importance of Vitamin D into their curriculum. This reserve proves that it's extremely difficult to have toxic amounts of D. That our bodies use this vitamin totally. And it appears that I have all of the symptoms of adult rickets. Those are the symptoms of fibromyalgia, at least my connection with it.. I will continue and get tested quickly. And I will continue to study this and other methods to find my health again. Very discouraging. Like many nonfiction books, this one followed the method of telling us there is a problem, why we have the problem, and what analysis has been done. Just awesome! Important information for everybody on the sunshine vitamin Great information, but a bit dated. However, my personal encounter with my doctors has produced me more than interested in this vitamin. "Supplement D Revolution" has left me more than convincing? that vitamin D is definitely monopolizing, in more ways than one, the metabolic procedures inside our body and deficiency could cause many malfunctions. Within a couple months level went up to low 30 something. I am so grateful for the information in this reserve. I'm feeling great and all I could say is many thanks Lord Almighty! I didn't find this in his book, but he does provide a website with these details. Unselfish and accurate details that I desire most doctors would show their sufferers. New studies show the significance of vitamin MK-7 (K2) when acquiring high doses of D3. And thank you for such great reserve. Assists me understand my problems and possible help. Life changer. Read Today. Right now.. Life changer. Read NOW. Research on this powerful vitamin is still relatively youthful, but I hope prospective studies will shed even more light on this important steroid hormone.. Very well written, great details. And I am now taking the amount of vitamin D that the first doctor advised me to take. This information and continued pain caused me to explore the web for more information. I live in Phoenix, Arizona and when my doctor ran a Vitamin D lab test, I kind of laughed, to myself. This book has made a confident contribution to my very own health in the past couple of months. Well, I was. With regards to more discoveries about the consequences of vitamin D, technology is normally heading in the right direction. Of course I'm supplement (hormone) D deficient. I've gotten unwell all my life especially every winter. After scanning this book, I'll immediately study a credible business that sells a reliable source to make sure I'm getting a precise dosage. The only reason I'm not really giving 5 stars is this book could be repetitive, but other than that, it's a very good read. Phenomenal I actually am excited to implement this. I take vitamin D3 daily. My immune system is horrible." This information has been most valuable if you ask me in overcoming the Shingles symptoms, and appears to have brought significant improvement in my arthritic feet as well! In fact, I didn't even bother with them because my doctors have never connected it to anything important. I currently bought and started taking vitamin D and also other vitamin supplements and I am excited for this winter season- to find if it helps me avoid the flu and throat attacks that I always get. Very informative. I have a lot of medical problems ... Very informative. I've a whole lot of medical problems. I wish he'd update his book and make it on Amazon instead of the older book., has impressed me on what he understands on vitamin D.



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