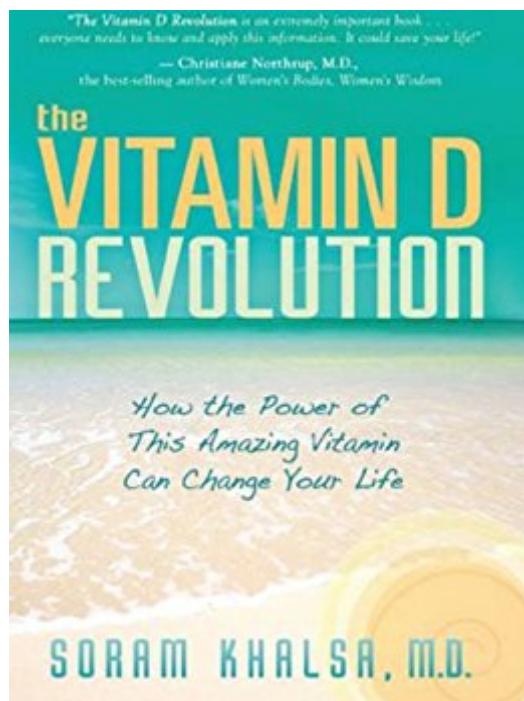


The book was found

Vitamin D Revolution



Synopsis

Recent, groundbreaking medical research has made a connection between Vitamin D deficiency and 17 types of cancers, including breast, colon, and prostate. Illnesses such as influenza, diabetes, multiple sclerosis, and coronary heart disease have also been connected to a lack of this vitamin. Until not too long ago, not getting enough Vitamin D (the sunshine vitamin) was only associated with rickets, the childhood bone disease. Now, Soram Khalsa, M.D., sheds new light on the power of this long-forgotten vitamin. He reveals how to recognize signs of Vitamin D deficiency, which has reached epidemic proportions in North America, and then shares insights from his Beverly Hills medical practice, where he normalizes his own patients' Vitamin D levels for their optimal health.

Book Information

File Size: 653 KB

Print Length: 242 pages

Page Numbers Source ISBN: 1401924700

Publisher: Hay House; 1 edition (March 1, 2009)

Publication Date: March 1, 2009

Sold by: Digital Services LLC

Language: English

ASIN: B003X4LELY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #208,691 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #54 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Vitamins #56 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #70 in Kindle Store > Kindle eBooks > Medical eBooks > Basic Science > Physiology

Customer Reviews

Dozens of medical research studies leave no doubt that having enough vitamin D will provide strong protection against cancer, heart disease, diabetes, and diseases that collectively kill over 2 million

Americans every year. The studies typically show that after 5 years or so, those in the highest quartile of vitamin D status die from chronic degenerative diseases less than half as much as those in the lowest quartile. Dr. Soram Khalsa does a good job of explaining the benefits and cutting through the confusion and misinformation. The Vitamin D Revolution is a good starting point for anyone wanting to prevent serious illness or supercharge their immune system. There is so much good information contained in this book I would recommend it to anyone. It is clearly written in non-technical language and is carefully and extensively researched. Starting on page 67, Dr. Khalsa's explanation of long-latency vs short-latency deficiency diseases sheds important light in how and why the government recommends an inadequate daily dose of 400 international units. (They were addressing bone disease but were unaware at the time of vitamin D's role in other far more serious diseases that take decades to develop.) There is an excellent description on page 8 on what makes vitamin D3 (cholecalciferol) better than D2 (ergocalciferol). On page 140 he points out doctors sometimes mistakenly prescribe the 1,25(OH₂)D blood test whereas the only reliable test is the 25(OH)D. The ultimate message of the book is that we should all be trying to obtain a blood level around 50 mg/mL based on the 25(OH)D blood test, which in most people requires supplementing with 5000 IU of vitamin D3. Semiannual blood test are a good idea to track your progress and insure you don't overdose.

This book has made a positive contribution to my own health in the past few months. I hope the ideas presented of the human body's needs for a more efficient level of nutritional intake will be widely read. The principles in this book have made 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 body. This condition necessitated a quick trip to a hospital emergency room one evening. The condition was diagnosed as "typical T-4 Shingles," Herpes Zoster, that often occurs as an aftermath of a long-forgotten childhood bout with Chicken Pox! In that ER, I received prescriptions for an anti-bacterial cleanser for treating the rash, and a strong pain medication, as well as advice that maybe an anti-histamine would be helpful in coping with the painful rash. The pain medication had horrible side effects, and barely diminished the pain of the rash. The anti-histamine just made me sleepy, and did little else. I was reminded of something my mother once said after a long time of coping with various medical treatments: She said: "Now I understand why doctors call it 'practicing' medicine, because they just keep on practicing, never really getting it just right." At the end of three months my symptoms had improved only slightly. The rash was healed, but there remained deep pain where the rash had appeared, and there was deep scarring from that rash. I was told by my

doctor that I could not receive a vaccination against a future onset of Shingles as long as I experienced any symptoms of this attack. I also learned from my internet search that the pain could last the rest of my lifetime, because I am elderly. Very discouraging.

[Download to continue reading...](#)

Power of Vitamin D: A Vitamin D Book That Contains The Most Scientific, Useful And Practical Information About Vitamin D - Hormone D Fruit Infused Water: 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) The Vitamin Cure for Eye Disease: How to Prevent and Treat Eye Disease Using Nutrition and Vitamin Supplementation Vitamin K2: Understanding How a Little Known Vitamin Impacts Your Health Vitamin K2 and the Calcium Paradox: How a Little-Known Vitamin Could Save Your Life Vitamin D Revolution Liquid Vitality: Simple and easy vitamin water recipes Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Sunlight, Vitamin D and Skin Cancer (Advances in Experimental Medicine and Biology) Vitamin C, the Common Cold, and the Flu Multiple Sclerosis and (lots of) Vitamin D: My Eight-Year Treatment with The Coimbra Protocol for Autoimmune Diseases THE LUPUS SCANDAL!! HOW A HORRIFYING DISEASE CAN BE EASILY CURED IN 7 WEEKS WEEKS WITH HIGH DOSES OF VITAMIN D3 The Vitamin E Factor: The Miraculous Antioxidant for the Prevention and Treatment of Heart Disease, Cancer, and Aging Vitamin C: The Real Story: The Remarkable and Controversial Healing Factor A-Z Guide to Drug-Herb-Vitamin Interactions Revised and Expanded 2nd Edition: Improve Your Health and Avoid Side Effects When Using Common Medications and Natural Supplements Together The B12 Deficiency Survival Handbook: Fix Your Vitamin B12 Deficiency Before Any Permanent Nerve and Brain Damage Vitamin K2: The Missing Nutrient for Heart and Bone Health Fruit Infused Water: 101 Fruit Infused Water Recipes for Weight Loss, Detox and Metabolism Boosting Vitamin Water Defend Your Life: Vitamin D3 A Safe, Easy, and Inexpensive Approach to Improving Quality of Life Curing the Incurable: Vitamin C, Infectious Diseases, and Toxins

[Dmca](#)