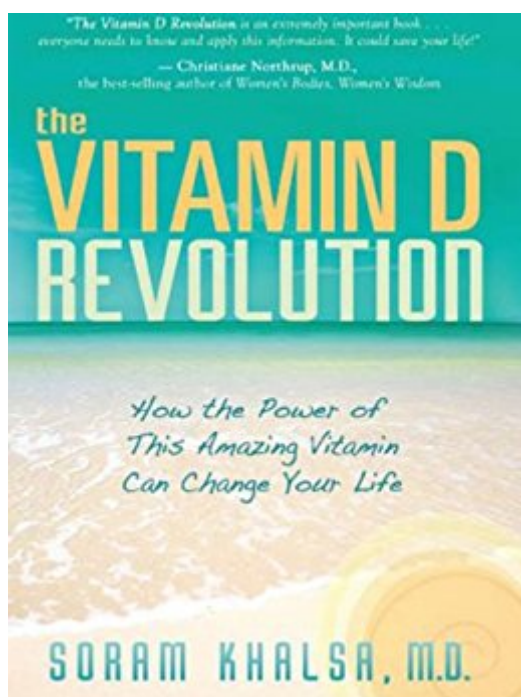


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# Vitamin D Revolution



## 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.

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## 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(OH)<sub>2</sub>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 ng/mL based on the 25(OH)D blood test, which in most people requires supplementing with 5000 IU of vitamin D3. Semiannual blood tests 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.

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