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5 Key Supplements for Vegans & Vegetarians to Thrive

"Vitamin D Revolution" has left me

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more than convincing that vitamin D is monopolizing, in more ways than one, the metabolic processes in our body and deficiency can cause many malfunctions. Nature calls for vitamin D to be synthesized from the sun.

Vitamin D Revolution - Kindle

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edition by Soram Khalsa ...

In The Vitamin D Revolution DVD, Soram Khalsa, M.D., sheds new light on the power of this long-forgotten vitamin. In an easy-to-follow slideshow format, he reveals the importance of recognizing vitamin D deficiency, which has reached epidemic

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proportions in North America, and then shares insights from this California medical practice, where he normalizes his own patients vitamin D levels for their optimal health.

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Vitamin D | Dr. Soram's Integrative Medicine

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D to be synthesized from the sun.

The Vitamin D Revolution: How the Power of This Amazing ...

The Vitamin D Revolution - Prevent Cancer Deaths and More with Vitamin D Everyone should want to supplement with vitamin D even if the

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only benefit was no more than preventing the common cold or flu in winter, strong bones in your old age, and fewer falls without ever breaking a hipbone.

**Revolution-D™ Vitamin D3 Formula |
D3 125 mcg (5000 IU ...**

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The Vitamin D Revolution. Vitamin D's influence on key biological functions vital to one's health and well-being mandates that Vitamin D supplementation can no longer be ignored by individuals striving to achieve and maintain a greater state of health.

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Vitamin D Revolution | Vitamin D Deficiency Survivor

The Vitamin D Revolution: Research shows that there is no longer any question that humans are intended to get UV exposure in quantities consistent with developing a suntan.!

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There is no natural way for most people to attain Natural Vitamin D Blood Levels other than regular UV exposure.!

The Vitamin D Revolution - The Natural Health Perspective

Revolution-D is formulated with an

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optimal 5,000 IU dose of vitamin D3 (as cholecalciferol), the most natural and absorbable form. According to experts, this is the perfect daily dose for adults and can quickly correct your vitamin D deficiency.

The Vitamin D Revolution

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Vitamin D is really more of a hormone than a vitamin and it can be synthesized in the body. It is synthesized in the skin due to sunlight exposure. It is actually a group of sterols with hormone-like activities. 1,25-dihydroxycholecalciferol (Vitamin D3) is the active form. Good sources:

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There are two forms of vitamin D that you can obtain in the diet.

What lies behind the vitamin D revolution? - Clinical Advisor

Summary of key points in Vitamin D Revolution. Vitamin D is not actually a vitamin but a hormone. It is a powerful

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steroid hormone, fat soluble, and can pass through cell membranes to bind to vitamin D receptors. It can affect approximately 200 genes in the body and according to John Cannell, M.D.:

The Vitamin D Revolution by Soram Khalsa, Book Summary ...

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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

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vitamin.

Vitamin D | Revolution Health & Wellness

What Makes Revolution-D™ a Superior Vitamin D Supplement? Vitamin D3 - 125 mcg (5,000 IU): Includes the optimal dose of 125 mcg (5,000 IU)...

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Magnesium - 125 mg: Magnesium is involved in every stage of vitamin D metabolism. Zinc - 10 mg: Zinc modulates the cellular absorption and interaction of ...

The Vitamin D Revolution: Research shows that there is no ...

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Dr. Soram Khalsa, author of the of the book *The Vitamin D Revolution*, believes there is a Vitamin D epidemic happening due to a lack of knowledge regarding just how important it is to our health. He told Dr. Oz that Vitamin D deficiency has been linked to 17 types of cancer, heart disease, diabetes,

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osteoporosis, and chronic pain.

vitamin d revolution book - Importance of Health

I once asked a scientist in the Vitamin D revolution how change in the medical industry could be brought about to improve the health of the

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world's population. His answer was simple, "It will take leadership." Leadership is one of those words that is hard to define in social groups. We often mistake management for leadership.

Amazon.com: The Vitamin D

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Revolution: M.D. Soram Khalsa ...

They defined deficiency as a vitamin D level less than 20 ng/mL. They defined a severe deficiency as a vitamin D level less than 10 ng/mL. In the eyes of progressive vitamin D researchers these are extraordinarily low vitamin D levels. But these are the levels where

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research is done.

The Vitamin D Revolution: How the Power of This Amazing ...

Vitamin D's traditionally acknowledged role is in bone metabolism. The pathognomonic vitamin D deficiency disease is rickets,

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but less overt prolonged insufficiency results in osteomalacia.

Dr Oz: Vitamin D Revolution Review & Supplement Recommendation

Vitamin D is known as the sunshine vitamin because the only way to get it naturally is by exposing your body to

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sunshine. While our ancestors lived outdoors and didn't wear much clothing, in the modern world, this has changed.

Official Site of Dr. Cannell's

Advanced D™ - Vitamin D ...

vitamin d revolution book REVIEW –

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IMAGE SOURCE AMAZON 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

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a lack of this vitamin.

Amazon.com: Stop Aging Now Revolution-D Vitamin D3 ...

The Vitamin D Revolution: How the Power of This Amazing Vitamin Can Change Your Life. Recent, groundbreaking medical research has

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made a connection between Vitamin D deficiency and 17 types of cancers, including breast, colon, and prostate.

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