

1/24/2021

Testimony from Carole A Baggerly, Director, GrassrootsHealth Nutrient Research Institute

GrassrootsHealth introduced a 'Call To D*action' with a Scientists' Panel of 48 International Vitamin D Researchers from UC San Diego, Harvard, Boston College, University of Toronto, Canada, Europe, Germany, etc. They stated and published in 2009 that fully 75% of the world's population is deficient, and, the target 25(OH)D range is 40-60 ng/ml.

Since that time, we have been running a fully IRB approved population trial of 15,000+ participants and have shown clearly in published, peer reviewed journals, that

1. Any vitamin D dose, eg, 4000 IU/day, will show serum levels varying by a factor of 6—from 20 ng/ml to 120 ng/ml based on that person's other variables—food, other nutrients, weight, time of day, etc. The serum level is THE measurable target and demonstrably related to changes in risk. With breast cancer, we demonstrated an 80% risk reduction from 20-60 ng/ml; with preterm birth, a 40-60% reduction by getting to 40 ng/ml from a starting level generally less than 20 ng/ml. Similar reductions are true with cardiovascular diseases, diabetes, multiple sclerosis, etc.
2. In order to be able to justify the expense of testing and supplementation at this time, this is easily done by looking at the cost of getting the disease/treatment!
3. Based on the current data we have regarding the covid-19 situation, by getting the people's serum levels tested to start, providing a rapid/simple intake of D3, they can help prevent at least 50% of the incidence and likely 100% of deaths if they get to 60 ng/ml.
4. The testing can be provided by a lab at the medical facility or by a home blood spot test as part of some project.

In North Dakota, the risk of 'failure' is of the act of doing nothing. By addressing the D deficiency, now, by testing to start and 3 months later and then annually, (in March is ideal), and, providing daily supplementation, your state will stand out in health!

Please don't hesitate to call/correspond with me at

Carole A Baggerly

Director

GrassrootsHealth Nutrient Research Institute

2018 Game Changer Award, Mercola

2018 Education Award, NBJ Summit

2016 Humanitarian Award Recipient

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