



HONORING CAROLE:

A LIGHT THAT SHINES FOREVER BRIGHT

Dear Carole, your unwavering commitment and radiant energy have left a lasting mark on everyone around you. Whether through your kind words, inspiring leadership, or the countless lives you've touched, you've made the world a brighter place.

On behalf of all of us, we want to say how deeply grateful we are to have known you, Carole. Your warmth, wisdom, and love will live on in our hearts forever. You were more than a friend; you were a true guiding light, and we will always miss you.

“Carole **served** as a **guiding light** for me since she visited my wife and in my RV 13 years ago. I have heard various people say that she should be nominated for a peace prize but nominations are not possible for that particular prize.

I continue to find that her focus on vitamin D and pregnancy or children to be excellent targets that have high ROI for quick projects. Preventing and treating Breast Cancer will likely follow, with a 5+ year between supplementation and seeing the results.

- Henry Lahore”

MESSAGES OF LOVE AND GRATITUDE FOR CAROLE

Thank you for the lovely tribute to Carole Baggerly. Oh my goodness, I am very sorry to hear of her passing but what an incredible legacy she has left for all of us. I've been a participant in this program for many years and I am so grateful for all it does for my personal health. I cannot begin to estimate how many thousands of people have also been helped. I have passed on this website many times - especially to friends who have breast cancer.

Also, thank you and all the others who have worked tirelessly to continue and support this program. I am so grateful.

-Tara Buckland

While I didn't know Carole- I was lucky to have read all her shared information for Vitamin D early on and have been in full support ever since. I'm grateful for her time and energy as she spread the word and grateful for all she shared that has benefited myself and my family. Condolences to her family and friends.

-Rebecca Bostick

I have been reflecting reading everyone's emails and thinking back about Carole and how she really influenced all of us...especially in how we interfaced with the public. Skip and I have not been a part of the vitamin D world for a number of years...He is retired and I have taken to an administrative role leading a cancer center....but I am proud to have been a part of this remarkable group of scientists and physicians and I know that the story of vitamin D is not over...and just happy to still be included in this "group". So let's always remember Carole's advocacy.... she will not be forgotten.

-Candace S. Johnson, PhD

I could not believe my eyes this morning when I read the email of Carole's passing. What incredibly sad news. I had not heard from her since March, but assumed she was busy getting her next project started. She had reached out to me and Dr. Wagner (at MUSC) to help with the Vitamin D device- which we were both excited about!

I just wanted to let you know that I am thinking about her entire family and team- I know this is such a devastating loss. I'll never forget her signature line- *Onwards!*....I just loved that. She was such an amazing woman, advocate, and pioneer. She will be missed.

-Bridgette Blankenship

MESSAGES OF LOVE AND GRATITUDE FOR CAROLE

Carole was a great friend to the Vitamin D Workshop and attended many of our meetings. Her enthusiasm and curiosity went a long way towards connecting us scientists with the public as well as raising awareness. I hope Grassroots can continue her legacy in this critical mission.

-JoEllen Welsh

This is very sad news - especially as it is not so long after Leo's passing. As Bill says, Carole will be sorely missed, but she definitely won't be forgotten. A life well-lived indeed!

-Martin Hewison

I found GrassrootsHealth several years ago at a time when I was tired of doctors. I loved the idea of doing my own lab work at home and was grateful for this work of Caroles. Because of Carole many have been and will be helped. Rest in the arms of your Savior Carole and thank you Grassroots for continuing her much needed legacy.

-Patricia Magyar

I didn't know Carole personally but I feel like I did for the last 11 years reading how she brought the science of vitamin D forward with so much passion. I feel we have lost a dear constant friend. RIP dear Carole. Thank you with love for all that you did to bring the science of vitamin D to us.

-Eva Wright

I'm devastated. A force for good health and a bright light of optimism has been quenched. All we can do is carry on with the energy Carole supplied us through her indomitable spirit which lives on. Please let me know if there is anything I can do for you or the family.

- Edward Gorham

It is with deep sadness that I received news of the passing of Carole. She had been an amazing mentor, supporter to me in my humble ways of embracing Vit D to prevent diseases, to maintain health for my patients and for everyone I talked to. She is the sunshine that never ends. Let her drops of sunshine continue to inspire us to continue her work in every community globally.

Rest In Peace Carole.

- Lin Tham MD, FCFP

I was sorry to hear of Carole's passing. She was a great lady and is probably responsible for saving many lives. I originally came across Carole when she was interviewed by Dr. Joseph Mercola, many years ago, and I followed and participated with Grassroots and Carole ever since. My sincere condolences to her family.

- David Scott

MESSAGES OF LOVE AND GRATITUDE FOR CAROLE

First, deep Heartfelt condolences on Carole's transition for everyone in our Grassroots community who felt the "Pull" to listen to her authenticity and sincerity and participate in these programs... While the grieving process must be Honored, we hopefully will eventually find our own space of Gratitude and Appreciation for her presence and contributions to our lives.

Receiving this notification of her passing today (11/1/2024) is profoundly appropriate given the significance of a Sacred Holiday recognized in Europe as "All Saints Day". A time when the collectives takes the time individually to Honor and Recognize family and friends who have gone before us... Carole has been an Angelic and Saint for so many of us!

With you in the Blessed moment.

- Ken Akren

I just wanted to extend my condolences to you and the entire GrassrootsHealth team on Carole's passing. I was saddened to hear the news. I'm sorry I didn't get the chance to meet this incredible woman. Her legacy will live on through you, the work that you do, and everyone who continues her vision and all those who she touched.

- Devra Miller

My deepest condolences. Yes she was a powerhouse!! She was the D lady. So sorry to hear. Carole will be missed. Please give my condolences to the family.

- Steven Gilroy

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-JoEllen Welsh

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-Martin Hewison

The passing of Carole is such sad news. She was knowledgeable, creative and unstoppable and a true advocate of vitamin D. She cared about public health, a rarity as nobody seems to care about public health these days. "WE" have to continue her work.

- Barbara M van Amerongen

MESSAGES OF LOVE AND GRATITUDE FOR CAROLE

Carolyn and I are here together with our thoughts about Carole and how much we appreciate her work and her life.

We are so very sorry for our loss as she will no longer be able to be that true force of nature on behalf of the natural health community here in the US and really around the globe.

There are so many powerful words that can be said about Carole but the true power is in our hearts! She brought our organizations together and made her passion create opportunities for the health of so many. We loved working with her and treasure our time together.

We love you, too, Jen and are grateful for you as well.

Let us know if there is any way we can support you personally in this time of transition - we are happy to help in any way.

-Ginney and Carolyn at RnAReSet

Dear friends, family and colleagues of our beloved leader and friend, Carol Baggerly,

I am honored to tell you about how we met. At a conference at the Diabetes Research Institute, we presented research and preliminary results that supported the supplementation of D3 and Omega 3 fatty acids to prevent Type 1 Diabetes in children at high risk. Sadly, we were at a loss as to how to measure levels. Thankfully, someone in the audience spoke up and told us about GrassrootsHealth. I was so excited! I called Carole, and she immediately agreed to meet and help us. This is likely just one of many times she said YES!!! when she could have declined.

Throughout the years, she has been instrumental in making the process for participation easier for the families. Jen Aliano continues her amazing mission with Carole's "can do" positive outlook and Joie de vivre!

Carole lives on through all she touched and all she created, but she will certainly be missed.

-Sonia L. Chritton

MESSAGES OF LOVE AND GRATITUDE FOR CAROLE

This is so sad. Carole was literally irreplaceable. I offer my sincere condolences.

-Paul J. McKenna

I meet Carole Baggerly in 2009 in Carlsbad, California. We had lunch and I wanted to learn what the mission of GassrootsHealth was all about. I had lost my wife to Lymphoma and learned only the year before that her Vitamin D blood value was about 9 ng's and mine was 50 ng's. We had spent almost 50 years together eating the same food and doing things together. The only difference was I played golf in the sunshine year-round and my wife was sun shy because she was a blue eyed blonde.

Carole explained to me that she had had a radical breast surgery that became a painful event in her life. After finally recovering from the ordeal, she realized that it was a rush to judgment and the surgery should not have been performed. It motivated her to learn how breast cancer can be avoided. With dedication and resolve, she learned the true role that Vitamin D plays in maintaining good health and that Americans are grossly deficient in Vitamin D due to lifestyle and the creation of fear having been created that sunshine is harmful. She in turn created GrassrootsHealth and has a professional Board of Directors that truly understand the role of Vitamin D in maintaining good health. The mission is to educate everyone about how to stay healthy and boost the intake of key nutrients to accomplish that goal. Unfortunately, in America and many other countries, processed foods poor in nutritional value and rich in trace toxins contribute to ill health.

Carole will be truly missed by those who knew her and loved her for her dedication in helping people stay well and avoid cancer.

-Thomas A Braun RPh

Sometime around 2010, (Although I could be wrong on the year), Carole kindly accepted our request to speak to our franchisees, at our annual meeting. This was held in Ontario, Canada. I was (retired now) the franchisor of a large suntanning franchise system with over 27 locations. I knew of the importance of Vitamin D, and also knew at that time we could get a good dose of Vitamin D from UV exposure. I spent a lot of my time promoting this fact to my franchisees, their staff and our customers, letting them know they are doing themselves some good by taking moderate and controlled tanning sessions in our facilities.

-----Continuation-----

MESSAGES OF LOVE AND GRATITUDE FOR CAROLE

We belonged to our industry's association - Smart Tan. Smart Tan offered various online training certifications for our staff. One certification was to become a "D Angel" teaching about the importance of this wonderful vitamin. All of our staff took the certification and, at our annual Gala for staff and franchisees, 12 of the staff wore angel wings on stage to promote again the Vitamin D Angel Certification.

At the annual meeting Carole came to, myself and a few of my helpers wore those angel wings again. Carole loved them, and the idea, and asked if she could also wear a set of wings on stage for her speech. She looked fabulous!

Carole told us her story, and her quest to make as many people aware of Vitamin D as she could.

I have been a member of Grassroots ever since. I absolutely loved Carole and was so saddened by her passing. My condolences to Carole's family and the Grassroots family.

Carole is wearing her very own angel wings now! Goodnight and God Bless Carole.

-Marie Jones

I am so sad to hear of the passing of Carole Baggerly. She was instrumental in enlightening so many people about the remarkable benefits of Vitamin D and its co-factors, and health.

My story starts when I was diagnosed with full osteoporosis in both hips in 2005 - this after taking calcium supplements as I was "told" to do for 2 decades. What I didn't know is that one must have Vitamin D to help calcium into the bones. My Vit D score was 9 ng/mL! (Now my score is 70 ng/mL).

At that time, I was lucky enough to find places online that would give me information. I researched this for 5 years. Thanks to Carole's efforts, Grassroots Health became a valued source of accurate information. Carole has been instrumental in keeping the word out "there" for such a long time—when our doctors minimized the health benefits. Still, we were able to find our own accurate information, thanks to Carole. She inspired me to become my own health advocate. She found a calling—and she graciously shared all she learned with all of us. In short, the world is a better place because of Carole. I am devastated. I hope others will take up the torch and help those now and in the future who are "new" to this information. Thank you Carole, I will think of you often—with gratitude.

-Marcia Ceisel

MESSAGES OF LOVE AND GRATITUDE FOR CAROLE

I enjoyed my meetings with Carole and I am very sorry to hear that she has passed away. My condolences to you and her family.

-John White

I'm devastated. A force for good health and a bright light of optimism has been quenched. All we can do is carry on with the energy Carole supplied us through her indomitable spirit which lives on. Please let me know if there is anything I can do for you or the family.

- Edward Gorham

Carole was a person of unbridled enthusiasm, and she will be sorely missed.

-Bruce Holis

My heart is heavy but I am going to think of all the good Carole did and send blessings to her family and to all of us who loved her. Please keep me updated about the memorial.

-Carol Wagner

Thanks so much for letting us know. She made a difference.

- Linda L Benskin

Carole did a wonderful job of promoting vitamin D to the general public. She realized that the mainstream medical system was not interested in preventing disease with a simple natural compound so decided to reach out to vitamin D scientists, learn the science, and inform the general public. Her efforts contributed to the increased awareness of the benefits of sunlight and vitamin D between 2008 and the present. She will be sorely missed, but her work will live on.

- William Grant

She made a real impact. She and Bruce Ames the same week.

-Bruce Hammock

I was deeply saddened when I received word that she had passed. I fondly remember when she and Leo came to my office more than a decade ago. She was so excited about spreading the gospel of vitamin D for health to the uninformed public. I was very impressed with her enthusiasm and plan to develop Grassroots. I felt honored when she asked me to participate in helping her spread the word about the health benefits of sunlight and vitamin D. Her enthusiasm and drive in promoting the health benefits of vitamin D and sunlight has touched and improved the lives of innumerable children and adults worldwide. Godspeed Carole.

- Michael Holick

MESSAGES OF LOVE AND GRATITUDE FOR CAROLE

I am so sorry to learn of Carole's passing.

Had it not been for my learning about Carole's great work in creating the GrassrootsHealth along with my years-long participation in the testing program, I likely would have died some time ago.

Instead, I am thriving!

My father is almost 80 years old and because he followed the recommendations in the many GrassrootsHealth articles I shared with him, he has lived far longer in retirement than he thought possible and is still so strong that he recently - against my advice - removed a broken full-size refrigerator from his kitchen, with an appliance dolly, and put it out at the curb for recycling pick up without any assistance from anyone else. I have continued to help enlighten others by sharing GrassrootsHealth postings with them. I also encourage them to test their vitamin D levels and challenge physicians who choose to remain ignorant about the importance of vitamin D for overall health. I will never forget the many valuable lessons I have learned from Carole and everyone at GrassrootsHealth.

-Dr. Gregory Thomas

Carole was Awesome. Carole and Leo were great clients, and good friends. Her energy and vision was second to none, I just wished she had more time to take a break and vacation.

We will always remember her and Leo fondly.

- Joe Gorman

Carole was the world's leading pioneer for moving vitamin D research and knowledge from the minds of the scientists into the hands of the public; hers was one of the brightest lights in vitamin D advocacy. She was an unstoppable force, a person of inspirational influence, full of passion and drive. Fueled by her desire to awaken the public to the abundance of research demonstrating the many health effects of vitamin D, research that could make a huge difference in the health and wellbeing of others by just a few simple actions, Carole shined her ever-bright light onto the lives of many around the globe.

Her positive spirit and passion for living a full and healthy life will be greatly missed.

MESSAGES OF LOVE AND GRATITUDE FOR CAROLE

If we wrote everything that we loved and respected about Carole Baggerly, this tribute would be a chapter book. She had such a positive attitude and positive energy that you couldn't help but be uplifted when you were in her presence, whether on Zoom or in person. She defined the concept of taking lemons and making lemonade when she started GrassrootsHealth almost 20 years ago. From a very difficult experience with breast cancer surgery and recovery to a sought-after speaker on the benefits of Vitamin D is a major move, especially at an inopportune time.

Carole was quick with ideas and tenacious in her follow up. She was a consummate connector of people as is exemplified by the Vitamin D*action project.

We will miss this wonderful lady and her never ending smiles and warm-hearted approach. We will never forget our interactions with her and the caring manner that she conducted her business. Our condolences, thoughts and prayers for Carole's family, close friends, and associates!

David and Wanda Letourneau and the team at Enyrgy Vitamin D Light Therapy.

- David Letourneau

What a wonderful and selfless lady. Certainly a life well lived. She will be missed. What a legacy she has left

- Jenny

It is so sad to learn of Carole's passing so soon after we lost Leo. My condolences to their children and their families.

I still remember Carole and Leo visiting Corvallis and attending the Diet and Optimum Health conference in Corvallis many years ago. The passion they both showed for vitamin D, micronutrients and human health, reminded me why I got into research. I am so grateful for the work by both of them to educate the public about the importance of the research we all do and how to use the knowledge to improve human health. She brought a unique energy to the field. I still remember her, armed with an iPhone and interviewing various researchers during the conference including myself with thoughtful, probing questions about our research so she could post videos of those interviews for public consumption. She has created an incredible legacy with GrassrootsHealth that will continue to benefit everyone.

Best wishes,

-Fritz

MESSAGES OF LOVE AND GRATITUDE FOR CAROLE

I appreciate all that Carole did. Vale Carole

- Lisa Dent

Dear Christine, Keith, Derek, and all who cared for Carole,

My most sincere condolences.

I vividly recall meeting Carole and Leo when they started their journey across the country in an RV to engage scientists to more actively promote the importance of vitamin D for health.

Bob Heaney and I met with them in his office, and we were both enchanted with these two intelligent, engaging individuals who understood the science behind vitamin D's role in the body and who had the insight and courage to apply and disseminate their knowledge.

Considering our struggles to convince folks that vitamin D wasn't quackery, Carole and Leo's message really hit home for us.

Carole was not only intelligent and passionate about improving health, she was also very persuasive and tenacious. The development and success of GrassrootsHealth serves as testimony to that.

Please take comfort in knowing that Carole followed her passion, and, in doing so, improved the lives of very, very many people. Her work will be carried on far into the future.

-Joan Lappe

Carole advocated for such an 'easy fix' for improving health throughout the world.

A long path from the 'sunshine' vitamin but having it in milk and in dietary supplements in developing countries is having a profound impact.

All for the better.

-Carolyn Wells

Very sad news.

Brought a tear to my eye.

-Monte Wood

My heart is incredibly sad after hearing the news of Carole's passing. I have always thought of her as a true hero - and it's not always easy finding a hero in today's world!

Thank you, Carole, for being such an example to me of an individual living with courage, determination, an unlimited quest for knowledge, and compassion.

- Vachan Sharma

MESSAGES OF LOVE AND GRATITUDE FOR CAROLE

I'm Sending prayers, light and love for her family.

She was a remarkable woman who shifted the paradigm of health for so many others.

-Patricia Silverstein

Oh, I am so sad and sorry - Carole was a colossus who achieved so much for us. We are eternally grateful for her fight to disseminate important information with regard to vitamin D, and latterly the other vitally important supplements and minerals that support homeostasis.

Thank you Carole - you taught me so much. Rest in peace

-Frederica Huxley

I'm so sorry to hear about Carole!! I saw your newsletter regarding her passing. I wasn't expecting this at all and it's hard to believe I won't receive any more phone calls or emails from her! Previously, we visited a lot! However, not much recently. I have very fond memories of our many visits for many years!!

I hope you and GrassrootsHealth will be OK and be able to continue your work. You've been extremely important to GrassrootsHealth and many people appreciate your work as well.

Please stay in touch and Thanks for everything you do! Sending Hugs!! Onwards! (as Carole said to me many times)

-Lora Daniel

This is such sad news. Condolences to all who loved her. Her loss will be felt.

-Sue

Sending condolences.

-Andrew Cuscianna

I am so sorry for this loss but what a legacy.

-Dottie Bitterly RN CDCES

Jen, my heart is broken! I feel so blessed to have found Carole and GrassrootsHealth on the computer. I truly believe raising my vitamin D level is a life saver!

My deepest condolences on Carole's passing. I hope she gets the rest she deserves after spending so much time and energy advocating for the education of vitamin D.

I will continue to be a part of GrassrootsHealth and continue to spread the word!

-Susan Pendleton

MESSAGES OF LOVE AND GRATITUDE FOR CAROLE

I am so sorry to hear of Carole's passing- I have followed her research and advocacy for vitamin D, what an impact she has had.

Would you be willing to share what happened, did the cancer return, and is that how she died? For those who have had cancer in the past, when someone like Carole (who was very aware of healthy lifestyle) has a late recurrence it makes one want to learn any lessons from how that could have happened. At any rate, God bless her and her family.

-Kit Schumaker

Thank God we had Carole & her work to bring vitamin D to the forefront when she tirelessly did! It saved me personally from having my prostate removed well over a decade ago! She has helped me wake up a lot of thankful people. Will always remain in my heart as a guardian angel from afar.

Too well loved to ever be forgotten!

-Phil Cunningham

The world has lost a great champion. It saddens me to know that she won't be around to cheer us on. She showed us all how one single person can make such great changes in public policy and public thought.

For my part, I'm going to envision her story with the angels in unbounded awareness.

-Dr. Susan E. Brown

I'm so sorry and surprised to read of Carole's passing in your newsletter today. Somehow I thought she'd live forever. She was such a spitfire and I so enjoyed my time with her.

I know you must all be heartbroken and I pray that GRH will continue to honor her legacy through their awesome education on vitamin D.

-Kathy Pearse

What a BEAUTIFUL soul!!! God bless her family & friends!!! My condolences to everyone, including those on this email list. I'm not surprised that she's in heaven now celebrating with her beloved husband with sunshine & rainbows! They lived a bountiful life together, serving the Lord by giving everyone life saving information about vitamin D & its cofactors!

I'm grateful to be a citizen scientist with GrassrootsHealth nutrient research institute with affordable ways to assess my health! May God continue to bless & guide your families & ministries!!!

-Gennifer Love

MESSAGES OF LOVE AND GRATITUDE FOR CAROLE

I remember when I first joined Grassroots many years ago and I sent an email to grassroots asking a question. Low and behold, I received a call back from Carole herself answering my questions. It's rare to have someone do that and it always stuck with me. I could tell by the call how devoted Carole was to her cause and how she hoped to help others through her work and the research.

I stayed on as a member for many years until lately, because medicare now covers my annual testing. Thanks to a decade+ of Carole's newsletter and hard work, I was able to raise my vitamin D levels and work with my own doctor (who initially did not agree with Carole's work) to get my vitamin D up to a level that is perfect for me.

I used to test twice per year with you but after medicare kicked in and after many years of my testing with grassroots, I know exactly what my daily dosage should be year round. I am always in the correct range thanks to nutrition action's testing program.

Carole was a visionary in this field and I now see how many new groups have followed her model of testing world wide. I hope she knew how valuable she was to us all and how grateful we are for her work and devotion to helping others.

BTW....after 3 years of listening to me and sharing Carole's work with my doctor, he too began to test all his patients.

-Denice Reda Hubbard

Thank you, Carole, for being the wonderful person you were. Though you are no longer with us, your memory will continue to inspire us every day.

May you rest in peace, and may we carry forward the lessons and love you shared with us.