



# Know Your D: Optimizing Your Health with Vitamin D

By Craig A Keebler MD

Createspace, United States, 2010. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. If you care about your health, you ll find this comprehensive and readable guide indispensible. Low vitamin D is a major health concern, four times more common than high cholesterol and far more dangerous, affecting adults, children, and the yet unborn. Optimal vitamin D levels activate hundreds of genes that maintain wellness. When levels are low, the risk for dozens of common diseases rises. Sustaining optimal vitamin D levels is our single most potent tool for promoting good health. Know Your D gathers results from the latest scientific research to answer all the critical questions. Why is vitamin D so special? How does my level affect my health? Am I one of the 200 million Americans whose health is compromised because of low D levels? How do I find out? How do I convince my health care practitioner to check my D? What do my test results mean? What should my levels be? How can I safely get there? How do medications affect my D levels? How long do I need to keep my levels optimal? Are there...



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