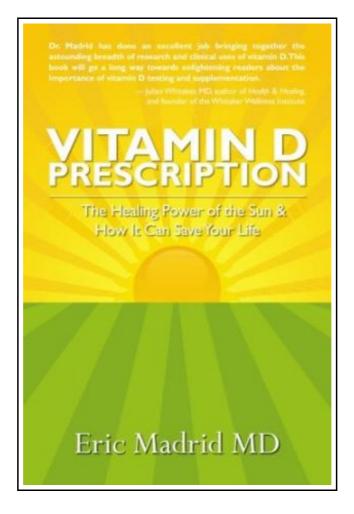
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Reviews

It is really an remarkable book which i have ever go through. It can be writter in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf. (Dr. Lily Wunsch II)

VITAMIN D PRESCRIPTION: THE HEALING POWER OF THE SUN HOW IT CAN SAVE YOUR LIFE



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Booksurge Publishing, United States, 2009. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. From children to seniors, up to 80 of us are deficient in vitamin D, claims Dr. Eric Madrid, in his illuminating new book Vitamin D Prescription-The Healing Power of the Sun How It Can Save Your Life. Vitamin D not only builds strong bones, but it can help prevent or control diseases such as diabetes, high blood pressure, lupus, and even cancer. Madrid urges readers to have their blood vitamin D levels checked by their physicians and to supplement with vitamin D pills. He also advises to limit the sunscreen and soak up the healthy rays of the sun instead. Filled with thought-provoking research studies, personal anecdotes and case histories, Vitamin D Prescription is meant to be an easy-to-read and informative book about the healing powers of this astonishing vitamin.

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