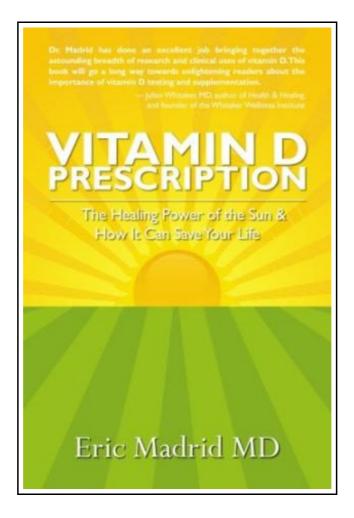
Vitamin D Prescription: The Healing Power of the Sun How It Can Save Your Life



Filesize: 1.04 MB

Reviews

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Bernie Mante PhD)

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



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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