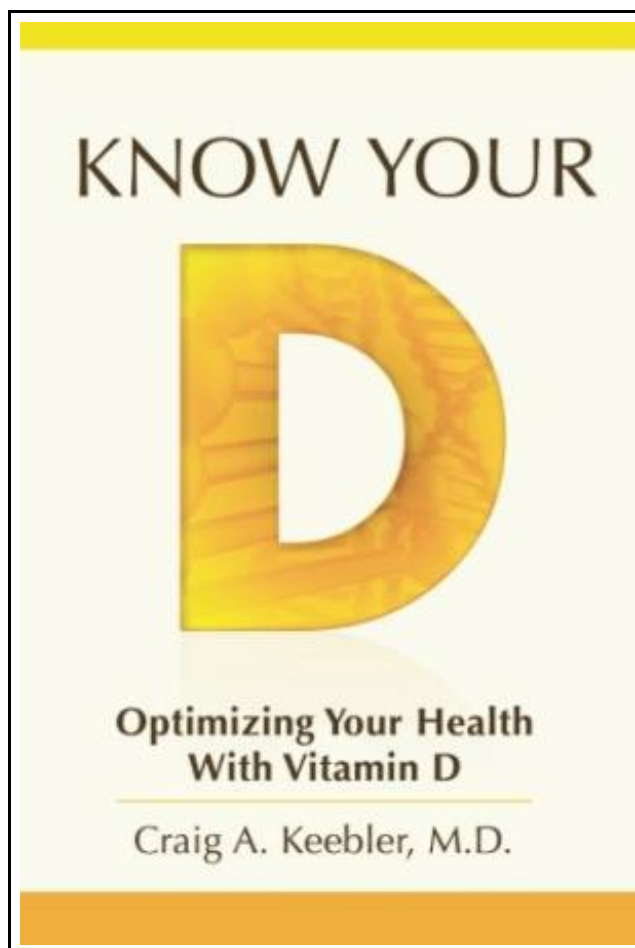


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Createspace, United States, 2010. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.If you care about your health, you ll find this comprehensive and readable guide indispensable. Low vitamin 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 dangers involved in correcting low D? Using a warm, conversational style, Dr. Keebler takes the hard, cold facts of one groundbreaking study after another, invigorates them using patient stories, and makes them pertinent to your life. Clear, evidence-based guidelines make it easy for you and your health care practitioner to have you on the road to optimal health. Dr. Keebler shows how simple guidelines are applied in real life situations using patients with an assortment of health issues. Helpful hints are given on choosing the best form of D and how to take it. Pediatric guidelines and guidelines for pregnancy...



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