



The Vitamin D Revolution: How the Power of This Amazing Vitamin Can Change Your Life (Paperback)

By Soram Khalsa

Hay House Inc, United States, 2009. Paperback. Book Condition: New. 178 x 127 mm. Language: English . Brand New Book. Did you know that a lack of proper vitamin D had been scientifically connected to 17 varieties of cancer, along with many other life-threatening diseases? You will after reading this practical and information-packed guide to a powerful (yet inexpensive) wonder vitamin that can markedly improve your health. I've experienced firsthand that Dr. Soram is riding the wave of medical future-focused on prevention, and combining the best traditional Western Medicine with alternative approaches. - Arianna Huffington, nationally syndicated columnist Recent, groundbreaking medical research has made a connection between Vitamin D deficiency and 17 types of cancers, including breast, colon, and prostate. Illnesses such as influenza, diabetes, multiple sclerosis, and coronary heart disease have also been linked to a lack of vitamin D. Until not too long ago, not getting enough of the sunshine vitamin was only associated with rickets, the childhood bone disease. Now, Soram Khalsa, M.D., sheds new light on the power of vitamin D. He reveals the consequences of vitamin D deficiency, which has reached epidemic proportions in North America, and then shares insights from his Beverly Hills...



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Reviews

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This publication is wonderful. It is amongst the most remarkable pdf i have got read. Its been written in an exceptionally basic way and it is merely after i finished reading through this pdf in which really transformed me, alter the way i really believe.

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