



Vitamin D The Sunshine Vitamin

By Zoltan Rona

Paperback. Book Condition: New. Paperback. 96 pages. Dr. Zoltan Rona refers to vitamin D as the anti-death vitamin and shows how a vitamin-d deficiency is one of the root causes of a number of chronic conditions, including cancer, heart disease, diabetes, and a host of autoimmune diseases. Completely referenced, Dr. Zona cites cases and studies that demonstrate how vitamin D supplementation can aid in the healing of major illnesses and other common health conditions and can help prevent occurrence. Sun phobia, sunscreens and too much time indoors has resulted in at least 70 of North Americans being deficient in Vitamin D. Readers learn that natural sunlight is the best source, what times of day are best for sun exposure, what supplements afford the best protection, the pros and cons of sunscreens, how vitamin D interacts with prescription drugs, and why the recommended dosage for vitamin D is increasing. This title offers readers a way to improve their health safely and naturally. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

DOWNLOAD



READ ONLINE
[5.89 MB]

Reviews

This pdf is wonderful. It is definitely simplified but excitement from the 50 percent in the ebook. You wont sense monotony at at any time of your time (that's what catalogues are for relating to should you request me).

-- **Jaqueline Kerluke**

I just started looking at this pdf. It can be rally fascinating throug studying period of time. Its been printed in an extremely basic way and is particularly only following i finished reading through this publication where in fact altered me, change the way i really believe.

-- **Mr. Stephan McKenzie**