



Power Of Vitamin D: A Vitamin D Book That Contains The Most Scientific, Useful And Practical Information About Vitamin D - Hormone D

Sarfraz Zaidi MD

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A mounting scientific evidence clearly demonstrates a wide range of incredible health benefits Vitamin D may provide, yet most people continue to be low in Vitamin D---despite the vitamins they take, the food they eat, the milk they drink or the sun exposure they get. In "Power of Vitamin D", you will learn: • Why we are facing a true Pandemic of Vitamin D deficiency. • The crucial role Vitamin D may play in the Prevention as well as Treatment of various Cancers. • How Vitamin D may help Prevent Diabetes, Coronary Heart Disease, Hypertension and Kidney Disease. • How Vitamin D may Prevent as well as Treat Muscle Aches, Chronic Fatigue, Fibromyalgia, Bone Pains and Osteoporosis. • The vital role that Vitamin D plays to help you fight off Colds, Flu and other infections by boosting up your Immune System. • How Vitamin D may Prevent as well as Treat Autoimmune diseases such as Asthma, Lupus, Arthritis, Crohn's Disease, Ulcerative Colitis and Thyroid Diseases. • How Vitamin D may Prevent as well as Treat Multiple Sclerosis, Autism, Alzheimer's dementia, Parkinson's disease, and other neurologic diseases • The essential role of Vitamin D during Pregnancy for Mothers and Babies. • Doctor often miss the Diagnosis of Vitamin D deficiency because they order the wrong test. • The right test to Diagnose Vitamin D deficiency • The best way to Prevent and Treat Vitamin D deficiency. • What is Vitamin D Toxicity and how to Prevent it. • Amazing health benefits of Calcium And Magnesium. How much you need. • Incredible health benefits of Vitamin K2. Its synergism with Vitamin D

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