



The Vitamin D Cure (Revised edition)

By James Dowd, Diane Stafford

Turner Publishing Company. Paperback. Book Condition: new. BRAND NEW, The Vitamin D Cure (Revised edition), James Dowd, Diane Stafford, Now updated with the latest research--the breakthrough way to lose weight, stop pain, and prevent disease Completely updated with the latest research, The Vitamin D Cure tells you all you need to know about this miraculous natural substance--today's best way to heal pain, prevent disease, and improve your mood. We now know that adding vitamin D to your daily regimen can net you unbelievable benefits, from reducing your chances of having certain kinds of cancer to gaining flexibility and youthful exuberance well into your seventies and beyond. And no, a dose of daily sunshine doesn't give you enough! Groundbreaking research reveals the healing power of this simple, readily available supplement. Physicians, researchers, and vitamin D users point to mounting evidence that the simple act of increasing the amount of vitamin D in your body can cure or help treat a remarkable number of diseases and ailments, including unwanted pounds, high blood pressure, back pain, muscle cramps, obesity, cancer, and diabetes. Leading rheumatologist and researcher Dr. James Dowd reveals the causes of vitamin D deficiency and offers a simple five-step program that...



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