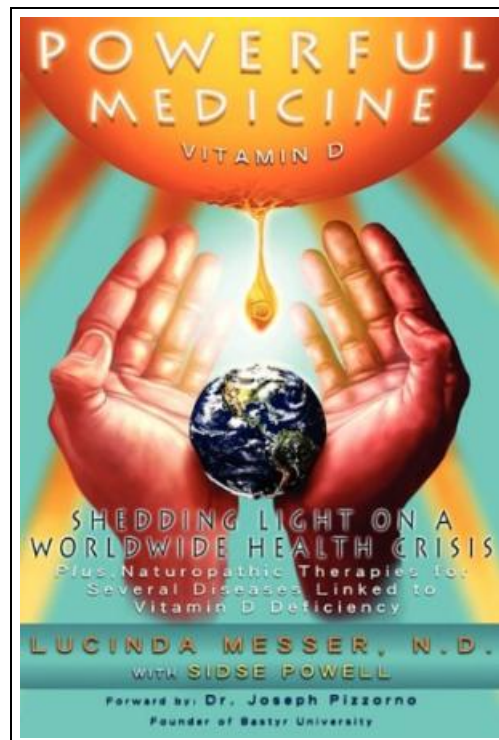


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Dog Ear Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Vitamin D deficiency is a world-wide epidemic, with over one billion people at risk for its associated diseases. Powerful Medicine: Vitamin D is the inside scoop on what has become a very real health crisis around the world. Inside these pages you ll find out exactly how vitamin D operates in the body and what happens when it s not available for protection. A deficiency in vitamin D is the main reason we have skyrocketing incidence of Cancer, MS, Diabetes, Osteoporosis, Depression, Season Affective Disorder, Autism, Hypertension and more. And what can healthy levels of vitamin D do for you? To start with, activated vitamin D can: halt tumor growth and reduce tumor size, improve heart health by regulating blood pressure, improve insulin production and regulate blood sugar levels, improve chances of survival from cancer related surgery, keep bones healthy by regulating calcium levels, improve mental health and provide protection from the common cold, viruses and much, much more. By reading this book you are stepping onto a path that will ultimately protect you and your loved ones from the natural consequences of vitamin D deficiency. In light and health, Lucinda Messer, N.D. Dr. Messer is a naturopathic physician and graduate of the prestigious Bastyr University. She has been in private practice for 15 years; specializing in women s health, nutritional and anti-aging medicine. Dr. Messer s writings on anti-aging, the thyroid and natural hormone therapies, have been widely published and she s frequently asked to speak on nutritional medicine. You can find Dr. Messer on the web at and Her co-author Sidse Powell is a freelance writer with an undergrad in biochemistry and alumni of Seattle s The Film...

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