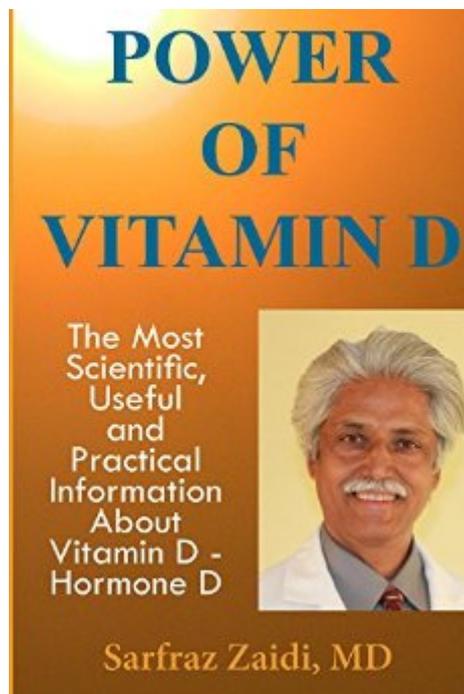


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# Power Of Vitamin D: A Vitamin D Book That Contains The Most Scientific, Useful And Practical Information About Vitamin D - Hormone D



## Synopsis

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 on a daily basis.
- Incredible health benefits of Vitamin K2. Its synergism with Vitamin D

## Book Information

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## Customer Reviews

Did you know that if you take a multivitamin containing 100% of the recommended daily level of vitamin D, drink milk, eat fish twice a week, and get a little midday sun, you are almost certain to be deficient in vitamin D? Did you know that many doctors desiring to monitor their patients' vitamin D levels, order the wrong blood test? Did you know that the reference range shown on the test results is wrong? (That is, even if it says you have enough, you are probably deficient.) Did you know that government guidelines on how much vitamin D you need are understated by a huge factor? Did you know that vitamin D has been found in medical studies to help significantly in the prevention and treatment of cancer, heart disease, diabetes, and all autoimmune diseases? Dr. Sarfraz Zaidi is an endocrinologist who has been evaluating and correcting patient's vitamin D deficiencies for ten years and has uncovered misconceptions, misinformation, and medical oversights that are shocking. In testing thousands of patients, Dr. Zaidi found only ONE person, a fair-skinned lifeguard, who had optimal vitamin D without taking megadose supplements. Similarly, he never encountered anyone whose vitamin D blood level was dangerously high. What this means is a major public health crisis comes inadvertently from doctors who warn you about overdosing, but in doing, so they actually cause you to be deficient which puts you at FAR GREATER RISK than an overdose. The book contains interesting case studies. Read about Anna on page 55 who suffered MS which was partially caused by a vitamin D deficiency that no doctor thought to check for 13 years. When Dr. Zaidi reversed the deficiency the patient's condition improved.

I've been reading about Vitamin D for the last several years, ever since that big study came out showing it to be helpful in the prevention of cancer, heart disease and several other conditions. The problem was trying to find good, solid information when much of what we read on the internet is from media sources which are often inaccurate or they all seem to have different ideas on how much is necessary or how much could be toxic. This book is written by Sarfraz Aaidi, MD, FACP, FACE who is an endocrinologist and leading expert on Vitamin D. He's an Assistant Clinical Professor of Medicine at UCLA as well as the Director of the Jamila Diabetes and Endocrine Medical Center in southern California. So we're talking about an expert here. He takes the whole subject of Vitamin D and puts it into one easy to read book in simple layman's terms and it's so

interesting that you'll probably read it in a few hours. The information could change your life or relieve many chronic symptoms that you probably never thought were related to a vitamin D deficiency. Did you think that because you may live in a sunny climate or that because you take a daily multi-vitamin that shows 400 IU's of Vitamin D as the "recommended daily requirement" that you are getting enough of the Vitamin? Or that because you drink Vitamin D fortified milk that you are getting enough? Did you know that you'd have to drink more than 20 glasses of milk a day to actually get the amount you need? Dr. Sarfraz tells us that almost all of his patients test low for Vitamin D, even those living in sunny California. The reasons? Sunscreens, fear of being out in the sun, air pollution, spending the sunniest part of the day indoors at work as well as several other factors.

THIS COULD BE ONE OF THE MOST IMPORTANT BOOKS YOU WILL EVER READ! Do I have your attention now? GOOD! Read on . . . This is a book I believe everyone should read. Even if you are one of the few with good vitamin D levels, you likely have friends or relatives who are low. This is a book with very detailed info on Vitamin D and all I can say is "WOW!" At 161 pages, it is a relatively small book, but it is packed with information on D, its possible effects on many health conditions, explanations of how the body works in regard to D and certain conditions, and case studies from the Doctor's patient files. This wonderful 2010 book is by Sarfraz Zaidi, MD, an Endocrinologist who has monitored Vitamin D and its effects in his patients for the last 10 years in California, where D therapy has made a tremendous difference. Vitamin D is actually a hormone, and he explains why it is one and how it works in the body. This book was written to get this info out to the public because there is a lot of mis-information "out there" about D, as well as a lack of information. (Many of you also know that Western medicine seems to distance itself from herbs and vitamins while pushing pharmaceuticals, many with side effects.) Note-I am NOT a doctor. And I am not saying anything against doctors. What I am saying is that there may be alternatives that your doctor is not knowledgeable about because he is wedded to pharmaceutical care. The more knowledgeable YOU are, the better you can discuss your condition with him/her and possible options. From what I've read, the statistics are showing that about 85% of us are probably D deficient, even if we take multivitamins, spend time in the sun, and eat D-fortified foods.

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