

<<维生素D治疗The Vitamin D CURE>>

图书基本信息

书名：<<维生素D治疗The Vitamin D CURE>>

13位ISBN编号：9780470131558

10位ISBN编号：0470131551

出版时间：2008-1

作者：James Dowd

页数：260

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<维生素D治疗The Vitamin D >>

内容概要

Groundbreaking new research has traced the source of a wide array of to a single common factor—vitamin D deficiency. Leading rheumatologist and researcher Dr. James Dowd reveals the causes of vitamin D deficiency and offers a simple, easy-to-follow five-step program that can eliminate or alleviate a host of seemingly incurable conditions, such as arthritis, in as little as six weeks. Better yet, by staying on the program, you can enjoy robust health and improved fitness for the rest of your life.

<<维生素D治疗The Vitamin D >>

作者简介

<<维生素D治疗The Vitamin D >>

书籍目录

AcknowledgementsIntroductionPART 1: THE WONDERS OF VITAMIN D Chapter 1 Most of Us Need Way More Vitamin D Chapter 2 How Vitamin D Works Chapter 3 Diet and Vitamin D Hook up for Success (or Sickness)PART 2: THE VITAMIN D CURE PLAN Chapter 4 Step One - Find Out How Much D You Need Chapter 5 Step Two - Sun and Supplement Your Way to Great D Levels Chapter 6 Step Three - Calculate Your Acid Excess and Tweak Your Diet Chapter 7 Step Four - Cover Your Bases with Total Supplementation Chapter 8 Step Five - Add a Little Exercise to the Mix Chapter 9 The Vitamin D Cure for Overweight, High Blood Pressure, Diabetes, Heart Disease Chapter 10 The Vitamin D Cure for Mood and Memory Chapter 11 The Vitamin D Cure to Optimize Chapter 12 The Vitamin D Cure to Help Prevent and Treat Cancer Chapter 13 The Vitamin D Cure for Your Bones, Joints, and Teeth Chapter 14 Your Most Important Health Move EverPredicted Acid-Base for Different Food GroupsQ&AReferences

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>