

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

By 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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- Sales Rank: #744973 in Books
- Published on: 2015-04-06
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .65" w x 6.00" l, .85 pounds
- Binding: Paperback
- 286 pages

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Editorial Review

From the Author
Vitamin D is not actually a vitamin. It is a **Hormone**. Its deficiency, therefore, is a **true disease**. Vitamin D, after its synthesis in the skin, enters the blood circulation and then exerts its effects on every organ system in the body. Deficiency of **Hormone D**, consequently affects every organ and is responsible for so many diseases.

Most people are low in Vitamin D. Why? Because of our life-style, sun phobia, outdated recommended dose of vitamin D supplements and misconceptions about vitamin D.

For many years, I have been checking vitamin D levels in my patients. I was surprised to find that most people were low in Vitamin D - even in sunny southern California.

After years of research, I developed my own strategy to treat Vitamin D deficiency which has worked very well for my patients.I have made the following discoveries in my patients: Chronic pains simply disappeared, fatigue resolved, diabetes and blood pressure got better, arthritis improved, psoriasis resolved, M.S. improved, asthma went in remission, infrequent colds and Flu, infrequent cancer, dramatic improvement in prognosis in patients with diagnosed cancer, heart disease a rare occurrence, depression changed into zest for life, osteoporosis improved, thyroid diseases got better and dental health improved. Most people are amazed how much energy they have.

In order to spread this great information around the globe, I wrote this book.

From the Back Cover
Recent ground breaking research clearly demonstrate 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 foods 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 Epidemic 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 of Vitamin D in the normal functioning of the Immune System.

How Vitamin D may Prevent as well as Treat the Common Cold, Tuberculosis, Asthma, Thyroid Diseases, M.S., Lupus and Arthritis.

The essential role of Vitamin D during Pregnancy for Mothers and Babies.

Doctors frequently miss the Diagnosis of Vitamin D deficiency because they often order the wrong test.

The right test to Diagnose Vitamin D deficiency.

The best way to Prevent and Treat Vitamin D deficiency.

Vitamin D Toxicity and how to Prevent it.

Not just theoretical knowledge, but detailed, practical information from actual Case Studies.

About the Author
Dr. Sarfraz Zaidi, MD, is a leading Endocrinologist in the USA. He is a medical expert on thyroid, diabetes, vitamin D, and stress management. He is the director of the Jamila Diabetes and Endocrine Medical Center in Thousand Oaks, California. He is a former assistant Clinical Professor of Medicine at UCLA. Books and Articles: Base upon his vast medical experience of thirty five years, in three continents, Dr. Zaidi loves to spread his pearls of wisdom through his writings. He is a prolific writer and has authored these books:"Reverse Your Type 2 Diabetes Scientifically", "Power of Vitamin D", "Stress Cure Now", Graves' Disease And Hyperthyroidism", Hypothyroidism And Hashimoto's Thyroiditis", "Stress Management for Teenagers, Parents and Teenagers", "Take Charge of Your Diabetes" and “Wake Up While You Can”. In addition, he has authored numerous articles in prestigious medical journals. Memberships: Dr. Zaidi is a Member of the American Association of Clinical Endocrinologists (AACE). In 1997, Dr. Zaidi was inducted as a Fellow to the American College of Physicians (FACP). In 1999, he was honored to be a Fellow of the American College of Endocrinology (FACE). Speaker: Dr. Zaidi has been a guest speaker at medical conferences and also frequently lectures the public. He has been interviewed on TV, newspapers and national magazines. Dr. Zaidi is the former director of the Endocrine Clinic at the Olive-View UCLA Medical Center where he taught resident physicians undergoing training in Diabetes and Endocrinology. Internet: Dr. Zaidi also regularly writes on these websites: www.OnlineMedinfo, which provides in depth knowledge about endocrine disorders such as, Thyroid, Parathyroid, Vitamin D Osteoporosis, Obesity, PreDiabetes, Metabolic Syndrome, Menopause, Low Testosterone, Adrenal, Pituitary and More. www.DiabetesSpecialist, which is dedicated to providing extensive knowledge to Diabetics. www.InnerPeaceAndLove, which is an inspirational website, exploring the Mind-Body connection. He has done educational YouTube videos about: 1.Vitamin D https://www.youtube.com/watch?v=mLMM8d0LrNA 2. Insulin resistance, diabetes and heart disease. https://www.youtube.com/watch?v=eYkMZKKmcBA 3. Management of the stress of daily Living https://www.youtube.com/watch?v=i5XFFKCR6Cw His main website: www.DoctorZaidi.com All of his books are available at Amazon.com

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