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The Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problem

By Michael F. Holick

Hudson Street Press, 2010. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!

Summary: "Following Dr. Holick's advice about vitamin D is possibly the single most important thing you can do to improve your health and save yourself from many chronic diseases, including cancer." -- David Servan-Schreiber, M.D., Ph.D., author of international bestsellers *The Instinct to Heal* and *Anticancer: A New Way of Life* "Dr. Michael Holick has been a hero of mine for many years. How thrilling to have his ground-breaking research on vitamin D in one easily accessible book. This information can save your life. Really." -- Christiane Northrup, M.D., ob/gyn physician and author of the New York Times bestsellers: *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause* "Dr. Holick shows us why if you do one thing for your health beside eating well and exercising it MUST be getting more vitamin D through sun or supplements. Vitamin D deficiency affecting 200 million Americans is not just important for building strong bones but is absolutely needed to prevent and treat our chronic disease epidemic including heart disease, cancer, diabetes, depression, obesity, and autoimmune disease. The Vitamin D Solution, written by the world's...


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