



## THE Vitamin D Cure

By Ryan J S Martin

On Demand Publishing, LLC-Create Space, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are you getting enough of the miracle vitamin ? More than a billion people in the world today suffer from a moderate to severe Vitamin D deficiency - and they don t even know it! Recent studies indicate that 75 of Americans are victims of this pandemic. The Vitamin D Council in the US links Vitamin D deficiency to no fewer than than 45 different diseases and conditions, from acne to tuberculosis. Some of the most serious include: Diabetes Cancer Skeletal diseases Weakened immune systems Heart disease Sleep disorders Depression Obesity Can adding a Vitamin D supplement supercharge your immune system and improve the way you feel everyday? Can eating a Paleo Diet make you more or less susceptible a range of diseases? Can spending a little time in the sun strengthen your bones, and help you to lose weight? Take control of your body and begin feeling great as you participate in The Vitamin D Cure!.



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