

《维生素D治疗The Vitamin D 》

图书基本信息

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内容概要

在线阅读本书

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.

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作者简介

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