



The Vitamin D Cure, Revised

James Dowd

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The Vitamin D Cure, Revised

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Now updated with the latest research—the breakthrough way to lose weight, stop pain, and prevent disease

Completely updated with the latest research, *The Vitamin D Cure* tells you all you need to know about this miraculous natural substance—today's best way to heal pain, prevent disease, and improve your mood. We now know that adding vitamin D to your daily regimen can net you unbelievable benefits, from reducing your chances of having certain kinds of cancer to gaining flexibility and youthful exuberance well into your seventies and beyond. And no, a dose of daily sunshine doesn't give you enough!

Groundbreaking research reveals the healing power of this simple, readily available supplement. Physicians, researchers, and vitamin D users point to mounting evidence that the simple act of increasing the amount of vitamin D in your body can cure or help treat a remarkable number of diseases and ailments, including unwanted pounds, high blood pressure, back pain, muscle cramps, obesity, cancer, and diabetes. Leading rheumatologist and researcher Dr. James Dowd reveals the causes of vitamin D deficiency and offers a simple five-step program that can prevent or alleviate a host of health troubles in a matter of weeks.

Incorporating the latest diet and lifestyle advice, the program helps you harness the power of the "sunshine vitamin" to transform your life. Whether you struggle with arthritis or chronic pain from an old injury or you simply want to lose weight and get back to a body image that reflects your best self, *The Vitamin D Cure* can be your key to a better, more vibrant you.

- All-new recipes and meal plans
- Up-to-date information on how vitamin D helps prevent disease and reduce pain
- New diet and supplement breakthroughs
- New information from scientific studies, a wealth of clinical data, and case stories

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