



**Super-Vitamin D: Rundumschutz vor den  
Krankheiten unserer Zeit: Krebs, Diabetes,  
Herzkrankheiten, Osteoporose u.v.a.m (vak vital)  
(German Edition)**

*Volker Spitzer, Nicole Spitzer*

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Bislang wurde Vitamin D hauptsächlich verabreicht, um Kinder vor Rachitis und Erwachsene vor Osteoporose zu schützen. Mittlerweile belegen wissenschaftliche Untersuchungen jedoch, dass Vitamin D nicht nur vielen anderen Krankheiten vorbeugt, z. B. Krebs, Herzinfarkt, Schlaganfall, Bluthochdruck, Diabetes, Depressionen und Arthritis - sondern diese auch heilen kann.

Doch die Versorgung der Bevölkerung mit Vitamin D ist laut neuesten Studien Besorgnis erregend: Mehr als die Hälfte leidet unter Vitamin-D-Mangel; bei den über 65-Jährigen sind sogar 75 % unterversorgt. Ein Vitamin-D-Mangel kann ähnlich schwere Folgen haben wie Übergewicht, Bewegungsmangel und Rauchen. Doch das muss nicht sein: Denn geeignete Vitamin-D-Präparate helfen, einem Mangel leicht vorzubeugen und diesen auch zu beheben.

Dieser kompakte Ratgeber informiert Sie ausführlich über Vitamin D und liefert Ihnen praktische und leicht umsetzbare Strategien für eine gesundheitsfördernde Vitamin-D-Versorgung.

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**From reader reviews:**

**Roderick Donnell:**

A lot of people always spent their very own free time to vacation as well as go to the outside with them family members or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you want to try to find a new activity this is look different you can read some sort of book. It is really fun for yourself. If you enjoy the book that you just read you can spent the whole day to reading a guide. The book Super-Vitamin D: Rundumschutz vor den Krankheiten unserer Zeit: Krebs, Diabetes, Herzkrankheiten, Osteoporose u.v.a.m (vak vital) (German Edition) it is very good to read. There are a lot of those who recommended this book. These were enjoying reading this book. Should you did not have enough space to bring this book you can buy the particular e-book. You can m0ore quickly to read this book from your smart phone. The price is not too costly but this book provides high quality.

**Julia Hale:**

The book untitled Super-Vitamin D: Rundumschutz vor den Krankheiten unserer Zeit: Krebs, Diabetes, Herzkrankheiten, Osteoporose u.v.a.m (vak vital) (German Edition) contain a lot of information on this. The writer explains her idea with easy means. The language is very straightforward all the people, so do not really worry, you can easy to read it. The book was written by famous author. The author will take you in the new time of literary works. It is possible to read this book because you can read more your smart phone, or gadget, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can available their official web-site in addition to order it. Have a nice read.

**Jose Rosales:**

That guide can make you to feel relax. This specific book Super-Vitamin D: Rundumschutz vor den Krankheiten unserer Zeit: Krebs, Diabetes, Herzkrankheiten, Osteoporose u.v.a.m (vak vital) (German Edition) was colorful and of course has pictures around. As we know that book Super-Vitamin D: Rundumschutz vor den Krankheiten unserer Zeit: Krebs, Diabetes, Herzkrankheiten, Osteoporose u.v.a.m (vak vital) (German Edition) has many kinds or type. Start from kids until adolescents. For example Naruto or Private eye Conan you can read and think you are the character on there. So , not at all of book are usually make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book for yourself and try to like reading which.

**Margarita Culbertson:**

As a pupil exactly feel bored to help reading. If their teacher asked them to go to the library in order to make summary for some book, they are complained. Just minor students that has reading's heart or real their pastime. They just do what the instructor want, like asked to the library. They go to generally there but

nothing reading seriously. Any students feel that studying is not important, boring and can't see colorful images on there. Yeah, it is for being complicated. Book is very important for you personally. As we know that on this time, many ways to get whatever we wish. Likewise word says, many ways to reach Chinese's country. Therefore this Super-Vitamin D: Rundumschutz vor den Krankheiten unserer Zeit: Krebs, Diabetes, Herzkrankheiten, Osteoporose u.v.a.m (vak vital) (German Edition) can make you experience more interested to read.

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