



**Clinically Proven
Remedies to Prevent
and Treat **75** Chronic
Diseases and Conditions**

**THE
VITAMIN
CURE**

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The Vitamin Cure: Clinically Proven Remedies to Prevent and Treat 75 Chronic Diseases and Conditions



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Part one contains a brief overview of the discovery of each of the thirteen important vitamins, namely, vitamin A, vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B7, vitamin B9, vitamin B12, supplement C, vitamin D, vitamin E, and supplement K. Modern medicine did much in the field of acute conditions such as for example trauma, infections, burn, and bone fractures, but it has limited success in treating chronic diseases, such as Alzheimer's, Parkinson's, cancer, and diabetes among others. Component three explains important secrets for remaining healthy. These include explanation of how sugar enables you to fat, why sufferers with autoimmune diseases should not eat meats, and how workout benefits the brain? It also presents meta-analytic proof the efficacy of every vitamin in prevention and treatment of diseases, its suggested daily allowance and best food sources. The Vitamin Cure offers a comprehensive summary of how vitamin and essential component therapies are the key to treating and stopping most of the chronic circumstances. While the internet is chock full of health related information regarding vitamins and essential components, it really is difficult to sort through all available information to create a reliable knowledge base to improve health. The purpose of this book would be to provide readers with easy to get at evidence-based understanding of vitamins and essential elements for prevention and treatment of chronic diseases. Part five summarizes clinically tested remedies for stopping and dealing with the seventy-five chronic diseases and conditions presented partly four. The Vitamin Treat brings clinically proven remedies to light for any reader seeking to improve overall health and prevent debilitating disease. This book contains five parts. Predicated on over 40 years of research and a huge selection of leading studies, The Vitamin Cure is certainly a thorough guide to improving general health with vitamin and important element therapies. Monte Lai, a nutrient deficient diet and unhealthy lifestyle are undoubtedly the two most important environmental factors linked to the causes of a bunch of chronic diseases. Part two covers essential elements, including the five essential elements, i.e., calcium, potassium, sodium, magnesium and phosphorous, and the eight essential trace elements, i.e., iron, zinc, manganese, copper, molybdenum, iodine, chromium and selenium. In addition, it presents meta-analytic proof the efficacy of each essential element in prevention and treatment of diseases, its recommended daily allowance and greatest food sources. At present, the root factors behind most chronic diseases are still unknown, and the medications produced by pharmaceutical companies to treat chronic diseases actually treat only the symptoms rather than causes. Relating to Dr. Part four provides meta-analysis proof which vitamins and important elements should be taken up to prevent and/or treat seventy-five chronic diseases and circumstances. These seventy-five chronic illnesses and conditions include lung cancer, breasts cancer, colorectal cancers, prostate cancer, endometrial malignancy, blood cancer, bladder cancer, glioma, diabetes, stroke, cardiovascular disease, cataracts, hypertension, Alzheimer's disease, osteoporosis, arthritis, hepatitis C, fatty liver disease, Parkinson's disease, sleep apnea, and others. The Vitamin Get rid of relies on a statistical method referred to as meta-evaluation (merging data from multiple research) that is currently the most reliable way for assessing the efficacy of vitamin supplements or essential components in preventing or dealing with chronic diseases.



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Thanks to NetGalley, the author and the publisher for the ARC of the book. Lots of useful information and facts backed by science. Well organized and easy to flick through. Great Reference Book Very easy to understand reference book about vitamins and nutrition. Vitamins Really enjoyed reading this book! research things on it on a regular basis! learning wealth of knowledge. It's an absolute must have if you're interested in your health! Five Stars! This is a comprehensive and extensive reference in an easy to read format. The Vitamin Cure: Clinically Proven Remedies to Avoid and Treat 75 Chronic Illnesses and Conditions is a concise, comprehensive and extensive reference compiled in a readable format. I've read many books on vitamins and nutrition. This reference is one of the most exhaustive and reader friendly. I am sure I will be discussing this for years to come. Although I received the book in this manner, it did not influence my opinion of the book nor my review. Will give me too much to think about the next time I stroll down the vitamin aisle. The problem, along with the break down of the vitamin, history, usage, etc is a superb reference tool. This publication should be in every home. Very helpful and helpful. Good reference As someone was actively trying to find a newly updated reference resource on vitamins / wellness, this was a good buy. It includes useful information on vitamin supplements, minerals and other nutrition, and also extensive tips on keeping well and the avoidance and treatment of diseases and conditions.



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