



**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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