



# The Impact of Vitamin D Deficiency

*Eugene L Heyden RN*

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## **The Impact of Vitamin D Deficiency** Eugene L Heyden RN

Vitamin D deficiency is not benign. It has devastating consequences. It exists, not in the few, but in the many. In this book we will take a good hard look at the damage caused by what should be regarded as a hormonal deficiency. Over a thousand genes are regulated by vitamin D—genes that promote health and defend against disease. The risk of cancer, diabetes, autoimmune disease, cardiovascular disease, and many others including Parkinson's disease and Alzheimer's disease, is elevated when vitamin D is in short supply. Here we will explore the risks and the issues surrounding vitamin D deficiency. We will listen to what the experts have to say, as well as the advice they have to offer. Come with me and I will take you on a journey that may alter the course of your life. You will learn so much in the pages of this book.

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