



## The Vitamin Cure for Digestive Disease How to Treat and Eliminate Digestive Problems Using Nutrition and Vitamin Supplementation

By Damien, M. D. Downing

Basic Health Pubns. Paperback. Condition: New. 192 pages. Dimensions: 8.5in. x 5.2in. x 0.6in. Most people's diets are woefully inadequate for providing proper nutrition. Even good diets fail to deliver sufficient levels of nutrients. The Vitamin Cure book series highlights the safe and clinically effective use of vitamin supplements for a variety of illnesses. Research continues to prove the immense value of vitamins for maintaining health and fighting disease. The Vitamin Cure books, written by authors who are recognized experts in their field, deliver authoritative, up-to-date, and practical information on taking vitamins for particular health problems. Those that think that they are not affected by digestive issues may consider them less serious than many other health problems. This is far from the case, as those who suffer from them can report. And digestive health has a direct impact on many very serious illnesses aside from those directly apparent, such as indigestion, gastroesophageal reflux disease (GERD), and ulcers. Digestive health is critical to your health in general, and has a direct impact on all of the systems and organs in your body. This readable guidebook will assist anyone suffering from digestive issues or those who just want to make sure that they...



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