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Dr Brigitte Houssin



Tous les bienfaits de la vitamine D

Le taux santé optimal

Où la trouver

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Lire des ebooks Vitamine D. Mode d'emploi Brigitte Houssin PDF, ePub, mobi, pour protéger naturellement votre santé La vitamine D passionne les chercheurs et pour cause ! Voici ce qui arrive lorsqu'elle est présente en quantité suffisante dans le sang : • Moins de cancer • Moins d'infarctus • Moins de chutes et moins de fractures • Moins de douleurs articulaires • Moins d'infections • Moins de dépression... Pourtant 8 personnes sur 10 en manquent, en particulier l'hiver. Dans ce guide écrit par l'une des spécialistes françaises, le Dr Brigitte Houssin vous dit comment obtenir en permanence un taux de vitamine D optimal et protecteur. Vous saurez notamment : • Les dangers d'un déficit • Quand et comment contrôler son taux de vitamine D • Combien de temps s'exposer au soleil sans risque pour sa peau • Quand prendre des suppléments, à quelle dose, à quelle fréquence • Quel supplément choisir

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