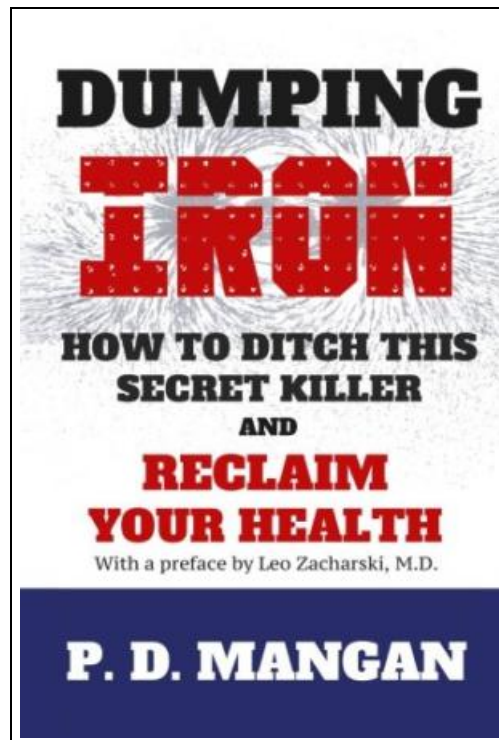


Dumping Iron: How to Ditch This Secret Killer and Reclaim Your Health (Paperback)



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Reviews

Extensive manual! Its this kind of very good read through. I actually have read and that i am confident that i am going to planning to study once again once more in the future. I am easily could possibly get a delight of looking at a composed publication.
(Ryder Purdy)

DUMPING IRON: HOW TO DITCH THIS SECRET KILLER AND RECLAIM YOUR HEALTH (PAPERBACK)

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Dumping Iron: How to Ditch This Secret Killer and Reclaim Your Health is a game-changer in health and fitness. The accumulation of excess iron in the body, a condition that affects perhaps the majority of adults, leads to much higher risk of heart disease, cancer, diabetes, obesity, brain diseases such as Alzheimer s and Parkinson s, and shorter lifespan. Dumping Iron shows how to measure your iron levels, what the test numbers mean, and how to go about lowering iron if necessary. Humans are adapted to a low-iron environment, so once iron is in our bodies, it virtually never goes away. Our new, high-iron environment leads to iron accumulation, and to ill health and early death. Iron is the secret killer that no one is telling you about. Finally, in Dumping Iron, the scientific and medical data that indicts iron is assembled in one place. What the experts say about Dumping Iron: Dumping Iron by P. D. Mangan is a must read by anybody interested in maintaining optimal health, including those in the medical field. Iron overload is an exceedingly common malady in the population and it is easily diagnosed, but it is under-addressed. It leads to heart disease, diabetes, cancer and numerous other chronic and debilitating illnesses. The good news is that iron excess can be prevented and readily treated, which results in a decreased risk of many diseases and improvement in overall health and vitality. Dumping Iron clearly tells us how to achieve these goals. - Luca Mascitelli, M.D., Lt. Colonel, Italian Army, and author of numerous scientific papers on iron and health. In Dumping Iron, Dennis Mangan has provided the reader access to a massive scientific data pool...

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