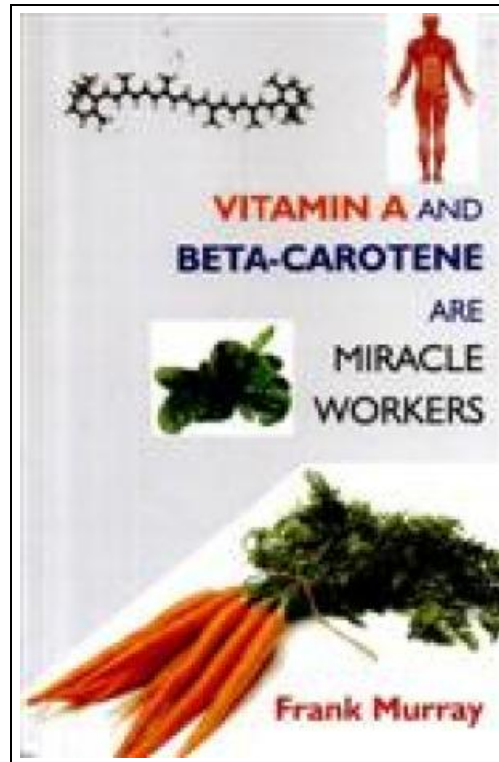


Vitamin A and Beta-Carotene Are Miracle Workers



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Reviews

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(Earnestine Blanda)

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2012. Hardcover. Condition: New. 336 As Frank Murray discusses in *Vitamin A and Beta-Carotene Are Miracle Workers*, the two inexpensive vitamins can jump-start the immune system, thereby protecting us against HIV/AIDS, measles, malaria, cancer, diarrhea, blindness, and other life-threatening illnesses. Like Vitamins D, E and K, Vitamin A is a fat-soluble vitamin that is stored in the liver, where it becomes a valuable reserve against deficiencies. Few reports in the literature show that it is harmful. Beta-Carotene is pro-vitamin A and is harmless. Pregnant women should have their vitamin A intake, from foods and supplements, monitored by their doctor so as not to harm the fetus, whose liver is quite small. Children should also have their vitamin A intake evaluated. However, doctors can save children with measles with 100,000 to 200,000 IU of the vitamin in two days. As Richard A. Passwater, Ph.D., points out in the Foreword, the teachings of this book can save the lives of millions worldwide. About The Author:- Frank Murray is a former editor of *Better Nutrition*, *Great Life*, and *Let's Live* (England) magazines, and is the author or coauthor of 52 books on health and nutrition. They include *100 Super Supplements for a Longer Life* (available from McGraw-Hill in English and Chinese); and *You Must Eat Meat*, with Max Ernest Jutte, M.D., published by Hutton Electronic Publishing, Westport, Connecticut. His books with Basic Health Publications, Laguna Beach, California, are *Sunshine and Vitamin D*; *Natural Supplements for Diabetes*; *How to Prevent Prostate Problems*; *Health Benefits Derived from Sweet Orange*; *Ampalaya: Nature's Remedy for Type 1 and Type 2 Diabetes*; and *Magic Needles* with Jun Xu, M.D., La C. In 2006, he was awarded the National Nutritional Foods Association's President's Award in Las Vegas, Nevada. Mr. Murray, who lives in New York, is...



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