



African-American Healthy: What You Need to Know to Protect Your Health

By Richard W Walker

Square One Publishers, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. It s no secret that African-Americans top the list of groups afflicted by hypertension, stroke, diabetes, heart disease, renal failure, and cancer. What the statistics do not show is the pain, misery, and despair that these conditions create, not only for the individual, but also for family and friends. As an African-American doctor, Dr. Richard Walker has studied these conditions among his patients for many years. Now, for the first time, Dr. Walker believes that research has found a commonsense way to prevent, reduce, and possibly eliminate these killers, turning the tide of African-American health. Dr. Walker begins by looking at the black community s lifestyle, which has radically changed over the centuries, shifting people from hours spent under a blazing sun to a life of minimum sunlight exposure. From there, it is clear that the missing puzzle piece of African-American health is a chronic lack of Vitamin D3. Most important, Dr. Walker explains how this crucial factor can be added to a daily routine along with components such as nutritional supplements, diet, and exercise. He then focuses on each major...



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-- Garry Lind

It becomes an awesome publication that I actually have actually read. It really is writter in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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