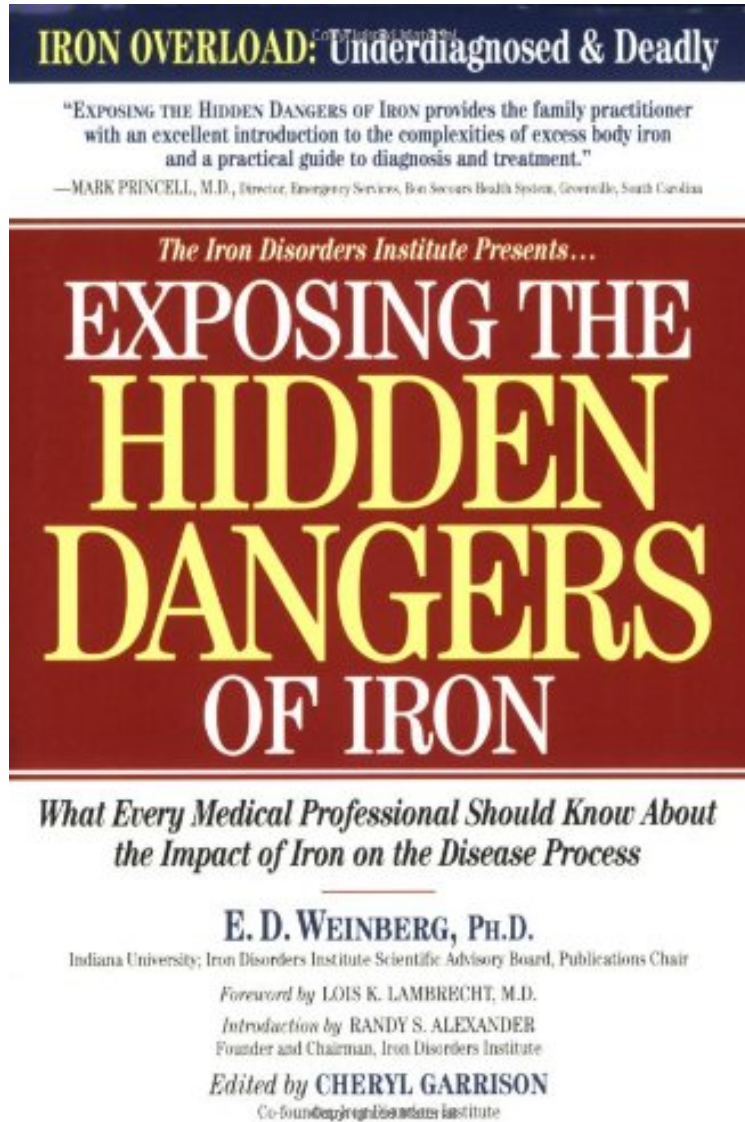


(Library ebook) Exposing the Hidden Dangers of Iron: What Every Medical Professional Should Know about the Impact of Iron on the Disease Process

# Exposing the Hidden Dangers of Iron: What Every Medical Professional Should Know about the Impact of Iron on the Disease Process

*E.D. Weinberg Ph.D.*

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E.D. Weinberg Ph.D. : Exposing the Hidden Dangers of Iron: What Every Medical Professional Should Know about the Impact of Iron on the Disease Process before purchasing it in order to gage whether or not it would be worth my time, and all praised Exposing the Hidden Dangers of Iron: What Every Medical Professional Should Know

about the Impact of Iron on the Disease Process:

6 of 7 people found the following review helpful. Great book to start learning about iron overloadBy ColleenEEver since i began switching to organic food, I began questioning the need for "reduced iron" in fortified foods and whether they were actually harmful with daily consumption...especially now with most omnivores consuming more than the RDA for iron in addition to iron rich meats regularly. It was the scarcity of meat for soldiers which led to the fortification of grain/processed food and carried over to the general population. This practice continues today without review of the efficacy or safety of iron fortification. While Dr. Weinberg doesn't approach this topic and its possible contribution to iron disorders, a big over site, he does provide some interesting connections to chronic diseases and iron disorders.The Dr. Weinberg presents some great informational statistics, but the statistics don't quite connect the dots for me. What would be interesting is to see some cross-over studies regarding the "Eat Right for your Blood Type" (Dr. D'Adamo) and the findings that see if there is a relationship between blood type and iron metabolism disorders. Many of the iron metabolism disorders seem to be genetically identifiable as Weinberg indicates throughout his book, and blood type is also a genetic trait. Combining these two areas of studies may shore up the statistical findings and provide more understanding and therefore, better dietary modifications specific to iron needs according to blood type/genetics.Other than the questions that this book left me with, it is a great place to start learning about iron disorders.3 of 3 people found the following review helpful. HemachromatosisBy BJ BurrowsBJ Burrows Very informative. I did not realize how many symptoms are associated with hemachromatosis. Now I understand why it is so hard to diagnos. I only went to 4 doctors whereas the average is 11 doctors.3 of 4 people found the following review helpful. A seemingly esoteric subject explained well.By Steven Lavitan, DCThis book is written for medical professionals, but it is understandable if you take your time and have a good medical dictionary with you. The subject is way to important for people concerned with their health, not to have a handle on. This is a huge risk factor for coronary events, and quite likely, more decisive as a predictive factor than cholesterol. There are ways discussed that would help you monitor your risk and improve your profile. Highly recommended for those motivated enough to want to know.

Iron is one of the most frequently purchased over-the-counter supplements, second only to vitamin C and calcium. The danger is that, once absorbed, iron can only be excreted in minute amounts of less than one milligram a day (or by heavy blood loss), and excess iron collects in a person's vital organs, thus, setting the disease process under way. As organs literally rust away, patients can experience early death by heart attack, arthritis, liver, pancreatic and colon cancer, increased infections, cirrhosis, diabetes, neurological problems, loss of hearing, tinnitus, depression, impotence, and infertility. Scientists have now discovered a connection to iron impropriety and Alzheimer's, early onset Parkinson's, Huntington's, attention deficit disorder, and epilepsy. EXPOSING THE HIDDEN DANGERS OF IRON is an excellent introduction for medical professionals to the intricacies of iron in the various body systems. Containing a practical guide to diagnosis, it also includes such subjects as the treatment and management of iron-loading conditions, excellent reference charts, a large glossary of terms, additional resources, contact and treatment centers, and a complete bibliography. Cutting edge scientific findings are summarized, complete with endnotes and references, about the devastation of excess iron on the liver, pancreas, gallbladder, spleen, adrenals, kidneys, bone marrow, arteries, heart, pituitary, joints, lungs, hearing, skin, vision, and the brain.

About the AuthorE. D. WEINBERG, professor of microbiology, emeritus, Indiana University, is world renowned for more than five decades of scientific publications about iron. He lives in Bloomington, Indiana.