



# The Vitamin Solution: Two Doctors Clear the Confusion about Vitamins and Your Health

*Dr. Romy Block, Dr. Arielle Levitan*

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Are you confused about vitamins? Unsure of which ones you need for optimal health, and what levels are safe? You're not alone. Many people's health issues could be improved with vitamins if they only knew how to use them. In *The Vitamin Solution*, Drs. Romy Block and Arielle Levitan provide a common-sense, medically sound approach to using vitamins to improve your diet, exercise plan, and overall health. In clear, accessible, language, they explain which vitamins and supplements can be helpful, which can be harmful, and which are altogether unnecessary; explore health topics including migraine, hair loss, fatigue, irritable bowel syndrome, hot flashes, and more; and address preventive care, providing insights on topics such as screening tests, weight loss, and preserving memory. Illuminating and accessible, *The Vitamin Solution* is an indispensable guide to safely incorporating vitamins and supplements into any lifestyle—one that will leave readers educated, informed, and armed with simple, everyday strategies for bettering their health.

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