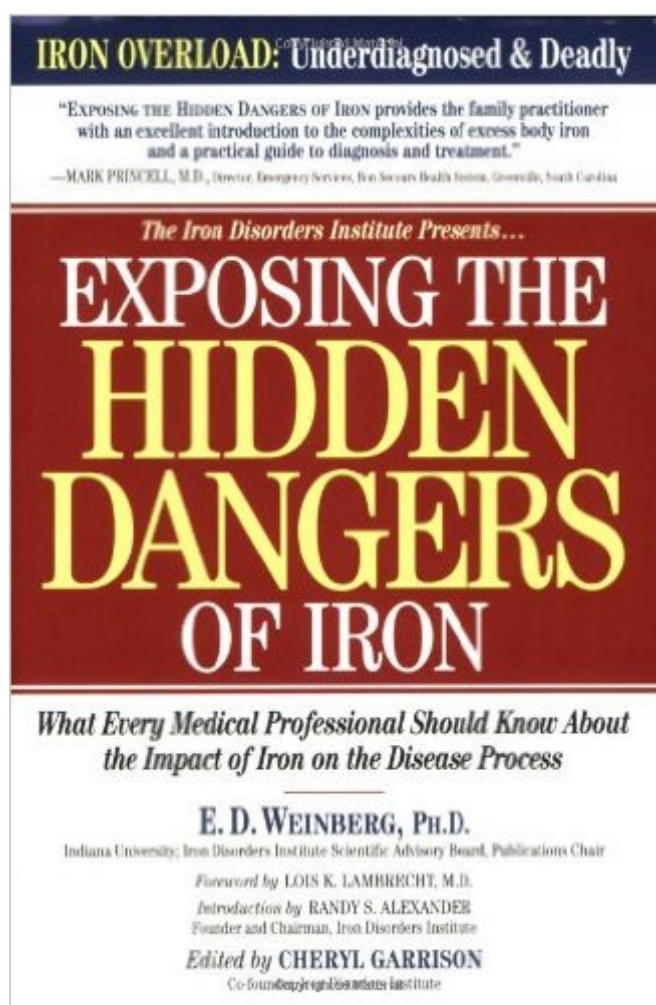


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# Exposing The Hidden Dangers Of Iron: What Every Medical Professional Should Know About The Impact Of Iron On The Disease Process



## Synopsis

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.

## Book Information

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## Customer Reviews

I am so very pleased to recommend this book. The Iron Disorders Institute - and Dr. Weinberg, have

"done it again". While the book is geared towards medical professionals, I find it quite understandable as a layperson whose family is affected by hemochromatosis/iron overload. "Exposing The Hidden Dangers of Iron" takes up where "Guide to Hemochromatosis" lets off. Especially of interest to me is the in-depth education on how iron specifically effects each system of the body. The extensive information given on diagnosis and treatment is invaluable. The graphics are incredible. Dr. Weinberg is a leading expert in infectious disease and cancer. He is well known for his work which focuses on prevention of chronic disease by reducing iron levels by reducing intake of iron in diet and discontinuing contributive factors such as tobacco use and alcohol. His more than fifty years work in the field of iron's relationship to cancer has earned him prestige and recognition worldwide. He is a pioneer in the field of iron studies, and has provided us with more than 350 articles and books devoted to iron. I have had the honor of hearing Dr. Weinberg speak in person numerous times, and have never failed to walk away richer for the experience. My expectations have not been disappointed with this excellent publication.

This timely exposure of a truly hidden health hazzard is well written and can be clearly understood by people who are not medical professionals. It is a common sense guide on how to handle this problem of iron overload and most important how to prevent the problem from developing. Other books tend to be too technical or in some cases not detailed enough in their investigative coverage. This book is just right in terms of giving enough clear coverage.

Everyone should have this informative book on the dangers of iron in your diet. The world in general is getting too much iron and needs to know more about it whether they have Hemocromatosis or not. I have purchased copies of this book, which can be purchased so cheaply at ,for my whole family since my son died of Hemochromatosis, a disease of iron overload.

Ever 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.

This 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 too 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.

I have been diagnosed with Hemochromatosis at age 68. The doctor said it's the genetic form. Never knew about it or anyone in my family that had it but it sure explains all my symptoms. I'm not sick in the head after all. I'm just rusting from the inside out! Have to watch your diet and give blood depending on how severe your iron overload. Most blood tests done do not check your iron level so you could have it and never know it. The book covers many topics and some were too deep for the average reader. You can learn from the Iron Disorder Institute.com

BJ Burrows Very informative. I did not realize how many symptoms are associated with hemochromatosis. Now I understand why it is so hard to diagnose. I only went to 4 doctors whereas the average is 11 doctors.

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