



# The Bronzed Killer And His Brothers

*Dr. Osama Ahmed Bahudila*

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More than one million Americans suffer from hemochromatosis, and millions of people worldwide affected too, most have to suffer through misdiagnoses and multiple doctor visits before finding the right treatment. If left untreated, hemochromatosis can lead to heart attack, diabetes, cirrhosis, or cancer and even death. The CDC estimates people with hemochromatosis are misdiagnosed 67% of the time. A hemochromatosis diagnosis is easy to overlook, and so most sufferers must see an average of three doctors before obtaining the correct diagnosis. Physicians often provide few dietary guidelines for hemochromatosis patients that can help you keep your iron overload tendency in check, nor do they explain why certain foods can be bad or good for you. This is a top nutritionist's approach to handling hemochromatosis and iron overload tendencies without severely impacting your lifestyle. The typical nutritional approach to managing iron overload is to reduce the number of iron rich foods in your diet, but you should not try to entirely eliminate dietary iron or you can end up with other health issues such as anaemia. A better approach is to also eat foods that tend to bind iron at the same time you are eating red meats, seafood and any other iron rich foods you favour. Vitamin C and citrus fruits should also be eaten at separate times from iron rich meals, and there are also supplements you must know about that can help protect your liver, heart and other internal organs from the severe iron damage usually caused by hemochromatosis. In *The Bronze Killer and his brothers* doctor Osama Ahmed provides much needed information about this common enemy, from recognizing its symptoms to stressing the importance of early detection and treatment. All that you will find in book "The bronzed killer and his brothers.

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