



UV Advantage: The Medical Breakthrough That Shows How to Harness the Power of the Sun for Your Health (Paperback)

By Michael F. Holick, Mark Jenkins

lbooks, United States, 2010. Paperback. Book Condition: New. 213 x 137 mm. Language: English . Brand New Book ***** Print on Demand *****.Editorial Reviews Product Description Sunshine is good for you! While too much sun causes wrinkles and raises other health concerns, a lack of sun exposure, our primary source of vitamin D can cause serious health problems, such as osteoporosis, certain cancers, and diabetes. Dr. Holick, the discoverer of the active form of vitamin D, has pulled together an impressive body of evidence in support that no one should be-as he puts it- a sunphobe, or, for that matter, a sun worshipper. His conclusion: relatively brief, but unfettered exposure to sunshine and its equivalent can help to ward off a host of debilitating and sometimes deadly diseases, including osteoporosis, cancers of the colon, prostate and breast, hypertension, diabetes, multiple sclerosis, rheumatoid arthritis, and depression. About the Author During the past 25 years, Dr. Holick has looked at not only how vitamin D is made in the skin during sun exposure to sunlight, but has also provided global recognition for how sunlight exposure is important to bone health. He has pioneered the use of activated vitamin D compounds for the...



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Reviews

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