



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

By Michael F. Holick, Mark Jenkins

Ibooks, 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

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III