



Uv Advantage

Milton Blake Sleeper



Uv Advantage:

The UV Advantage Michael Hollick, M.D. and Mark Jenkins,2013-07-11 Dr Holick says sunshine is good medicine Jane E Brody The New York Times 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

The UV Advantage Michael Holick,2005-05 One of the nation s leading experts on vitamin D proclaims the critically demonstrated benefits of sensible sun exposure on bone cellular organ autoimmune and mood related health and shows readers how to harness the power of the sun for their health **CFI** ,2004 **Bulletin of the Astronomical**

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