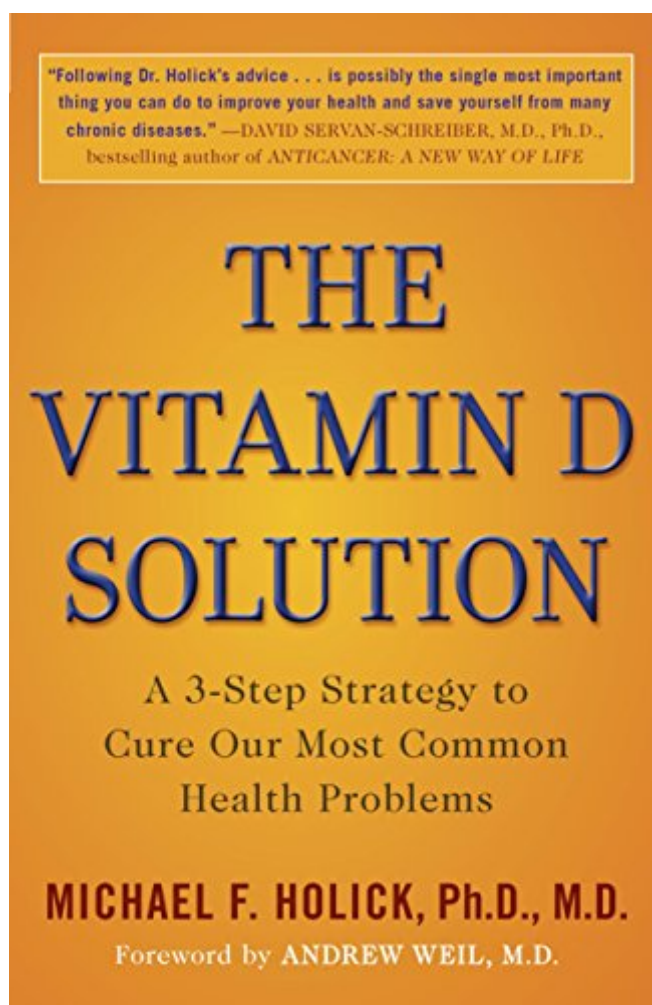


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The Vitamin D Solution: A 3-Step Strategy To Cure Our Most Common Health Problems



Synopsis

The world's leading expert on vitamin D reveals the missing link to achieving optimal health. Vitamin D deficiency is the most common medical condition in the world. In America alone, over 200 million people lack sufficient levels of vitamin D and may consequently suffer from chronic health conditions, ranging from daily annoyances like fatigue and pain to life-threatening illnesses such as diabetes, heart disease, and cancer. But few people know why vitamin D is so important and what they can do to avoid the myriad ailments associated with deficiency, including heart disease, cancer, and osteoporosis. There is no better person to demystify this vitamin and showcase its place in human health than author Michael F. Holick, M.D., Ph.D.-the father of modern vitamin D research. With more than three decades spent studying the relationship between vitamin D, limited sun exposure, and human well-being, Dr. Holick shares his findings on how combining the natural curative properties of the sun along with small lifestyle changes can help everyone to live a substantially healthier life. Armed with a three-step plan incorporating safe amounts of sun exposure, the right supplementation, and eating foods rich in vitamin D, Dr. Holick provides prescriptive advice for anyone- from relatively healthy people to those suffering from chronic or even fatal diseases- on how to easily rebuild and maintain optimal levels of this essential hormone. Rich with anecdotes and entertaining case studies, *The Vitamin D Solution* also presents research from around the world to serve as a wake-up call on this potentially lifesaving hormone for health.

Book Information

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Customer Reviews

Having been sickly for most of my life, I now (for the past 8 years) rely heavily on the advice of my naturopathic doctor. He recommended Vitamin D which I have been taking successfully to build up my immune system and to prevent and/or alleviate colds and flu. Having heard the author personally and being impressed by his presentation and expertise on the subject of vitamin D, I certainly would not hesitate recommending the author and his very informative book to anyone interested in finding a reliable resource with as much incredible research behind the topic as Dr. Michael Holick's.

This book would be excellent if it simply had a few sentences of summary for each chapter. What I mean is this: Yes, have the long-winded explanation but also include a short summary of what each chapter says at the beginning or end of each chapter. Dr. Holick has been researching Vitamin D (or should I say Hormone D) for decades and is eminently qualified to preach on this topic. But most of us would rather start with the short story (cut to the chase) and have the details available if we wish to get more in-depth. Also, I don't remember Dr. Holick acknowledging that supplementation might be different than getting your vitamin D through the sun. There is a very big and important NIH study going on right now that looks at vitamin D supplementation. That study will finish in 2014, but the results will not be available until a few years after the completion of the study. It is possible that study could show us some negatives in regard to vitamin D supplementation. There have been a few minor chinks in the armor of vitamin D supplementation that Dr. Holick does not discuss. That is perhaps OK since these things have been quite minor and not well documented, but I still think a tiny bit of caution is warranted. Boy, I'm not saying this well at all! Maybe I need to be more long-winded :) I currently believe in getting a fair amount of vitamin D and trying to get it from sunshine when possible. If not possible, get it from supplements. But there are some things we don't know about vitamin D and a lot of what Dr. Holick says is subject to possible change in the next few years. Keep your ears and eyes open. All in all, a much needed book that properly strikes at the medical leviathan and exposes another area of misguided and harmful dogmatism (counseling against all direct sunlight). The book would be 4 and 3/4 stars if it had a summary paragraph for

each chapter.

I found this book to be extremely illuminating. Dr. Holick explains that he is one of the vitamin D researchers beginning back (I believe) in the 1960's. His wealth of knowledge and experience was quite educational for me. He covers in detail all of the aspects of vitamin D. He explains based on his experience, knowledge and research that there really is NO difference between vitamin D2 and D3 (as far as humans benefitting from it) and how vital vitamin D is to our OVERALL health and well-being. I learned, for example, that vitamin D is NOT really a vitamin even though it is called a vitamin. It is actually considered a hormone and that some vitamin D3 supplements come from the lanolin of sheep's wool. Dr. Holick also asserts that one of the best sources of vitamin D is through direct sunlight! In Part II of the book; "Three Steps To Rebuilding Your Vitamin D Levels", in step 1 (chapter 8) of the book, he goes into great detail about how to accomplish receiving direct sunlight safely. In step 2 (chapter 9) of the book, he talks about pairing up vitamin D with calcium. And then in step 3 (chapter 10) of the book, he covers how to take supplements safely (as a backup plan). You may not agree with every one of his assertions, but this book is still well worth reading based on his length of years of experience as a vitamin D expert. I enjoyed reading this book and gleaning some of his insights thoroughly.

The Vitamin D Solution was a real eye-opener. I had no idea that this vitamin was so important in so many areas of our bodies' functioning. My introduction to the problems of not having enough Vitamin D was when I visited a rheumatologist earlier this year. She found that I had very low levels of Vitamin D. Within weeks of taking supplements as she suggested, my fibromyalgia, which had plagued me for ten years, was gone! This book explained why, and what I needed to do to keep the optimum amount of Vitamin D in my body. I appreciated that the author cited medical studies as to what particular health problems Vitamin D addresses. Real-life examples from his medical practice provided additional examples. The book is written for lay people, and the information is well organized. I highly recommend this book.

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