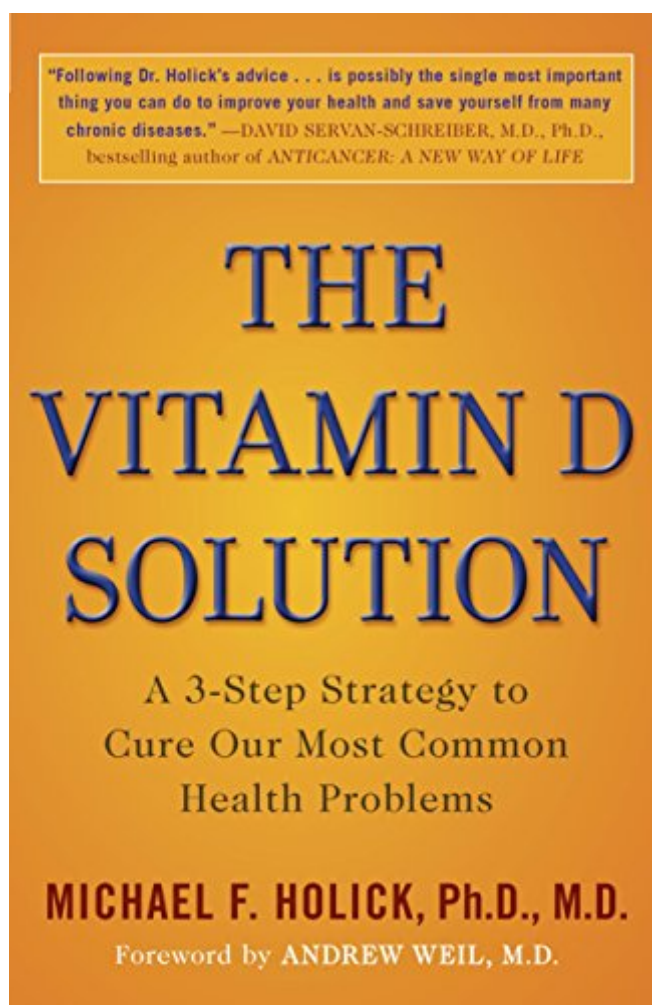


The book was found

# 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

File Size: 3605 KB

Print Length: 336 pages

Publisher: Plume (April 1, 2010)

Publication Date: April 1, 2010

Sold by: Penguín Group (USA) LLC

Language: English

ASIN: B003NX7OHS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #345,578 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27

in Kindle Store > Kindle eBooks > Medical eBooks > Specialties > Dermatology #72

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Alternative Medicine > Vitamins

#74 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Nutrition > Vitamins &

Supplements

## 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.

[Download to continue reading...](#)

Vitamin K: Understanding The Healing Powers Of A Little Known Vitamin (Vitamin K, Vitamin K2, vitamin k2 and the calcium paradox, vitamin K and the calcium paradox, osteoporosis, osteoporosis cure) The Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problems The Vitamin Cure for Eye Disease: How to Prevent and Treat Eye Disease Using Nutrition and Vitamin Supplementation Eczema Cure: The Most Effective Solution To Cure Eczema Fast: A Guide To

Eczema Treatment, Eczema Cure And Eczema Remedies For Perfect Clear Skin (Eczema, ... Psoriasis, Rosacea, Seborrheic Dermatitis) Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) The Herpes Cure: Obliterate the World's Most Annoying and Exaggerated Virus and Finally Cure Herpes (Second Edition, Developed Life Health and Wellness ... Herpes Prevention, Herpes Cure) Book 1) DRI Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids Cancer and Vitamin C: A Discussion of the Nature, Causes, Prevention, and Treatment of Cancer With Special Reference to the Value of Vitamin C, Updated and Expanded Cancer and Vitamin C: A Discussion of the Nature, Causes, Prevention and Treatment of Cancer With Special Reference to the Value of Vitamin C Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) Herpes: Herpes Cure: The Natural Herpes Cure Method To Eliminate Genital Herpes For Life! (Herpes Cure, Herpes, Genital Herpes, Cold Sore, Eliminate Herpes, How To Cure Herpes, Herpes Treatment) The Herpes Cure: Permanent Solutions To Treating Herpes (Cold Sore, Genital Herpes Cure, Genital Herpes Book, herpes cure, cure herpes Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) Hyperthyroidism Cure: The Most Effective, Permanent Solution To Finally Overcome Hyperthyroidism For Life (Thyroid, Hyperthyroidism, Hypothyroidism, Hypothyroidism cure) Psoriasis Cure: The Most Effective, Permanent Solution to Become Psoriasis Free For Life! (psoriasis cure, psoriasis, psoriasis treatment, psoriasis diet, ... remedies for psoriasis, scalp psoriasis) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) Hearing Loss Cure: The Ultimate Solution Guide on How to Improve and Restore Your Hearing Naturally, Tinnitus Treatment Relief (Hearing Loss Cure, Tinnitus ... Health Restoration, Natural Cures) How trace element selenium affects men's health: Discover how selenium can affect: prostate problems, eczema problems, asthma breathing, and 9 other health problems

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)