



The Sunshine Vitamin



AMERICA'S HEALER
DR. JASON WEST

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Vitamin D Zoltan P. Rona,2011-02-25 Dr Zoltan Rona refers to vitamin D as the anti death vitamin and shows how a vitamin d deficiency is one of the root causes of a number of chronic conditions including cancer heart disease diabetes and a host of autoimmune diseases Completely referenced Dr Zona cites cases and studies that demonstrate how vitamin D supplementation can aid in the healing of major illnesses and other common health conditions and can help prevent occurrence Sun phobia sunscreens and too much time indoors has resulted in at least 70% of North Americans being deficient in Vitamin D Readers learn that natural sunlight is the best source what times of day are best for sun exposure what supplements afford the best protection the pros and cons of sunscreens how vitamin D interacts with prescription drugs and why the recommended dosage for vitamin D is increasing This title offers readers a way to improve their health safely and naturally

Sunshine and Vitamin D Frank Murray,2008 Vitamin D from the sun from our diet and from dietary supplements keeps a range of chronic and life threatening diseases at bay from osteoporosis and osteoarthritis to cancer of the breast prostate and colon diabetes multiple sclerosis asthma cystic fibrosis Crohn_s disease scleroderma rickets cardiovascular disease and many others This wide ranging volume spotlights the latest research into how and why this much maligned and misunderstood vitamin is finally coming into its own and how to gain the greatest benefits from it

The Sunlight Solution Laurie Winn Carlson,2009-12-02 In this informative overview of an often neglected topic Carlson examines the historical and cultural factors that have created an indoor lifestyles and the medical evidence that suggests that people need to get out in the sun

Sunlight, Vitamin D and Skin Cancer Jörg Reichrath,2020-09-11 The third edition is a comprehensive and updated overview of positive and negative effects of UV exposure with a focus on Vitamin D and skin cancer Researchers oncologists and students will be provided with the most significant and timely information related to topics such as the epidemiology of skin cancer the immune system and skin cancer ultraviolet damage DNA repair and Vitamin D in Nonmelanoma skin cancer and malignant melanoma There have been a number of new scientific findings in this fast moving field that necessitated a thoroughly updated and revised edition including new Vitamin D metabolites and skin cancer new findings on the beneficial effects of UV and solar UV and skin cancer adverse effects of sun protection and sunscreens sun exposure and mortality and more The book will summarize essential up to date information for every clinician or scientist interested in how to balance the positive and negative effects of UV exposure to minimize the risks of developing vitamin D deficiency and skin cancer

Sunshine Vitamin & Black People Jay Parker, Men of African American descent are at a significantly higher risk of developing prostate cancer than white men There are reasons why more black people are dying of prostate cancer Vitamin D The deficiency of it Black people need the sun more than white folks It takes less time under the sun for a white skin to manufacture all the needed vitamin D It requires more time for the dark skin to warm up and even more time to start manufacturing vitamin D Black folks tend to shy away from the sun because the sun will make

them darker That is a bad strategy When you walk through a park in the summer you see sunbathers I don t know about you but these sunbathers are mostly white folks who need the sun far less than black folks Ordinarily the people that are mostly in need of sunbathing while partially naked are the black skinned people This is because dark skin need the intense sunlight the most Black skin is a marvel It is black for a reason It evolved to be black so as to be able tap into the Sun and get those properties that will give you long life full of health stronger and biologically efficient The white skin needs the Sun but not that much More than fifteen minutes in the Sun without sunscreen and they will get burns and ultimately peels Black folks need it far more and they don t get scorched in fifteen minutes even without sunscreen But some Africans and other diaspora Africans avoid the Sun Is it not ironic that while some black folks are lightening up some white folks are darkening down They call it tanning and it does not come cheap either People of African descent living in cold climate can have a natural Sun protection factor SPF of up to 13 as compared to 3 4 for whites For equatorial and other hot weather blacks it is even better This advantage for African Americans and black immigrants can also be a disadvantage It is a double edged sword for black people not living in equatorial climate You just need to have proper information with which to turn the disadvantage into an advantage Vitamin D is getting a lot of attention lately even in medical circles Many people are having their vitamin D levels tested and are surprised to find out that they are low in this essential hormone What exactly is Vitamin D and why should you care about your Vitamin D levels How does sunscreen use contribute to deficiency in this important vitamin and what can we do to remedy the deficiency This book has been written in such a way that you will be able to absorb the contents in less than it takes to travel from one point to another in a bus or train ride *Sunshine and Vitamin D (Volume 1 of 2) (EasyRead Super Large 20pt Edition)* , **Sunshine and Vitamin D (Volume 1 of 2) (EasyRead Super Large 24pt Edition)** ,

Sunlight, Vitamin D and Skin Cancer Jörg Reichrath,2015-11-27 The goal of this volume is to comprehensively cover a highly readable updated and extended overview on our present knowledge of positive and negative effects of UV exposure with a focus on vitamin D and skin cancer Topics that are discussed in depth by leading researchers and clinicians range from the newest findings in endocrinology epidemiology histology photobiology immunology cytogenetics and molecular pathology to new concepts for prophylaxis and treatment Experts in the field as well as health care professionals not intimately involved in these specialized areas are provided with the most significant and timely information related to these topics It is the aim of the second edition of this book to summarize essential up to date information for every clinician or scientist interested in how to balance between positive and negative effects of UV exposure to minimize the risks of developing vitamin D deficiency and skin cancer **Sun Exposure, Skin Reflectance and Vitamin D Intake to Predict Vitamin D Status** Laura Marie Hall,2008 **Vitamin D the Sunshine Vitamin** ,2018 This sheet printed in English and Spanish discusses vitamin D and gives sources of the vitamin and the daily recommended amounts for different age groups

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