

The UV advantage: the medical breakthrough that shows how to harness the power of the sun for your health

Holick, Michael F, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920577483&lokasi=lokal>

Abstrak

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. 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, nor, for that matter, a sun worshipper. His conclusion says that a 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.