

VITAMIN D DOCTORS

Dr Michael Hollick

"The sun is a good thing. Dr. Michael Hollick says that the Sun and tanning beds ultraviolet radiation helps the body produce Vitamin D."

Vitamin D is not a vitamin but a hormone. It is unique in that it is made in the skin as a result of exposure to sunlight. Photosynthesis of vitamin D has been occurring on earth for more than 750 million years. Some of the earliest life forms that were exposed to sunlight for their energy requirement were also photosynthesizing vitamin D.

Author: The UV Advantage: The medical breakthrough that shows how to harness the power of the Sun for your health. The Vitamin D Solution, A 3-Step Strategy to Cure Our Most Common Health Problems.

Credentials: Michael F. Holick, PhD, MD, Professor of Medicine, Physiology and Biophysics, Director of the General Clinical Research Center, Director of the Vitamin D, Skin and Bone Research Laboratory, Director, Biologic Effects of Light Research Center, Boston University Medical Center

Dr Joseph Mercola

Dr Joseph firmly believes a healthy dose of sunshine is vital for good health. He says to aim for 10 to 15 minutes of sun / or a tanning bed three times a week. And just getting more sun / healthy uvb and taking in more vitamin D could reduce the risk of getting cancer and many other diseases and health concerns....

Author Dark Deception: Discover the truth about the benefits of Sunlight exposure!

Mercola.com: The world's #1 source for health and wellness information.

Credentials: State of Illinois Licensed Physician and Surgeon Board, Certified American College Osteopathic General Practitioners July 1985, University of Illinois at Urbana-Champaign 1972-1976, Chicago College of Osteopathic Medicine 1978-1982, Chicago Osteopathic Hospital 1982-1985 Family Practice Residency, Chicago Osteopathic Hospital Chief resident 1984- 1985,

Hippocrates

Hippocrates held the belief that the body must be treated as a whole and not just a series of parts. He accurately described disease symptoms and was the first physician to accurately describe the symptoms of pneumonia, as well as epilepsy in children. He firmly believed in the natural healing process of rest, a good diet, fresh air, sunshine and cleanliness.

Credentials: Ancient Greek Physician of the Age of Pericles, (Classical Athens), He is considered to be one of the most outstanding figures in the history of medicine. Referred to as the Father of Western Medicine in recognition of his lasting contributions to the field as the founder of the Hippocratic School of Medicine.

Dr James Dowd

His research shows that a deficiency in vitamin D is a major culprit in disease development!

Dr. Dowd says vitamin D is the forgotten vitamin and vitamin D deficiency is rampant in the United States today. “Our activity level, our sun exposure and our diet have dramatically changed over the years,” says Dr. Dowd. “That really explains why our vitamin D levels are so low.”

Author, The Vitamin D Cure

Credentials: Founder/Director, Arthritis Institute of Michigan & Michigan Arthritis Research Center; Clinical Associate Professor of Medicine, Michigan State University,

University of Texas Medical School at Houston Training; University of TX Southwestern Medical School, Rheumatology; Sunny Buffalo Grad Med-Dent, Internal Medicine

Dr Andrew Weil

Vitamin D, often referred to as the "sunshine vitamin," is actually a fat-soluble hormone. Vitamin D3 (cholecalciferol) can be synthesized naturally when skin is exposed to ultraviolet-B (UVB) rays from sunlight.

Why is vitamin D necessary? It helps to maintain normal blood levels of calcium and phosphorus. It assists in the absorption of calcium and promotes bone mineralization, which may prevent or slow the progression of osteoporosis. It also helps to strengthen the immune system and protect against a number of serious diseases...

Dr Weil Vitamin Advisor website - The premier resource for timely, trustworthy information on natural health and wellness.

Founder and Director of the Arizona Center for Integrative Medicine (AzCIM) at the College of Medicine, University of Arizona, Tucson Clinical Professor of Medicine, Professor of Public Health, Lovell-Jones Professor of Integrative Rheumatology, Dr. Weil received both his medical degree and his undergraduate AB degree in biology (botany) from Harvard University

Dr Marc Soreneson

Health and fitness expert, Dr. Marc Soreneson knows that sun exposure is the body's natural way to make vitamin D.

Both tanning beds and sunlight enhance the vitamin D levels in the skin by producing UVB light, which converts cholesterol in the skin to vitamin D. 90 percent of the vitamin D produced in the U.S. population is due to sunlight exposure." Says Dr Soreneson in the article Can Tanning Beds Produce the World's Strongest Bones? Dr Soreneson is a

regular sun tanner and believes that the benefits of regular non-burning sun exposure outweigh the risks associated with overexposure, which can be minimized by avoiding sunburn.

Author: Vitamin D3 and Solar Power for Optimal Health - Sunlight and Vitamin D May Save Your Life! Make no changes in lifestyle without consulting your medical professional.

Credentials: Developed one of the top health resorts in the world, National Institute of Fitness (NIF).

Dr John Cannell

In 2003, he recruited professional colleagues, friends, and family for a board of directors and took the steps necessary to incorporate The Vitamin D Council as a tax exempt, nonprofit corporation. Dr Cannell is currently the executive director of the **Vitamin D Council**.

Author: Two recent theories concerning vitamin D. The first is on vitamin D and influenza and the second on Vitamin D and autism.

Credentials: University of North Carolina University of Utah Internship four years of practicing itinerant emergency medicine, he began as a general practitioner in the coalfields of Appalachia.

Check out these Vitamin D non profit organizations dedicated to increasing world wide awareness of Vitamin D deficiency and on going research.

Vitamin D Council, Vitamin D Society, Vitamin D Foundation, Grass Roots Health