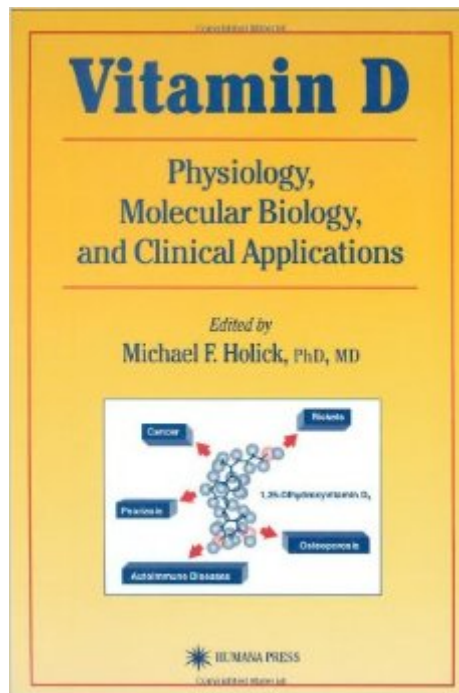


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# Vitamin D: Physiology, Molecular Biology, And Clinical Applications (Nutrition And Health)



## Synopsis

A comprehensive, highly readable overview of the biological functions and clinical applications of vitamin D and its metabolites. Topics range from the most recent recommendations for vitamin D intake to new approaches for the treatment and prevention of vitamin D deficiency and the development of active vitamin D drugs to treat psoriasis and cancer. The book authoritatively reviews the relationship between sunlight exposure, vitamin D, and increased risk of colon and breast cancer; how vitamin D is made in the skin; and the sequence of events that leads to its activation by the kidney. Also examined are the biological functions of 1,25-dihydrovitamin D3 on the intestine and bone, as well as other tissues, such as skin, the immune system, prostate, and breast, and vitamin D's molecular mechanism of action on the cell membrane and nucleus. *Vitamin D: Physiology, Molecular Biology, and Clinical Applications* will serve as an authoritative day-to-day source for all those health care professionals, internists, dermatologists, house staff, and basic scientists who seek today's clearest understanding of the broad role of vitamin D in human health.

## Book Information

Series: Nutrition and Health

Hardcover: 472 pages

Publisher: Humana Press; 1 edition (January 15, 1999)

Language: English

ISBN-10: 0896034674

ISBN-13: 978-0896034679

Product Dimensions: 1.2 x 7.2 x 10.2 inches

Shipping Weight: 3.3 pounds

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #5,487,121 in Books (See Top 100 in Books) #31 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Cancer > Bone Cancer](#) #164 in [Books > Medical Books > Medicine > Internal Medicine > Pathology > Diseases > Psoriasis](#) #351 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis](#)

## Customer Reviews

This is a technical book on vitamin D. Dr. Holick is a pioneer on this subject. He led the way in this field since 1990s. I came across vitamin D by pure serendipity. I realized how rudimentary was the medical knowledge on vitamin D presented in medical books. Up to this date, this new knowledge has not made it into the curricula of medical schools. Then I came across an article that was

published by Dr. Holick in The Lancet "Redefining vitamin D deficiency" in 1998. Since then, I never looked back and this new knowledge on vitamin D changed the way I practice medicine and my patients are grateful for it. In this book, you will learn that vitamin D is not only to enhance bone density, but it is also a vital vitamin to maintain muscle strength, mass (to prevent falls), and that vitamin D has a vital role in preventing most cancers and preventing auto-immune disorders such as type 1 diabetes, multiple sclerosis. A recent study on telomerase has found that vitamin D might even enhance longevity. If you feel tired, and suffer from chronic fatigue, aches and pains, and "everything" has been checked and "normal", it is time your doctor checked 25, hydroxy vitamin D to make sure that your vitamin D is between 32-100 ng/ml and that you are taking adequate vitamin D. This book is written for doctors, clinicians, and researchers. Shirwan Mirza, MD

I looked forward to this book for over a year as I waited for it to be published. The importance of vitamin D is very significant and I have great respect for Michael Holick. This is an expensive book which unfortunately is only a collection of articles written by a variety of authors. Don't get me wrong, there is a ton of information in this book. However, I am disappointed that more basic data is not available or clearly presented. I thought this would be \*the\* authoritative source for what natural 25-OH-D levels are in humans living under evolutionary natural conditions. This is touched on in a few spots, but there is no summarizing section to organize and present information. Perhaps most disappointing is that this book once again shows us that despite extensive research, we still have only a weak understanding of metabolism. Basic information is still very much lacking (or presented in a manner which leaves out too many important details, making the data impossible to draw solid conclusions from). This is a great book to study, but not a terribly good reference book (too difficult to quickly find the information you are looking for).

I was looking for the details of vitamin D actions in the body and I was not disappointed. This book came out in April 2010 and is a wealth of "in the weeds" details about the known and suspected actions of vitamin D. A lot is known and a lot more is yet to be known with precision. The actions of vitamin D are pervasive and are being studied at a dizzying pace, internationally. Dr Holick's book chronicles key areas of interest. After 30 years as a family physician, I couldn't help but to begin employing vitamin D strategies into practice.

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