



# The Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problems

*Michael F. Holick*

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**"This information can save your life. Really." -Christiane Northrup, MD, *New York Times* bestselling author of *The Wisdom of Menopause***

Many Americans have succumbed to the scare tactics of the dermatological community, and avoid sunlight for fear of skin cancer and premature aging. Therefore, most of us suffer from vitamin D deficiency, which causes daily aches, pains, and fatigue, worsens serious illnesses, and diminishes the quality of everyday life. Drawing on decades of research, Dr. Michael f. Holick reveals a well-kept secret: our bodies need a sensible amount of unprotected sun exposure. The most comprehensive rescriptive book on the market, *The Vitamin D Solution* offers readers an easy and inexpensive plan to reversing the effects of vitamin D deficiency-and enjoying a substantially healthier life.

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