

ALLERGY, VITAMINS

THE SUNSHINE CURE

11.04.2007

[Nature medicine news](#) has a short text about the sunshine cure.

The strongest evidence available is perhaps for the vitamin's protective role in MS. Several studies have documented a dramatic 'sunshine belt' [...] Latitude also seems to play a role in the incidence of hormone-dependent cancers. [...] The effect is almost certainly because of vitamin D, Feldman says. "People tend to think it can't do all these things when it's a vitamin," notes Feldman. "It's not a vitamin, it's a hormone."

As always there seems no fun without risk. We could add links to [arteriosclerosis](#) and [allergy](#).

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