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 <u>arteriosclerosis</u> and <u>allergy</u>.

CC-BY-NC Science Surf accessed 08.11.2025 ☐