

VIDEO, VITAMINS

A SECOSTEROID TRANSCRIPTIONAL ACTIVATOR

1.02.2008

A [new vitamin D review](#) is more serious about the biology and possible outcomes [than some others](#).

The popular press is talking about vitamin D as “The Sunshine Vitamin”, promoting it as capable of reducing the risk of cancers and autoimmune disease. Yet vitamin D is actually a secosteroid transcriptional activator, at the heart of the innate immunity.

This looks trivial but it isn't if you look at the NEJM paper cited above.

the unsupplemental metabolic homeostasis is probably in the range 23-60 nmol/l

which is also close to my [estimate](#). What I did not know so far are the risks discussed with obesity and arthritis. Here is a video from the author

cont'd

