VIDEO, VITAMINS

A SECOSTEROID TRANSCRIPTIONAL ACTIVATOR

1.02.2008

A <u>new vitamin D review</u> is more serious about the biology and possible outcomes <u>than</u> <u>some others</u>.

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 <u>estimate</u>. What I did not know so far are the risks discussed with obesity and arthritis. Here is a video from the author

cont'd

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