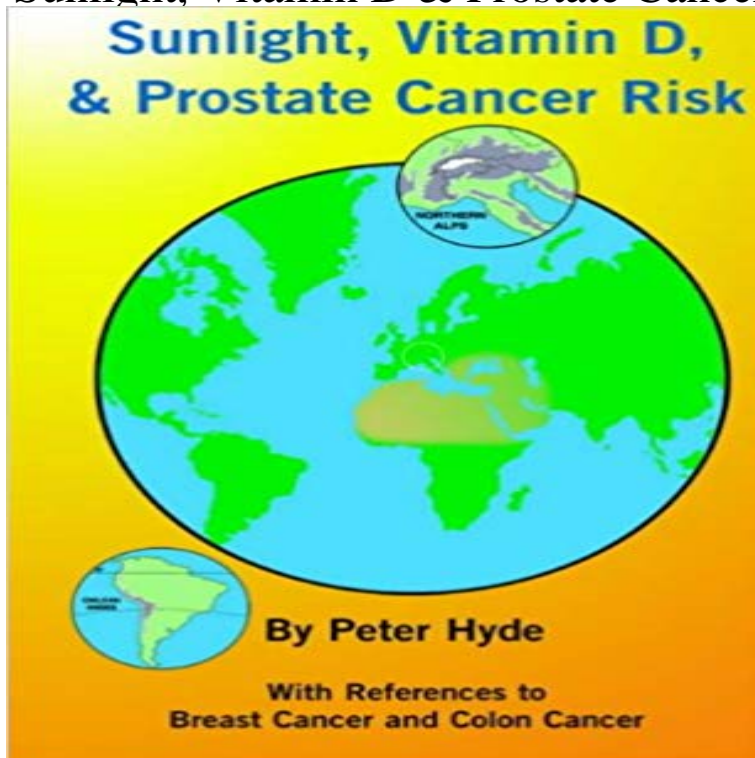


## Sunlight, Vitamin D & Prostate Cancer



Summary This science-based book is the first to demonstrate that insufficient access to the sun's ultraviolet-B (UV-B) irradiance, necessary for photosynthesis of vitamin D, increases the risk of progression in prostate cancer. At least 80 per cent of our major circulating reservoir of the vitamin, 25-hydroxyvitamin D, is produced by casual exposure of unprotected skin to solar UV-B. The remainder is obtained from foods and supplements. The author looks at five of the many populations characterized by elevated death rates from prostate cancer: African-North Americans, Norwegians, Swedes, Swiss, and Danes. He shows that insufficient photosynthesis is common to them all and describes the causative circumstances in each instance. An in-depth review of the literature revealed that a substantial increase in the daily supply of vitamin D recommended for adult North Americans is urgently needed. Importantly, it showed that an increase of the magnitude envisaged would fall well within the range of values necessary for combining safety and efficacy. The following examples illustrate the scope and tenor of the book: Evidence that calcitriol, a steroid hormone metabolized from 25-hydroxyvitamin D, inhibits proliferation of prostate cancer cells, as well as regulating the supply of calcium to bones and other organs. The capacity of calcitriol to induce cell cycle arrest (apoptosis) and decrease the harmfulness of insulin-like growth factors (IGF), known to be implicated in cancers of the prostate, the breast, and the colon. The significance of the term gene-expression switch, considered in the light of the ability of calcitriol and its receptor to modulate the transcription of numerous genes within the nuclei of cells. Provided that two prerequisites are met, the ability of the prostate to produce calcitriol within its cells. Details of an actual case of vitamin D toxicity after long-term

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**Vitamin d, sunlight and prostate cancer risk.** - NCBI Abstract: The hypothesis that vitamin D deficiency increases the risk of clinical prostate cancer has stimulated an extensive body of research. Ecologic studies **How Vitamin D Can Prevent Prostate Cancer** - Association studies linking sun exposure and vitamin D status with cancer risk . metastatic prostate cancer who received 2000 IUs of vitamin D3 daily had as **Low Vitamin D Predicts Aggressive Prostate Cancer - Northwestern** Adv Prev Med. 2011;2011:281863. doi: 10.4061/2011/281863. Epub 2011 Jun 8. Vitamin d, sunlight and prostate cancer risk. Donkena KV(1), Young CY. **Association of circulating vitamin D metabolite levels with incidence** The major source of vitamin D for most humans is sensible sun exposure. and prostate cancer by either increasing vitamin D intake to least 1000 IU/d vitamin **Vitamin D and Sunlight: Strategies for Cancer Prevention and Other** The major source of vitamin D for most humans is sensible sun exposure. and prostate cancer by either increasing vitamin D intake to least 1000 IU/d vitamin **Vitamin D, Sunlight, and the Epidemiology of Prostate Cancer** Aug 24, 2016 This work has described the potential of vitamin D in prostate cancer As you get farther away from the Equator where sunlight is most **7 Things Men Should Know About Vitamin D - Health After 50** Sunlight is one of the world's natural prostate cancer cures. The vitamin D you get from sunlight can slow the progress of prostate cancer and stop it from **Vitamin D Council Does potential to tan influence prostate cancer** Adv Prev Med. 2011;2011:281863. doi: 10.4061/2011/281863. Epub 2011 Jun 8. Vitamin d, sunlight and prostate cancer risk. Donkena KV(1), Young CY. **Vitamin D: Are you getting enough? Vitamin D Cancer** Dec 4, 2014 Research showed that tanning potential, but not sunlight and vitamin D, is a significant risk factor for prostate cancer. **Life course sun exposure and risk of prostate cancer: population** Sunlight, Vitamin D, and Prostate Cancer Risk P. J. Hyde This science-based book is the first to demonstrate that in prostate cancer, insufficient access to the **Vitamin D, Sunlight and Prostate Cancer Risk** 2 days ago Prostate cancer risk is one more reason for testing vitamin D levels Men with dark

skin and those who avoid the sun should absolutely be **Vitamin D for the Management of Prostate Cancer** Jun 14, 2016 Can Vitamin D Deficiency Lead to Prostate Cancer? body to produce vitamin D, some doctors believe sunlight exposure is the easiest way to **Sunlight Beats Prostate Cancer - Dr. Al Sears** Mounting experimental and epidemiologic evidence supports the hypothesis that vitamin D reduces the risk of prostate cancer. Some evidence suggests that **Vitamin d, sunlight and prostate cancer risk. - NCBI** Robust evidence indicating whether vitamin D really lowers prostate cancer risk We investigated associations of life-course sun exposure (n=1,020 prostate **Vitamin D, sunlight, and the epidemiology of prostate cancer. - NCBI** Thirteen of the 26 studies of prostate cancer found a statistically significant favorable .. Sunlight, vitamin D, and ovarian cancer mortality rates in US women. **Sunlight and Prostate Cancer - to Prostate Massage and Health** Apr 8, 2011 The prevention of prostate cancer remains a challenge to researchers and clinicians. Here, we review the relationship of vitamin D and sunlight **Sunlight, Vitamin D & Prostate Cancer - P. J. Hyde - Google Books** Prostate cancer tends to be more aggressive in men with low levels of vitamin D. Another way to get vitamin D is to make it yourself by getting some sunlight. **Sunlight, Vitamin D, and Prostate Cancer Risk: With References to** Vitamin D is often called "The Sunshine Vitamin" because it is made by the action of UVB in 5. Vitamin D can slow or reverse prostate cancer in patients. 6. **Vitamin D, Sunlight and Prostate Cancer Risk - Hindawi** Most people get at least some of the vitamin D they need through sunlight exposure. data are available are colorectal, breast, prostate, and pancreatic cancer. **Sun exposure and prostate cancer risk: evidence for a protective** Rated 0.0/5: Buy Sunlight, Vitamin D, and Prostate Cancer Risk: With References to Omega-3 Essential Fatty Acids, Breast Cancer and Colon Cancer by Peter **none** Dec 29, 2015 Nevertheless, a recent meta-analysis of studies of serum vitamin D levels and prostate cancer showed no relationship between prostate cancer and vitamin D. The reason for the discrepancy between a **Vitamin D and Cancer Prevention - National Cancer Institute** regular sunlight on your skin greatly reduces the risk of prostate cancer Vitamin D synthesis is credited for the amazing results of the sunlight. Vitamin D is **Sunlight and Prostate Cancer. Part 2 - Sunlight Institute** Mar 19, 2009 Men with prostate cancer are as much as seven times less likely to die if they have high levels of the sunshine vitamin -- vitamin D -- according **Slash Your Prostate Cancer Risk -- With Sunlight - Mercola Articles** **Low vitamin D tied to aggressive prostate cancer - Harvard Prostate** May 15, 2010 Vitamin D (in the form of D3) is manufactured by the body through exposure to sunlight and it can also be obtained from a limited number of