

# **The Vitamin D Solution: A 3-Step Strategy To Cure Our Most Common Health Problems By Michael F. Holick**

**By Michael F. Holick**

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Michael F. Holick, Ph.D, M.D. Michael F. Holick, Ph.D., M.D. is Professor of Medicine, Physiology and Biophysics; Director of the General Clinical Research Unit; and

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Michael F. Holick (born 1946) is an American endocrinologist, specializing in the field of vitamin D, such as the identification of both calcidiol, the major

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Oct 05, 2010 Beware that Holick is promoting D2 which is not a human form and is very expensive and is also promoting vitamin D analogues which are ineffective long

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New book from Dr. Michael Holick [The Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problem To Cure Our Most Common Health Problems](#)

In the landmark book [The Vitamin D Solution](#), Dr. Michael F. Holick [A 3-Step Strategy to Cure Our Most Common Step Strategy to Cure Our Most Common Health](#)

In this interview we discuss the benefits of vitamin D, how much to take and why it s critical to add a vit. D supplement to your nutritional program.

The [Vitamin D Solution A 3 Step Strategy To Cure Our Most](#) [The Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problem](#) by Michael F. Holick

Feb 18, 2014 [A 3-Step Strategy to Cure Our Most Common Heart D Solution: A 3-Step Strategy to Cure Our Most Common Heart Problems"; Michael F. Holick;](#)

Dec 21, 2013 Dr. Michael Holick, one of the leading vitamin D researchers, discusses the health benefits of vitamin D and how to optimize your vitamin D levels.

[Vitamin D: a d-lightful solution for health. Holick MF\(1\). Author information: \(1\)Department of Medicine, Section of Endocrinology, Nutrition, and Diabetes, Vitamin](#)

Michael F. Holick (born 1946) is an American endocrinologist, specializing in the field of vitamin D, such as the identification of both calcidiol, the major

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