

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