

THIS FALL'S VITAMIN D

Reading List

Whether you are a parent looking for a book to read aloud to your child, or a med student hoping to expand your knowledge, there is a book for you in this list.

THE VITAMIN D SOLUTION BY MICHAEL HOLICK, PHD, MD

Dr. Holick provides clear, evidence based advice on how to improve your life by maintaining sufficient vitamin D levels. If you aspire to become a vitamin D expert, you need to begin by reading this book.

AUTISM CAUSES, PREVENTION AND TREATMENT: VITAMIN D DEFICIENCY AND THE EXPLOSIVE RISE OF AUTISM SPECTRUM DISORDER BY JOHN CANNELL, MD

Founder and Executive Director of the Vitamin D Council, Dr. John Cannell, explains the relationship between vitamin D and autism. Dr. Cannell presents a solid foundation for a revolutionary new approach to preventing and treating autism.

DINOSAUR DOUGLAS HAS FUN IN THE SUN BY HEATHER MAISNER

Vitamin D deficiency during childhood has been shown to be associated with various health outcomes, such as dental caries, atherosclerosis and physical fitness. This book takes a step towards solving the issue of vitamin D deficiency by educating children about vitamin D in a fun way.

ATHLETE'S EDGE: FASTER, QUICKER, STRONGER WITH VITAMIN D BY JOHN CANNELL, MD

As the title implies, this book helps athletes become more competitive with vitamin D. However, this book covers a lot more than what's in the title. The book also covers the basics of vitamin D, ranging from measuring your vitamin D levels to explaining why many of us are deficient.

VITAMIN D PRESCRIPTION: THE HEALING POWER OF THE SUN & HOW IT CAN SAVE YOUR LIFE BY ERIC MADRID, MD

If you're unfamiliar with the benefits associated with vitamin D, this book offers a good place to start. Dr. Madrid discusses the role that vitamin D plays in various diseases and conditions in the simplest manner possible.

TRICK OR TREATMENT: THE UNDENIABLE FACTS ABOUT ALTERNATIVE MEDICINE BY EDZARD ERNST AND SIMON SINGH

Although this book is not about vitamin D specifically, it provides readers with the necessary tools to understand and scrutinize the practice of the scientific method. The book discusses the safety and efficacy of various alternative medicines. Since new research on vitamin D is published on a daily basis, learning how to properly evaluate research is necessary.