

THIS FALL'S VITAMIN D *Reading List*

Whether you are a parent looking for a book to read aloud to your child, or a medical 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 & 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.

DEFEND YOUR LIFE: VITAMIN D3 IS A SAFE, EASY AND INEXPENSIVE APPROACH TO IMPROVING QUALITY OF LIFE BY SUSAN REX RYAN

Susan Rex Ryan sheds light on the research regarding vitamin D's wide range of health benefits. From athletic performance, to dental health, to decreased risk of several diseases, this best-selling author empowers her readers with her in depth knowledge on vitamin D.

APPROACH A CRITICAL EVALUATION OF VITAMIN D – BASIC OVERVIEW

For those looking to learn more about vitamin D on a deeper level, this book is your place to go. By delving into the physiological, biochemical and immunological aspects of vitamin D, this book illuminates the principles and clinical significance of vitamin D status in relation to human health.