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Red sun rising songs

Honestly, I didn't really want to die at the age of 37. It was the first thought that I had three summers ago, when my dermatologist told me that the little pink lump on my left cheek was in fact skin cancer. He quickly went about assuring me that, despite the funeral zeal playing in my head, death wasn't really an option here. I have the slightest form of the disease, basal-cell carcinoma, which hardly ever causes long-term problems. What's more, removing it would be a simple cut-and-stitch procedure. And that's just what it used to be. In the end, the root canal I had 2 months earlier was probably more of a near-death experience. That said, since that moment, I -- like so many guys these days -- have become much more aware to protect myself from the sun. I'm hitting sunscreen on my fast-burning Irish skin and clothing myself in a series of grimy baseball caps (my fedora phase, thankfully, has passed). After cheating death at the age of 37, I'm not about to let it win at the age of 47. There's only one hitch: My efforts to save my skin could end up costing me my life. At least that's the warning a group of researchers are giving solar phobia like meself. They suggest we have grown dangerously from the sun and specifically that we need more of the ultraviolet vitamin, vitamin D. As evidence, they point to an alarming number of people - especially those living in the northern part of the United States, and those with dark skin - who walk close to E when it comes to D. Sun Spotting In 2002, for example, a study of otherwise healthy 18- to 29-year-olds in Boston found that a third significantly low vitamin D levels by the end of winter had. A recent article in the journal Nutrition Reviews, which looked at five separate studies, concluded that prevalence of vitamin D inadequate is higher than expected in North America. Meanwhile, one has noticed expert on bone and calcium believes that the problem is even bigger than that. I admittedly have a liberal standard, says Robert Heaney, M.D., of Creighton University in Nebraska, but I estimate that as many as 80 percent of people in the United States don't get enough vitamin D. Now, granted, You need more vitamin D sound like what your grandmother might say if she's called Surgeon General (right after she beets preach the national vegetable). But there is reason to pay attention, as researchers believe that a lack of D - a substance that helps our bodies use calcium and is crucial to bone strength - may be behind much of what we are here at the beginning of the 21st century, including heart disease, colon cancer, and prostate cancer. Indeed, a 2002 study in the journal Cancer speculated that vitamin D malnourishments could lead to more than 23,000 cancer deaths each year. I think it's a huge unrecognisable epidemic in the States, said Michael Holick, M.D., a researcher at Boston University medical center and the most high-profile member of the vitamin D research community. research community, affects children and adults of all ages, all breeds, and both sexes. It's very significant. The Dividing Line The way God pulled it up gets enough vitamin D ought to be a cinch, since the process is as unconscious as breathing. When you're outside in the sunlight, UVB rays from the sun activate an enzyme in your skin. Presto, vitamin D is created and goes to work in your body. Unfortunately, several things can interfere in practice with the process. First is geography. The further you are from the equator, the less direct the sunlight, and the weaker the UV rays become. Above 42° north, for example - imagine a line stretching roughly from Boston to northern California - it's hard for many people to produce vitamin D during the winter. African-Americans, Latinos, and others with dark skin are at a further disadvantage, as their pigmentation limits the UV light they can absorb and slow down vitamin D synthesis. The final obstacle in vitamin D production is, or at least could be, the environment - the cause of the last major vitamin D crisis, in the early 1900s. As the industrial revolution kicked into high gear, more people moved to the cities and hung in dark, thankful tenements; meanwhile, pollution from busy factories has clouded the air. The result was much fewer UV rays affecting people's skin, and much more vitamin D deficiency. At the turn of the last century, dr. Holick, had more than 80 percent of the kids in Boston rickets. Moo Juice While strengthening milk with vitamin D eventually solved the rickets problem, it may have given us a false sense of security. Research has shown that our milk supply, for all the confidence we put into it, is remarkably unreliable. A 1992 study published in the New England Journal of Medicine showed that, of 42 milk samples tested, 26 contained fewer than the 400 international units (IU) of vitamin D per quarter listed on the label. Some of the skim milk tested does not contain D at all. In 2001, Cornell University researchers analyzed 648 samples of milk sold in New York State and found that 46 percent were underfortified. But even if milk came as advertised, it still can't cover our bodies' needs. While the current recommended daily intake is 200 IU for adults until age 50, there is a growing consensus that we need five times that - 1,000 IE - to keep our blood levels where they need to be. (An editorial in the New England Journal of Medicine a few years ago argued for just such an increase.) And it's almost impossible to get through diets exclusively, especially since cold-water fish are the only food naturally high in D. Like dr. Holick it suggests, You'll have to take a multivitamin, drink two glasses of milk and eat salmon every day just to start satisfying your vitamin D requirement. Sundry Facts On A Recent Morning - A Hot, Sunny One, It's Worth Noting - I in Dr. Holick's office at BU medical center. Skinny and wiry, with shaggy white hair and vibrant blue eyes, dr. Holick is vitamin D since he was a graduate student at the University of Wisconsin 30 years ago. Lately, he has also become one of the most controversial vitamin D researchers. Earlier this year, just before the publication of his new book, The UFS Advantage, was Dr. Holick asked to resign from BU's dermatology department by the chairman, Barbara Gilchrest, M.D. She's been emailing me for more than a year, saying her dermatologist friends have questioned how I might be a professor of dermatology and suggest people are exposed to some , says Dr. Holick, who still holds several positions at the university. Then, in February, she told me she'd like me to resign. What I did. Dr. Gilchrest declined to be interviewed for this story, but then asked one newspaper she liked Dr. Gilchrest. Holick's recommendations thought, she replied, I better read things in ladies magazines. Her criticism was echoed by the American Academy of Dermatology, which the council likened to smoking to combating anxiety. (Dr. Holick's critics also say that he accepts money from the indoor tanning industry. He does not dispute the charge but claims the amount is small and comes with no conditions.) In a way, it's hard to blame dermatologists for their hardcover. In 1980, about 400,000 cases of skin cancer were diagnosed in the United States; this year it will be more than a million. Little wonder that the U.S. government recently added UV radiation to the list of known human carcinogens. Dr. Holick tells me he doesn't deny that skin cancer is a problem - in fact, he says that after a few minutes people have to close in the sun or use sunscreen. But he also believes that the zero-tolerance approach of many dermatologists can be just as dangerous. Two large population-based studies appear to lend credence to his concern. A few years ago, a NASA physicist named William Grant, Ph.D., noted that residents of New England were 1 to 1 to be twice more likely to get prostate, colon, or breast cancer than those found in the Southwest. Intrigued, Grant began comparing the UFC levels in 500 U.S. cities and counties with the rates of cancer in those areas. I found a correlation between lower UV levels and a higher incidence of 12 different types of cancer, said Grant, who launched the San Francisco-based Sunlight, Nutrition and Health Research Center to further study vitamin D. More recently, Grant overdy his study (published in the journal Cancer), this time controlling for other cancer risk factors, such as smoking and alcohol intake. The new research, which has not yet been published, confirmed its findings. A similar geographic link was found between sun exposure and multiple sclerosis. Cases of MS in the United States increase the further north you go. And a new U.S. study found that those with skin cancers have half the rate of MS of those without cancer. Grant says the link is inevitable. I estimate that half of the 400,000 with MS MS the United States would not have MS if they had the same UVB dosages as those found in the southern states. If vitamin D was tried in a court of law, Grant's findings would be cirsent evidence — compelling, but not enough to convict. A stronger case can be made for the link between vitamin D and bone health. Not only does research show that low levels of D can increase your risk of osteoporosis by as much as 300 percent, but new research also finds a link to unexplained bone pain. A study from Riyadh Armed Forces Hospital in Saudi Arabia found that 80 percent of back pain sufferers were light on vitamin D. Less concrete — but more alarming — is exhibit B of D's relationship with cancer. Laboratory studies have shown that cancer cells struggle to grow when D-levels are normal; Meanwhile, a study published last December in the Journal of the American Medical Association found that those with diets high in vitamin D were 40 percent less likely to potentially develop cancer colon polyps. Researchers also discovered a link between vitamin D and heart health. Studies have shown that the further you live from the equator, the higher your blood pressure tends to be, and that people tend to have lower blood pressure during the summer, when UV rays are stronger. (The hormone that controls BP is regulated by vitamin D.) And a study last year in the Journal of the American College of Cardiology found that low vitamin D levels can be a factor in congestive heart failure. Sun Rise, Sun Set Still, the idea of vitamin D as a possible panacea has some people, including many dermatologists, skeptical. James Spencer, M.D., director of dermatologic surgery at the Mount Sinai Medical Center in New York City, says Dr. Holick and his colleagues remind him of the late Linus Pauling, the Nobel Laureate researcher who obsessed with the idea that vitamin C could strife everything from colds to cancer. Dr. Holick has religion on vitamin D in the same way as dr. Pauling has it on vitamin C, says Dr. Spencer. It's a very attractive idea: Just take this pill, or spend more time in the sun, and everything will be fine. But come on, is life ever that simple? Vitamin D researchers, ironically, argue that it's the dermatologists who oversimplify things. A tendency we all have is to focus on the disease in our specialty, says Dr. Heaney. The dermatologists looked at the rise in melanoma and panicked. But they don't look at all man. Dermatologists have also exaggerated the real risk that skin cancer poses. D experts say. They note that, while skin cancer is the most commonly diagnosed cancer in the United States, more than 90 percent of cases are either basal-cell carcinoma or squamous-cell carcinoma. Both are relatively harmless when detected early. Granted, nearly 8,000 deaths a year from melanoma should not be dismissed but from a public-health standpoint, that makes skin cancer less of a if vitamin D deficiency is, says Bruce Hollis, Ph.D., a vitamin D researcher at the Medical University of South Carolina. I tell my medical students that if I'm going to have cancer, I'd rather want basal cell carcinoma than breast cancer, colon cancer or one of the other cancers linked to vitamin D deficiency. Sunshine of my life So in the end, are we simply left with a grim choice - either dying from too much sun (skin cancer) or too little (prostate cancer, MS)? Not necessarily. In the short term, those most at risk — African-Americans, people living in the northern part of the United States, the elderly — can get a blood test to see if they have adequate levels of vitamin D. We can also be judicious about which parts of our bodies are exposed to the sun: Since basal and sticker cell cancers appear mostly on the face and ears , set dr. Holick front to protect those areas with sunscreen, while still exposing your arms and legs. Of course, the ultimate solution would be a way to get the vitamin D we need while limiting our exposure to the sun. And those possibilities exist - from broader, more reliable fortification of the food supply to more powerful D supplements. (At the moment, most multivitamins contain just 400 IU, even if toxicity only becomes a concern at 10,000 IU and above.) Or maybe there's another way. I'm a fan of Stanley Kubrick and the film 2001: A Space Odyssey, tells Dr. Holick as we sit in his office. And there he has the astronauts exposed to simulated sunlight to make vitamin D. I think that one day indoor lighting will be developed so you can actually be exposed to small amounts of UVB rays to get your vitamin D. Vitamins from the lights? Maybe our future isn't as dark as it seems. But in the meantime, I've never been happier that I like salmon. This content is created and maintained by a third party, and imported on this page to help users provide their email addresses. You may need more information about this and similar content in this piano.io piano.io

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