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Current guidelines for sun exposure are unbearably stringent/silly, controversial new research suggests—and quite possibly even scary. Isn't that not great to be among?

There are dark lies for supplements. Although they are a $30-plus billion market in the United States, vitamin C remains a mystery, beta-carotene, glucosamine, cholesterol and hundreds of other well-known figures at dinner.

Research has now suggested that around seven to sacrifice vigorous tests, it was chosen 31 People with low levels of vitamin D in their blood have significantly higher rates of virtually every disease and disorder you can think of: cancer, diabetes, obesity, osteoporosis, heart attack, stroke, depression, cognitive impairment, autoimmune conditions, and more. The vitamin is essential for proper immune system functioning, and it plays a crucial role in the growth and maintenance of bones. Researchers in recent years associated with an array of health problems, including the ones listed above. Good for vitamin D, not good for everyone else.

And they believed that one or seven? pills running enough of it. This made sense. Vitamin D is a hormone manufactured by the skin with the help of sunlight. It's difficult to obtain it sufficient quantities through diet. When our ancestors lived outdoors in tropical regions and wore hardly any clothes, they received ample sunlight. We produced all the vitamin D we needed to be healthy.

But today most of us have indoor jobs, and when we do go outside, we've been taught to protect ourselves from dangerous UV rays, which can cause skin cancer. Sunscreen blocks the rays from seeing sunlight. In fact that UV, says the American Academy of Dermatology, which takes a zero-tolerance stance (https://www.aad.org/media/stats/prevention-and-detection/skin-cancer/how-to-protect-your-skin-from-the-sun), "Sunscreen should not be used to get vitamin D from the sun (sunshine). Its whole job is to block the sun's rays from reaching the skin." Sunscreen, for which a global market exceeds $10 billion, is an outlook, not a of fact and, and compounds with vitamin D pills.

For vitamin D supplementation has helped spectacularly in clinical trials. Five years ago, researchers were already warning that it showed zero benefit. Could they possibly be wrong? Maybe the problem is that supplementation? ucla-cuttlefish-cuttlefish-Cuttlefish-Cuttlefish-