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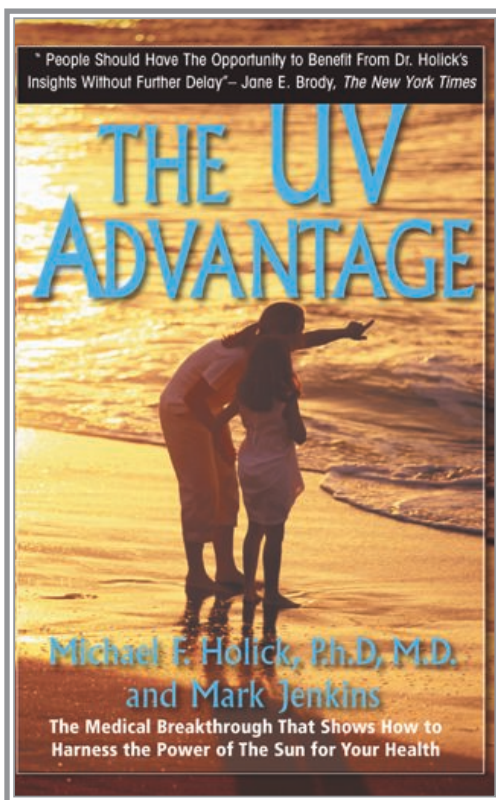
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**About the Book:**

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"...Dr. Holick says, sunshine is good medicine." Jane E. Brody, *The New York Times*

Sunshine is good for you! While too much sun causes wrinkles and raises other health concerns, a lack of sun exposure, our primary source of vitamin D can cause serious health problems, such as osteoporosis, certain cancers, and diabetes. Dr. Holick, the discoverer of the active form of vitamin D, has pulled together an impressive body of evidence in support that no one should be—as he puts it—a “sunphobe,” or, for that matter, a sun worshipper. His conclusion: relatively brief, but unfettered exposure to sunshine and its equivalent can help to ward off a host of debilitating and sometimes deadly diseases, including osteoporosis, cancers of the colon, prostate and breast, hypertension, diabetes, multiple sclerosis, rheumatoid arthritis, and depression.



*The UV Advantage*  
**Dr. Michael F. Holick and  
Mark Jenkins**

228 pages, 6x9  
Health & Fitness  
Healthy Living  
Trade Paper,  
Adult/General  
Nonfiction

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**About the Authors:**

Michael F. Holick, Ph.D., M.D., is internationally recognized for his expertise and many contributions in the fields of vitamin D, calcium, skin, bone, and the biologic effects of light. At Boston University School of Medicine, Dr. Holick is professor of medicine, dermatology, and physiology and biophysics; director of the Bone Health Care Clinic; and program director of the General Clinical Research Center. Dr. Holick was a merit awardee of the National Institutes of Health, serves as Chairman of a Review Group for NASA, and has served on the editorial boards of major journals. He has published more than two hundred articles in respected scientific journals and has been the chair and co-chair for the biannual Symposium on the Biologic Effects of Light for the past decade. Dr. Holick received more than forty awards and honors for his innovative research and clinical activities, including the 2003 Robert H. Herman Award from the American Society of Clinical Nutrition. Dr. Holick's Vitamin D, Skin, and Bone research laboratory at the Boston University School of

Medicine emphasizes the development of new approaches for treating osteoporosis, skin diseases, and cancer of the skin, breast, colon, and prostate. Dr. Holick lives in Sudbury, Massachusetts, with his wife Sally and daughter and can be found working in the garden or on the tennis court.



Mark Jenkins is the author and co-author of a dozen books, including two Book-of-the-Month Club alternate selections. His writing has appeared in publications as varied as Rolling Stone and The Wall Street Journal. Mr. Jenkins also writes humorous commentaries for public radio about life on a small island. He lives on the island of Martha's Vineyard with his partner Patty and her two sons, where he enjoys bodysurfing and tennis.