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It's disappointing that there's no convenient menu that lets you just browse freebies. Instead, you have to search for your preferred genre, plus the word 'free' (free science fiction, or free history, for example). It works well enough once you know about it, but it's not immediately obvious.

Vitamin D And Prostate Cancer

"Vitamin D3 has many mechanisms by which it improves bone health, controls neurological problems, reduces risk of microbial infection, increases cellular natural immunity, and adaptive immunity," a do ...

Vitamin D sources: Here's what you need to know about staying healthy in pandemic

Prostate cancer (PC) etiology is up to 57% heritable, with the

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remainder attributed to environmental exposures. There are limited studies regarding national level environmental exposures and PC ...

Association between environmental quality and prostate cancer stage at diagnosis

Ultraviolet radiation has various deleterious effects but a positive influence on vitamin D metabolism ... colorectal cancer. No clear trend was apparent for female breast cancer, prostate ...

Vitamin D and Cancer Mortality: Not to be Taken Lightly

Eating right, exercising, watching weight, limiting alcohol, smoking and sun exposure can help prevent cancer instantly.

7 Ways to Reduce Your Cancer Risk in Seconds

Dr Harish Naik, Consultant - Neurosurgery, Hiranandani Hospital, Vashi-A Fortis Network Hospital shares benefits of Vitamin D, its

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sources and its effects on mental health.

Amid COVID-19 Lockdown Across Several States, Here's How to Get The 'Sunshine' Vitamin Back in Our Lives

urinary tract infections and prostate cancer screening. "I'm not sure when it got popular to check everybody for vitamin D deficiency," but patients often ask for it, especially baby boomers ...

Vitamin D deficiency is widely overestimated, doctors warn

Vitamin D's anti-cancer benefits are a source of contention ... including oesophageal, prostate, pancreatic and lung cancers. They also found no link between vitamin D and neuroblastoma ...

Research finds vitamin D does not protect against most cancers

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the active form of vitamin D." READ MORE: Green tea benefits: Cancer prevention and other possible benefits backed by evidence McNeill wanted to assure people that people using sunscreen daily ...

Vitamin D deficiency: Are you getting enough sunshine to keep the body healthy?

In recent years, three meta-analyses of clinical studies have come to the conclusion that vitamin D supplementation was associated with a reduction in the mortality rate from cancer of around 13 ...

Vitamin D Deficiency

prostate and colon. What's more, sunlight has other hidden benefits -- like protecting against depression, insomnia and an overactive immune system. A large, international study on colorectal cancer ...

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How Much Sun Do You Need for Vitamin D?

Politics ...

Politics Updates

Containing probiotics as well as a range of nutrients, including calcium and vitamin D, a daily shot of kefir (in milk or water ... tick the box on your daily selenium intake, important for prostate ...

A nutritionist's hour-by-hour guide to supercharge your diet

Background: Vitamin D has anticarcinogenic and immune-related properties and may protect against some diseases, including breast cancer. Vitamin D affects gene transcription and may influence DNA ...

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Vitamin D, DNA Methylation, and Breast Cancer

Two types are available – a natural form, known as d-alpha-tocopherol and ... answer as to whether the vitamin could reduce the risk of prostate cancer developing was halted half way through ...

The facts about vitamin E and your diet

Raw Moringa tea leaves are a natural source of a variety of vitamins, for example, Vitamin ... Cancer Prevention and Treatment Moringa tea can reduce the risks of breast cancer in women and ...

7 Reasons why you should drink Moringa Tea

We all know it's important to keep up with annual physicals and medical screenings to catch any health issues early on. Often, early detection save lives. Due ...

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Scotch Plains Rescue Squad Tip of the Month: For Optimal Health, Schedule Routine Exams

Although it may not have the same high profile as some other vitamins like C and D ... vitamin E. For example, while research suggests a vitamin E supplement may help protect against prostate ...

What to Know About Vitamin E

During an annual physical exam, your doctor will most likely order blood work to check for, among other things, glucose, cholesterol, iron, and vitamin ... for you. Prostate cancer screening ...

Scotch Plains Rescue Squad Tip of the Month

Research suggests an association between increased colon cancer risk and low vitamin D levels in the body ... heart disease and cancers of the breast, prostate and colon. What's more,

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sunlight ...

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