

NATURAL HEALTH

feel good | look good | do good

GET HAPPY NOW

> 6 Solutions for Depression

> 4 Walks to Transform Your Mood

> Create a Haven for Better Sleep

But other dermatologists disagree, especially since you can get vitamin D through supplements. Responding to Holick's suggestion, the Skin Cancer Foundation notes that unprotected sun exposures of just two or three minutes can begin breaking down skin tissues. James M. Spencer, M.D., a clinical professor of dermatology at Mount Sinai School of Medicine in New York and a member of the foundation's medical council, suggests protecting bone health by drinking vitamin-D-fortified juice or milk, eating fatty fish, or taking a daily multivitamin containing 600 units of vitamin D. "It's a lot safer," he says.

Fox concurs: "I think it's better to wear sunscreen every day." 🌿

CALCIUM ALERT!

DO SUPPLEMENTS REALLY BUILD STRONG BONES?

9 Ways to Prevent Skin Cancer

p. 47

Yoga for Hypertension

p. 43

The Best Nondairy Milks

p. 35

Should You Stretch?

p. 22

Stop His Snoring

p. 96