

About Dr. Michael Holick, Ph.D, M.D.

Michael F. Holick, Ph.D., M.D. is Professor of Medicine, Physiology and Biophysics; Director of the General Clinical Research Unit; and Director of the Bone Health Care Clinic and the Director of the Heliotherapy, Light, and Skin Research Center at Boston University Medical Center.

After earning a Ph.D. degree in biochemistry, a medical degree, and completing a research postdoctoral fellowship at the University of Wisconsin, Madison, Dr. Holick completed a residency in medicine at the Massachusetts General Hospital in Boston.

Dr. Holick has made numerous contributions to the field of the biochemistry, physiology, metabolism, and photobiology of vitamin D for human nutrition. As a graduate student he was the first to identify the major circulating form of vitamin D in human blood as 25-hydroxyvitamin D₃. He then isolated and identified the active form of vitamin D as 1,25-dihydroxyvitamin D₃. He determined the mechanism for how vitamin D is synthesized in the skin, demonstrated the effects of aging, obesity, latitude, seasonal change, sunscreen use, skin pigmentation, and clothing on this vital cutaneous process. Dr. Holick has established global recommendations advising sunlight exposure as an integral source of vitamin D. He has helped increase awareness in the pediatric and medical communities regarding vitamin D deficiency pandemic, and its role in causing not only metabolic bone disease, and osteoporosis in adults, but increasing risk of children and adults developing common deadly cancers, schizophrenia, infectious diseases including TB and influenza, autoimmune diseases including type 1 diabetes and multiple sclerosis, type 2 diabetes, stroke and heart disease. He also observed the pregnant women who were vitamin D deficient were at increased risk for preeclampsia and requiring a C-section.

Dr. Holick is a Diplomate of the American Board of Internal Medicine, a Fellow of the American College of Nutrition, and a member of the American Academy of Dermatology and the American Association of Physicians. He is the recipient of numerous awards and honors, including the American Skin Association's Psoriasis Research Achievement Award, the American College of Nutrition award, the Robert H. Herman Memorial Award in Clinical Nutrition from the American Society for Clinical Nutrition, the Annual General Clinical Research Centers' Program Award for Excellence in Clinical Research, the Linus Pauling Functional Medicine Award from the Institute for Functional Medicine and most recently, the Linus Pauling Prize for Human Nutrition and the DSM Innovation award. Dr. Holick serves on a number national committees and editorial boards and has organized and/or co-chaired several international symposia. He has authored more than 300 peer-reviewed publications, and written more than 200 review articles, as well as numerous book chapters. He has acted as editor and/or co-editor on 10 books, and has written *The UV Advantage*, and the newly published *The Vitamin D Solution*.

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