

# CPC #32: Kruse Longevity Rx for skin: Psoriasis, Rosacea, and Atopic Dermatitis, and Vitiligo

You need to realize how the sun makes active D3. The hack is in creating your solar callus first to increase the skin's ability to make cathelicidin. 1,25-Dihydroxyvitamin D3, the active form of vitamin D, not the storage version D25 OH, is a major regulator of the expression of the CATIONIC antimicrobial peptide cathelicidin, not only in monocytes but also in epidermal keratinocytes. The involvement of cathelicidin in wound healing and skin diseases as diverse as psoriasis, rosacea, and atopic dermatitis. This means the hack is learning how to create your solar callus is the key in creating new opportunities for the use of vitamin D in your own life, subtracted from dermatology dogma.



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