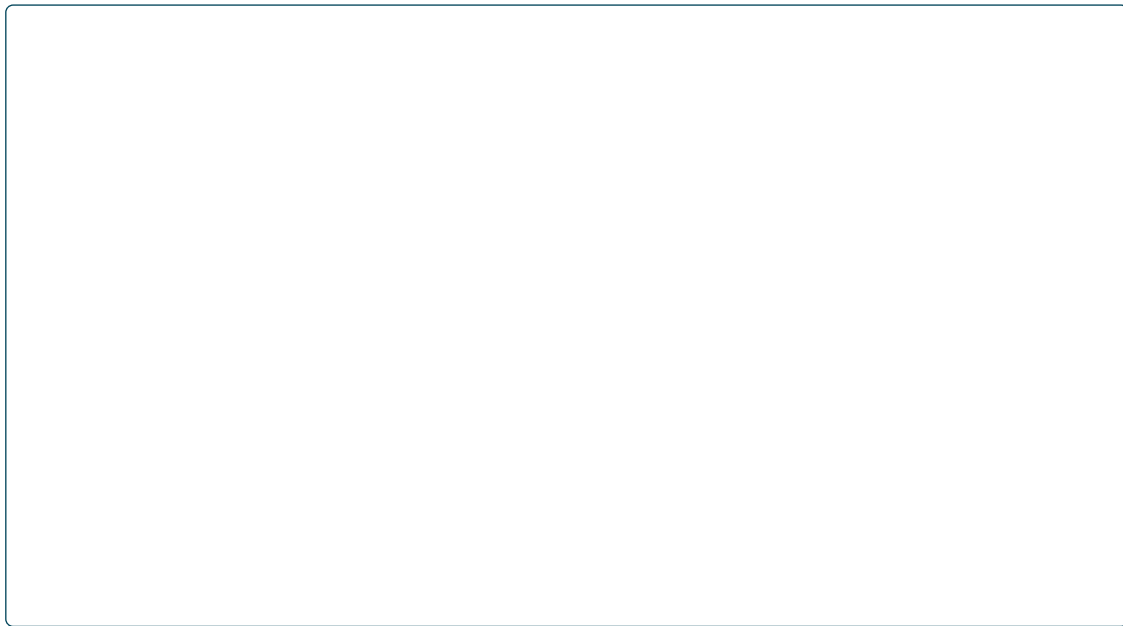


Life Style Modification and Weight Loss Cure Obesity, Metabolic Syndrome, Non-Alcoholic Fatty Liver Disease and Vitamin D Deficiency

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Vitamin D and obesity; Vitamin D and NAFLD; Vitamin D; Metabolic syndrome; Weight loss

is a global prevalence of vitamin D concordant with the rise of metabolic syndrome-obesity and NAFLD prevalence.

It is now conclusively recognized that obesity and metabolic syndrome causes stimulation of immune system and sustain a chronic state in all tissues, especially in islet cells, brain, liver, gut and muscle [1-3]. NAFLD begins with simple fat accumulation in the hepatocytes called Hepatic steatosis, then it triggers oxidative stress and of the hepatocytes called steato-hepatitis and to cellular apoptosis, and cirrhosis of liver [4-6].

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of vitamin D is 90% to 100% in non-diabetic and diabetic population respectively [7]. comparable prevalence in diabetic and non-diabetic population is explained by the fact that the non-diabetic group is full of prediabetic and metabolic syndrome

body weight can adapt the normal physiology and deter the development of more deleterious complications of NAFLD. Vitamin D supplementation without addressing the basic pathogenesis of (which is the usual practice) not only mask the important warning sign of this biomarker but also lead to all possible complications of NAFLD i.e. chronic liver disease and cirrhosis. So, one should not jump for replacement if there is no alteration of calcium-phosphate-PTH axis rather, advise life style To conclude, we will revisit the famous words of a stalwart:

doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with Edison.

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