**The Sun Within: Hormone D**

**Brief Description:**

"The Sun Within – ‘Hormone D’" course explores Vitamin D's hormonal role beyond its traditional label, emphasisng its synthesis from sunlight and its impact on over 100 biological processes, including cellular communication and gene expression.

It addresses Vitamin D’s influence on immune, cardiovascular, and metabolic systems, and highlights health risks linked to deficiency, like weakened immunity and higher chronic disease risk.

This introductory module provides a foundation for deeper exploration of Vitamin D in immune health and disease prevention.

**Learning Objectives:**

-Equip learners with a comprehensive understanding of Vitamin D as a hormone.

-Emphasise the systemic importance of Vitamin D across multiple biological processes.

-Highlight Vitamin D’s role in:

* + Immune modulation
  + Bone and muscle health
  + Metabolic regulation
  + Brain function
  + Endocrine balance

-Explore Vitamin D’s extensive impact on health and disease prevention.

-Provide insights into practical applications of Vitamin D optimization strategies to improve patient outcomes.

-Include an **online self-assessment** to reinforce learning and ensure comprehension of key concepts.