



### **SOME FACTS ABOUT SUNLIGHT**

The light and heat from the sun are indispensable to all of nature. The human race evolved under the sun and for thousands of years lived in harmony with its heat & light. Yet over the last 50 years or so, we have lost this close contact with the sun & its healing powers. We have even become afraid of it - to the point where large numbers of people may be compromising their health through sunlight deficiency.

Nevertheless, the sun is central to our well being & health.

- Sunlight can help prevent and heal many common & fatal diseases including breast cancer, colon cancer, prostate cancer, ovarian cancer, heart disease including high blood pressure, multiple sclerosis, psoriasis, rickets, TB and osteoporosis.
- Before the time of antibiotics, sunlight was used successfully to speed up the healing of wounds
- Tanning moderately throughout the year is better than avoiding the sun altogether
- Sudden bursts of strong solar radiation are unnatural and dangerous – protection needs to be built up slowly.
- Prolonged exposure to artificial light puts the body under great stress.
- Sunlight kills bacteria
- The human body needs sunlight to manufacture vitamin D by synthesising it in the skin.
- The sun seems to strengthen us & lift our spirits

The sun transmits energy in the form of electromagnetic waves, most of which is filtered out by the earth's atmosphere. Solar radiation at ground level is composed of 37% visible light, 3% ultraviolet & 60% infrared waves. Over the years it has been found that the best healing properties are obtained by using the full spectrum of sunlight & not separating the ultraviolet from infrared.

The sun's rays contain two wavelengths that affect the skin: ultraviolet (UVA – 320 – 400nm) and ultraviolet B (UVB – 290 – 320nm). Both promote tanning & burning. UVB burns skin more rapidly than UVA but does not penetrate as deeply. Basically, the sun can heal the skin as well as harm it.

Vitamin D (actually more of a hormone in its action than a vitamin) is essential for the growth & maintenance of teeth, bones & a healthy immune system.

In countries far from the equator such as Britain, it is impossible to produce vitamin D in the skin from October – March because UVB radiation with the right wavelengths to produce vitamin D in the skin is only present at ground level during April – September, the best months being May, June, July in the hours of mid morning to mid afternoon!

Taking vitamin D supplements can be toxic at high levels – the body makes better use of vitamin D derived from the sun.