

Sunshine is Good for You

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Just in case you haven't heard the latest health news - sunshine is good for you; in fact, your well-being depends upon it. Praise the Lord! I have been preaching this sermon for a very long time. Let me take this opportunity to educate as to some of the whys and how to use the sun to your advantage.

Our bodies need the energy provided by the sun. One way that we consume it is through the fresh fruits and vegetables that we eat. Plants harvest the energy of the sun in order to grow and we get that vibration and aliveness transferred to our bodies as we consume them.

The ultraviolet rays of the sun convert skin oil to Vitamin D, an important nutrient for our health. According to the National Institutes of Health, a deficiency of vitamin D can be linked to a host of ailments. Brittleness of bones, fatigue, depression and autoimmune disorders just begins the list. The active form of vitamin D also acts an effective regulator of cell growth in a number of different cell types, including cancer cells. Laboratory and epidemiologic evidence suggest that vitamin D may be protective against some cancers, particularly that of the breast, prostate, colon and skin.

A major biological function of vitamin D is to maintain normal blood levels of calcium. Vitamin D picks up calcium from the digestive tract and ferries it into the blood. Where we get into trouble is that vitamin F (essential fats) is needed to carry the calcium out from the bloodstream and into the tissues. If we are out in the sun too long, excess vitamin D is produced, causing high blood calcium levels and low tissue levels of calcium. The result? Hives, sunstroke, cancer and cold sores.

The energy chakras of our bodies benefit from the vibrations of full spectrum colors. Ophthalmologist Jacob Liberman writes in his book "Light: Medicine of the Future" as to the importance of not wearing sunglasses all the time. Our energy systems need the variety of colors coming in through the eyes. Recommended is using a visor, hat or sitting in the shade while looking out onto, and allowing our eyes to absorb, all of the colors in nature and in full spectrum light. It is very healing for the body.

Here are my starting recommendations for my clients. To use a minimum amount of sunscreen made from natural ingredients and only after some natural sunlight has been allowed to meet with the skin. The body needs at least 15 minutes of sunlight per day for minimum vitamin D production. Sunscreens can also be very toxic to the body as its chemicals are absorbed through the skin. Sunscreens screen out the very ultraviolet rays your body needs for health. This is especially true in the high SPF formulas.

It is the sunburn that creates havoc and cancer potential. Lead up to your sun time gradually. Doing so allows your body to increase its production of the protective melanin pigmentation. Use breathable but protective clothing as an alternative to block the sun's rays. Increase your fruit and vegetable intake to increase anti-oxidant levels in your body. These serve to provide protection against any sun induced radiation damage. Add essential fats/omega-3s to your diet. Flax oil (1T. per day, more when spending more time in the sun), walnuts and wild salmon are good sources. Finally, appreciate the sun and its life giving qualities. Do not view it through the eyes of evil and harm. See our sun through the eyes of gratitude, moderation and wisdom. For a more in depth review here are two references: 1) "The UV Advantage" by Michael Holick, M.D.. He is world renowned for his Vitamin D and sunlight research and is a medical professor at the Boston University School of Medicine. 2) www.mercola.com has summarized research articles and more action steps of wisdom for you to consider.