

Experience the Healing Power of... Sunshine!

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Sunshine - the source of all life on our planet. Without sunshine, we could not live. Without sunshine, *nothing* can live. Dare to *Experience the power of sunshine* and help your body heal naturally!

The Health Benefits of Sunshine

- ✿ Sunshine has the ability to kill alien bacteria and with sunshine, the white blood cells' ability to eliminate bacteria increases
- ✿ Sunshine increases the blood circulation to the inner organs and the muscles
- ✿ Sunshine greatly enhances energy and endurance (that's why we have much more energy and endurance during the summer!)
- ✿ Sunshine increases the secretion of uric acid (which is important to people with gout and pain)
- ✿ Sunshine increases our resistance to infections. Skin infections and abscesses heal faster in sunlight. Sunlight even has an influence on internal infections.
- ✿ Sunshine has an effect on lowering the blood sugar level
- ✿ Sunshine can stimulate the liver to better break down environmental toxins (toxins break down 1000 times faster in people who are able to be exposed by the sun)
- ✿ Sunshine lowers blood pressure, increases the heart's capacity for work, and balances hormones
- ✿ Sunshine contains vital nutrients for our body ~ nutrients such as vitamins and hormones ~ that's why our skin has been endowed with sun cells to absorb, process and store those nutrients. One of the most important is Vitamin D. Vitamin D and the sun play crucial roles in the life-long development of a healthy bone structure. There is no substitute for the Vitamin D you receive from the sun (see *Ways for the Sun to be Absorbed by the Body* below).
- ✿ Sunshine is vital for our cells' ability to cleanse
- ✿ Sunshine increases our ability to cope with stress

Ways for the Sun to be Absorbed by the Body

- ✿ Through the **EYES**. This is the most important. Our entire bloodstream passes through our eyes twice per hour and gets charged with the energy of the sun. Take breaks throughout the day and stand in the sun. Take off your glasses and sunglasses and allow your bloodstream absorb the nutrients through your eyes!

- ✿ Through the **SKIN**. Obviously, the sun can be absorbed and is stored in the sun cells of the skin. We call this a suntan ☺ .
- ✿ Through **WATER**. Drinking or playing in sun-saturated water brings sun energy into the metabolic system of the body. Sun-charge some water (in a glass container) and taste the difference!
- ✿ Through the **AIR**. The air brings the nutrients of the sunshine through the lungs to supply the digestive and excretory system. Deep breathing outside on a sunny day (whether in the sunshine or in the shade) is an excellent healing technique – and stress reliever too!
- ✿ Through **FOOD**. Sun-ripened fruit and leaves give our brain and our bone structure the benefits of the sun!

The absorption of sunlight by the body – in all five of these different ways - affects every cell of the body. Sunshine is one of the most powerful – and cost-effective - natural health care techniques available!

The Effects of Sunscreen

Because of the increasing incidents of skin cancer, we are told to keep our exposure to the sun at a minimum. But, is it the sunshine that is to blame?

What is a sunburn? A sunburn is simply a symptom – our body's way of telling us that it has had enough sunshine *for now*. Yet, we are encouraged to use sunscreen so we can stay in the sun longer. Is this safe?

Sunscreens are ‘rated’ by SPF. SPF 15 means that we should be able to stay in the sun 15 times longer before we burn than we would be able to without sunscreen. So, if a person normally starts to burn after being in the sun for 20 minutes, theoretically, with SPF 15 sunscreen, they would now be able to delay the onset of burning for three hundred minutes (five hours). Twenty minutes vs five hours – that’s over 4 ½ hours longer than you are receiving sun exposure than your body would typically handle. Why should this be a concern?

There are two types of rays that come from the sun; Ultraviolet A (UVA) and Ultraviolet B (UVB). Both types promote tanning and burning. The UVB rays burn the skin more rapidly but do not penetrate as deeply. The UVA rays are able to penetrate very deeply into the skin and are thought to be linked to skin cancer.

The SPF on many sunscreens only refers to the amount of protection given against UVB radiation. This means that the UVA rays are still being absorbed deep into the body. In this example, your body would be absorbing the rays that are thought to be linked to skin cancer

for four and a half hours *more* than your body would typically handle! Check and make sure that the sunscreen you use provides protection against *both* types of ultraviolet rays.

Another factor is that sunscreens usually contain one of two types of protection: a chemical sun filter or a physical sun filter.

- ✿ The *chemical sun filter* absorbs the ultraviolet radiation, but is exactly what it says – a **chemical** filter. So when we use this type of sunscreen, we are in essence spreading chemicals all over the largest organ of our body - the skin. These chemicals are toxic and are immediately absorbed into the skin cells. Add that to the factor of over-exposure to UVA rays and imagine the harm that this does to our bodies.
- ✿ The *physical sun filter* is an inert material such as titanium oxide, zinc oxide or talc and works by reflecting the UV rays away from the skin. This is the safer of the two.

Try this natural sunscreen: Jojoba Carrier Oil (or Coconut Oil) and Lavender! (*We recommend only the use of therapeutic-grade essential oils. Contact us or visit our website for therapeutic-grade essential oils.*)

Your Body is Unique!

Sunshine in moderation is the best recommendation. But we have to remember that every person is an individual and that person's body is unique. Therefore, moderation can mean different exposure times from person to person. Learn to listen to *your* body and learn how much sunshine *your* body can handle. If you have children, learn to listen to *their* body and learn how much sunshine *their* body can handle - chances are it is different from yours ☺.

Out in the sun too long? Try this **Natural Sunburn Care:**

1 Tbsp Calendula Carrier Oil
3 drops Lavender
3 drops Roman Chamomile
2 drops Peppermint

(Again, we recommend only the use of therapeutic-grade essential oils.)

The more moderate exposure your body is given to the sun, the better able your body gets conditioned to handle the sun. Listen to your body – use moderation – *experience the power of sunshine* – and unleash the natural healing power of YOUR body!