



LIGHT

Sunlight is essential for all living beings on the planet and vital for the body's metabolism and hormonal balance. While sunlight often gets a bad reputation for causing skin cancer, research has shown that moderate exposure to sunlight is one of nature's best healing agents for physical and mental health.

THE POWER OF SUNLIGHT¹

- ✓ Important for vascular health
- ✓ Boosts immune system
- ✓ Improves energy production in mitochondria
- ✓ Synchronizes body function and rhythms
- ✓ Produces vitamin D
- ✓ Elevates mood
- ✓ Lowers blood pressure
- ✓ Kills germs, both bacteria and viruses
- ✓ Supports wound healing

A CASCADING EFFECT²

SUNLIGHT EXPOSURE



leads to
higher
levels of

SEROTONIN

+ positive moods
+ calm yet focused mental outlook

in the dark,
produces



MELATONIN

+ restful sleep
+ stabilized circadian rhythm

GET YOUR DAILY DOSE OF SUNSHINE

1

Exposure to early morning sunshine (around 15-30 min depending on skin type) when you first wake up helps to establish your circadian rhythms, stabilizing mood and energy levels for the day.³



Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun.

ECCLESIASTES 11:7

2

For those who may not be able to access early morning sunshine (due to job or location), consider using Blue light Therapy. A blue light box utilizes the same frequencies as natural light and is effective for treating seasonal affective disorder and depression.⁴

3

Exercise outdoors in the sunshine as much as possible, so you not only get Vitamin D but also stronger muscles, healthier heart, and fresh air!⁵

HELPFUL TIPS⁶



Know your skin: People with pale skin who sunburn easily and don't tan are more likely to get sun-related skin cancer. Get familiar with how much sun exposure your skin can handle.



Ease into sunlight: Several studies suggest that suddenly getting a lot of sun is more dangerous than steady exposure over time.



Use proper gear with discretion: Sunblock, sunglasses, and hats can be helpful for prolonged or intense exposure to sunlight. However, it also blocks the same rays that stimulate Vitamin D production, so don't be fearful of moderate skin exposure.

^{1,5}Peters, C.T. & Peters, J.A. (2016). TakeTEN health habits. St. Helena, CA: TakeTEN LLC.

^{2,3}Mead, M.N. (2008). Benefits of sunlight: A bright spot for human health. Environmental Health Perspectives, 116(4): A160–A167. <https://doi.org/10.1289/ehp.116-a160>

⁴Nedley, N. (2016). Nedley depression & anxiety recovery program workbook. Ardmore, OK: Nedley Publishing.

⁶(2005, September). Benefits of moderate sun exposure. Harvard Health Publishing. <https://www.health.harvard.edu/diseases-and-conditions/benefits-of-moderate-sun-exposure>