# **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 SUNLIGHT<sup>1</sup>

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

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### A CASCADING EFFECT<sup>2</sup>

#### SUNLIGHT EXPOSURE



leads to higher levels of

SEROTONIN + postive 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.<sup>3</sup>



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

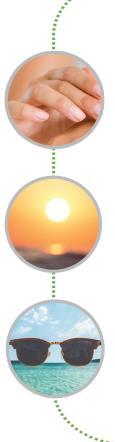
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## 2

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

# 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!<sup>5</sup>



### HELPFUL TIPS<sup>6</sup>

**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 then 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.

<sup>1,5</sup>Peters, C.T. & Peters, J.A. (2016). TakeTEN health habits. St. Helena, CA: TakeTEN LLC.

<sup>2,3</sup>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

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

<sup>6</sup>(2005, September). Benefits of moderate sun exposure. Harvard Health Publishing.

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