



## **Principle # 8 Sunlight**

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in Divine power-these are the true remedies”- Ellen White

### **Is Sunlight Still A Good Thing?**

As Adventists part of our health message has always been that exposure to sunlight is a great thing. In today’s world though, we don’t hear a lot of positive messages about the sun. We are told to put on sunscreen and avoid sun exposure to limit our chances of skin cancer. But, are there positive aspects of sun exposure? Well, we know that everything needs some sunlight to live. That’s a pretty important aspect of our sun!

### **It Lowers Blood Pressure**

You might not know that sunlight can lower your blood pressure, reducing your risk for heart disease! Researchers found that 30 minutes of sun exposure significantly lowered blood pressure and raised the levels of nitric oxide in the bloodstream. Although skin cancer is a real risk of UV radiation, heart disease kills many more people than skin cancer does. Martin Felsch, a professor of experimental medicine at the University of Southampton feels that we need to talk about balancing sun exposure instead of eliminating it completely. Researchers are currently working on discovering the best levels of sunlight exposure for reducing heart disease without significantly increasing skin cancer risks.

### **Sun Reduces the Risk of Diabetes**

Another little-known fact about sun exposure is that it can lower your blood sugar. Studies have found that Vitamin D can help to lower glucose levels. Research has shown that Vitamin D can be an indicator on whether or not you will develop type 2 diabetes. People who are exposed to the sun or take quality vitamin D supplements have lower incidences of type 2 diabetes.

### **It Converts Your LDL Cholesterol to Vitamin D**

People with high (LDL) cholesterol should also be out in the sun! UVB- one type of radiation found in sunlight actually interacts with cholesterol and changes it into vitamin D.

### **Antibacterial**

Don't forget that the powerful rays of the sun, kills germs! It only takes about 10 seconds to kill a flu virus with UV rays.

### **Not Enough Sun?**

Vitamin D deficiency has been linked to so many other health issues such as:

ADHD	Allergies
Asthma	Breast Cancer
Colon Cancer	Low Immune System
Multiple Sclerosis	Obesity
Ovarian Cancer	Osteoporosis
Parkinson's Disease	Prostate Cancer
Psoriasis	Rickets
Schizophrenia	Seasonal Affective Disorder
Tooth decay	Tuberculosis

So, perhaps sunlight isn't such a bad thing! While people should be aware of the risk of skin cancer, they should also be aware of the risks of not having enough sun exposure!

### **What Now?**

It may be possible to decrease the risk of skin cancer while still getting some exposure. People who advocate for sun exposure recommend starting with 5-10 minutes and working your way up to 20-30 minutes. If you have lighter skin you will not spend as much time in the sun as people with darker skin. It is very important that you don't burn your skin. If the sun's shadow is longer than you are tall, you will not be getting vitamin D. It is important to go outside between about 10 am. to 2 p.m. In Saskatchewan and Manitoba during the months of October to April the sun's angle is low and you cannot get vitamin D from the sun, so it is important to take a good quality vitamin D3 supplement.

### **LINKS:**

**8 Laws of Health Course** <https://lifeandhealth.getlearnworlds.com/course?courseid=8-laws-of-health>

**Natural Remedies** <http://leavesoflife.org/new-start-eight-natural-remedies/>

**Secrets to Wellness Series Online Course** by Teenie Finley

<https://hopelives365biblestudy.com/course/intro-stw/>

**Creation Health Free iPhone App**

<https://merchandise.creationhealth.com/ProductDetails.asp?ProductCode=app%2Di>