

Benefits to Being Sun-Kissed

by Kelly Stripling, Certified Biblical Health Coach

We already know that sunshine is important for health because of its ability to trigger vitamin D production. There are many other reasons to soak up some rays this summer. A word of caution is necessary. Although I do not advocate sunscreen (a quick search of the internet will reveal the true facts of sunscreen usage), it is important to *slowly* condition your skin to the summer sun by avoiding the hottest part of the day and staying in the shade, as needed. Begin with limited minutes in the sun, gradually increasing exposure time over a period of days or weeks to ensure that you don't get sunburned. Another thing to know, by the way, is that tanning beds have been proven harmful and are not a substitute for God's sunshine!

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Serotonin – Sunlight increases serotonin production. Serotonin is responsible for regular sleep patterns and body temperature. It elevates mood and maintains a healthy desire for sex.

Vitamin D – Sunlight is the best source of Vitamin D. Vitamin D production increases white blood cells, strengthening the immune system. It controls the pituitary gland, increases energy, regulates the hypothalamus, and increases your body's available oxygen. Some studies indicate that adequate vitamin D can greatly reduce your chances of developing cancer.

Lower Cholesterol – Exposure to the sun's rays helps the body break down cholesterol, lowers triglycerides, and lowers blood sugar.

Better Eyesight - Allowing *indirect* sunlight into your eyes, without the blocking effect of sunglasses, leads to increased eye health and less degeneration of the eyes with age.

Healthy Skin – Mercola.com reports that sunlight aids in skin repair and correlations have been found between disease-free skin and reasonable sun exposure. Fungal infections can be driven to remission by the sun's rays, too.

Other Advantages – The sun makes trace minerals in the body more accessible. Exposure to the sun speeds elimination of toxins in the body. Sunlight therapy has even been useful in treating PMS and insomnia.

Once doctors regularly prescribed exposure to sunlight as part of their patients' routine care. Now scientists are realizing again that the benefits of the sun far outweigh any risk and that skin cancer is not caused by healthy exposure to the sun. By being smart about your time in the sun, you can improve your health with a free prescription of wellness, compliments of Doctor Sunshine.