

TRUE FACTS ABOUT SUNSHINE

SKIN CANCER CONCERNS

The medical skin cancer theory was given great support by the fact that in Queensland, Australia, one of the sunniest places on earth, had a very high incidence of melanoma. This type of skin cancer doubled there between 1966 and 1977. The statisticians then **found out some interesting figures**. Actually, their controversial finding was that the highest incidence of melanoma was amongst offices workers **who spent their days under fluorescent lighting, rather than those whose work kept them out in the sun all day**.

A subsequent study conducted in the US Navy found, surprisingly, that navy personnel with indoor occupations showed the highest rate of melanoma, while those who worked both indoors and outdoors showed the lowest rate. Not suprising to me because advice we're given by Governments and Medical profession through the Media is often the wrong way around. I think it is so sad.

HOW TO AVOID SKIN CANCER

If you are fair skinned and live in a hot climate or have a skin that never really tans or holds a tan, avoid the beach during the hottest hours of the day. It is important to avoid reddening of the skin.

If you live in cooler areas avoid spending a week on a subtropical beach. **Increase your exposure to sunlight gradually**. A fair skinned person gets enough vitamin D from 10 - 15 minutes exposure a day. **Shorter multiple exposures are better than a long one**. The darker your skin, the more exposure you need. Very dark people need six times more sunlight, so they tend to suffer more from the lack of sun. If you wear a sunscreen, make sure it is natural rather than toxic to your body and only use it after you get a healthy dose of unfiltered sunshine. What is wrong with the old fashioned method of covering up (with light clothing) after your initial dose of sunshine anyway like my family did when I was young?

Do not spend too much time indoors without sunshine – especially without adequate ventilation. Some people keep their windows shut much of the time and don't allow sunshine in. That can set you up for SAD depression and does not make for a healthy environment. It's a technical Age and we get busy but let's not forget the quality of every day living equals good health.

Try to avoid excessive fluorescent lighting or atleast, balance it with sometime in the sunshine.

REMEMBER THESE THINGS

Spectacles and contact lenses block the entrance of most of the needed rays through the eyes. If you wear them, do remember to remove them and stay outside in the sunshine for at least 10 minutes a day.

If you are staying outdoors in the sunshine for a length of time, put on your sunglasses for part of that time because **excessive sunlight** can damage the eyes. The cornea, in the front of the eye, can become sunburnt or inflamed.

While it is **actually good to have healthy fats** and proteins in our diet, a high fat diet or one that has lots of animal protein can increase the risk of skin cancers and melanoma, and it can also increase the rate our skin ages.

THE BENEFITS OF SUNSHINE:

1. **It reduces stress and depression by causing the release of endorphins - the body's own mood elevator. So it enhances our mental outlook and sense of well being.**
2. Sunlight has a positive electrifying influence - it electrifies the oxygen in air with negative ions (charges). During long overcast winters many people develop a clinical depression known as Seasonal Affective Disorder (SAD). Sunshine cures this problem. It also occurs in old age homes when people remain indoors.
3. **It has many positive effects on our cardio-vascular (heart and blood vessels) system:**
 - a. It increases our circulation by dilating the blood vessels in our skin. It is said that, at any given time, only 25% of our tiniest blood vessels - the capillaries - are open. Sunshine causes more of them to be open at a given time leading to a more efficient circulation. More nutrients and oxygen are taken to the cells and more waste is removed at a given time.
 - b. **It decreases a raised blood pressure. Its effect remains for at least 24 hours after one day's wise exposure. Three consecutive day's exposure to sunshine maintains its effect for a further three days.**
 - c. It increases cardiac output. The pulse rate is decreased and cardiac (heart) output is increased for an average of 39% for several days after a sunbath. This means that a slower, more efficient and rested heart pumps more blood.
 - d. **It increases the number of red blood cells. It is also beneficial for anaemia.**
4. An increase in skin circulation results in increased healing of wounds, skin ulcers, eczema and acne.
5. **The immune system is strengthened by exposure to moderate sunlight.**
 - a. **The production of the various types of white blood cells are increased.**
 - b. Their ability to perform their tasks [which include the ingestion of harmful microbes, cancer cells and other substances as well as to make antibodies are greatly increased. It is postulated that the rays shining into the blood vessels (capillaries) that lie just under the skin stimulate this effect. It also increases gamma globulin - another protein that helps the body fight infection.
 - c. Before the use of antibiotics, research into the effects and use of ultraviolet rays to fight serious infections had reached an advanced stage of usefulness. Blood was removed from the body, **passed under ultraviolet light and then reintroduced into the body with very positive results. The advent of antibiotics terminated this procedure.**
6. Cholesterol levels in the blood are decreased by sunshine transforming cholesterol under the skin into vitamin D.

Dr Zane Kime in his book called "Sunlight" tells of an elderly lady who received sunlight treatments for four days. **A decrease of 13% in cholesterol was shown two hours after the sunbath.** After four days there was a 1/3 decrease in levels. This was without any change in diet or exercise program.

If your blood calcium levels are found to be low, it is suggested that you have a dose of sunshine that will raise Vitamin D levels, which, in turn, will increase the amount of calcium deposited into the bones.

Vitamin D is obtained by exposing an area the size of the face or the two hands to sunshine at midday for about 10 – 15 minutes. Darker skin requires longer exposure.

7. It benefits our Metabolism and stabilises our blood sugar levels.

A study has established that Carbohydrate metabolism is increased, more glycogen (the form in which sugar is stored in the body) is stored in the liver and muscles and our blood sugar levels were decreased towards normal limits. The interesting part of the study was that, if blood sugar levels were below normal levels sunlight caused it to increase towards normal levels.

8. Muscle tone and endurance is increased. Many years ago, Romans and Greeks discovered that sunlight builds muscles. They trained their lightly dressed sportsmen in an open-air arena on warm sand that has a reflecting effect.

Studies show that when patients who are unable to exercise, when wheeled out and daily exposed to the sun, they develop an increase of muscle growth and tone. This can cause some weight loss because the increased muscle tone uses up more kilojoules. Moral of the story?

**Exercise in sunshine builds greater body muscle than the same amount
of exercise taken indoors.**

9. Microbes are killed not only in and on the body, but also in our surroundings. It has been clearly shown to destroy viruses, bacteria and even ringworm. Bedding should be exposed regularly to sunlight in between washes. Sunshine also has a deodorizing effect. **It is good to open the windows in your house in order to allow the rays of sunshine in as often as possible.** This also deals with house mites that are found in our bedding and dust. They cannot survive in sunlight. Try not to let trees and shrubs to shut out the sunlight from your house and deprive you of these benefits.

10. **Sunshine balances our hormones and body rhythms. The rays come through the eyes and firstly, effect the pituitary gland that lies behind and between the eyes.** This gland controls the hormone production of the other glands ie. Melatonin, the hormone produced by the pineal gland, encourages sleep. It is released when our bedroom is dark at night. **Having 10-15 minutes of sunshine in the morning**, without glasses or sunshades on helps to set the circadian rhythm for melatonin to be released at night. To establish a routine of this is beneficial. Lack of sunshine in the morning **can leave you feeling drowsy, lethargic or listless during the day** and so can a lack of activity – it can sap up your motivation and lessen the satisfaction you get out of a day. It's good to have a combination of both each morning to benefit your day and your night's sleep. **Some sunshine with activity or some sunshine followed by activity.**

11. Other rays travel beyond the pituitary gland to the pineal gland. It's here that our body rhythms, known as circadian rhythm is set. There is much research available on sunshine, melatonin and circadian rhythm and new insights have developed. **It is well documented that, if one is not exposed to sunshine, the body rhythms run 50 minutes slower every day.** This can have a detrimental affect on the sleep wake cycle as well as the rest of the body hormonal rhythms.

12. It helps improve liver function, and helps the body to eliminate toxic chemicals and environmental pollutants.

13. Sunlight helps keep the home free from disease-causing germs as well as the microscopic house mite. (The latter multiplies in dark sunless conditions and plays an aggravating part in many cases of allergies and asthma). "Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to freedom from disease and to the cheerfulness and vigour of the inmates of the home" EGW -Ministry of Healing p 276.

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It helps you sleep

Our bodies are sensitive to light. The more light we are exposed to earlier on in the day, and the darker we can keep our bedroom at night, the more melatonin our bodies will produce. Apparently, our skin produces serotonin in the sunshine. Then, in the darkness, the serotonin converts to melatonin. This helps you sleep like a baby.

It can reduce pain

More natural goodies come from sunshine. Natural morphine-like molecules called endorphins.

How to enjoy Sunshine

Some health professionals say to spend 5 - 30 mins (depending on skin colour) with 30 - 40% of your skin exposed just before the sun is at its highest.

Eating or juicing red, orange, and yellow fruits and vegetables help to provide natural sun protection from the inside out.

There are different recommendations for exposure to sunshine as you would have noticed here: There are advantages to morning sunshine, close to mid-day sunshine and anytime sunshine. Make sure to get your quota. If you find you enjoy it and time permits, why don't you have some morning and afternoon sunshine? It makes for a happy disposition.

ALL THE BEST TO YOU