



Sunshine!

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Sunshine

- **Everyone knows that we can't live without sunshine**
- **Everyone knows that our earth would freeze if we didn't have sunshine**

Sunshine

- **Everyone knows that nothing would grow without sunshine**



Sunshine

**Nearly everyone
also knows that
too much sun can
be bad for you.**



Sunshine

**But, did you
know that...**

**God wanted us to
enjoy good
health so he gave
us sunshine?**

Sunshine

- **Many people are missing out on the benefits of good health just because they spend much of their time indoors.**

Sunshine

Medical researchers have just recently rediscovered a wonder drug that may significantly reduce the risk of heart disease, cancer, diabetes and many other diseases.

SUNSHINE !

Sunshine

But many people are so very afraid of sunshine that they use umbrellas every time they go out in the sun, others wear their hats and sunscreen every time they go out.

Sunshine



Sunshine

- **This is because we have taught people for years how damaging sun is to the skin, and have observed that Melanoma, a deadly skin cancer is on the rise**

Sunshine

- **States with the most sun have the most skin cancers, such as Arizona, California**
- **Outdoor workers have increased skin cancers**

Sunshine

So, most physicians have encouraged people to stay out of the sun or at least to use sunscreen at all times when outdoors, or at the beach.

Sunshine

**Have you heard of the
Australian theme for
prevention of skin
cancers?**

Slip, Slop, Slap

Sunshine

- It is Australia's most well-recognized health message
- "Slip on a shirt, slop on sunscreen, and slap on a hat"



Sunshine

This was a health campaign started in the early 1980s to try to decrease skin cancer, specifically deadly melanomas.



Sunshine

- **Lately they have even added Seek & Slide to the first 3.**
- **Seek shade, and Slide on a pair of “Sunnies” or sunglasses.**

Sunshine



Sunshine

Since the campaign started over 20 years ago, the rate of the 2 most common cancers, basal-cell carcinoma and squamous-cell carcinomas have decreased significantly.

Sunshine

- However, to everyone's surprise, the rates for the most deadly skin cancer, Melanoma, has actually increased!
- This is because Melanoma risk may actually be caused more by sunburn than by just sun exposure

Sunshine

There is also evidence that it may also be a high fat diet that leads to the high levels of Melanoma when skin is exposed to the sun.

Sunshine

- **Vitamin D is called the “Sunshine Vitamin”**
- **We get it from skin being exposed to sunlight**
- **It increases our ability to absorb calcium and phosphorus from our intestines when we eat food.**

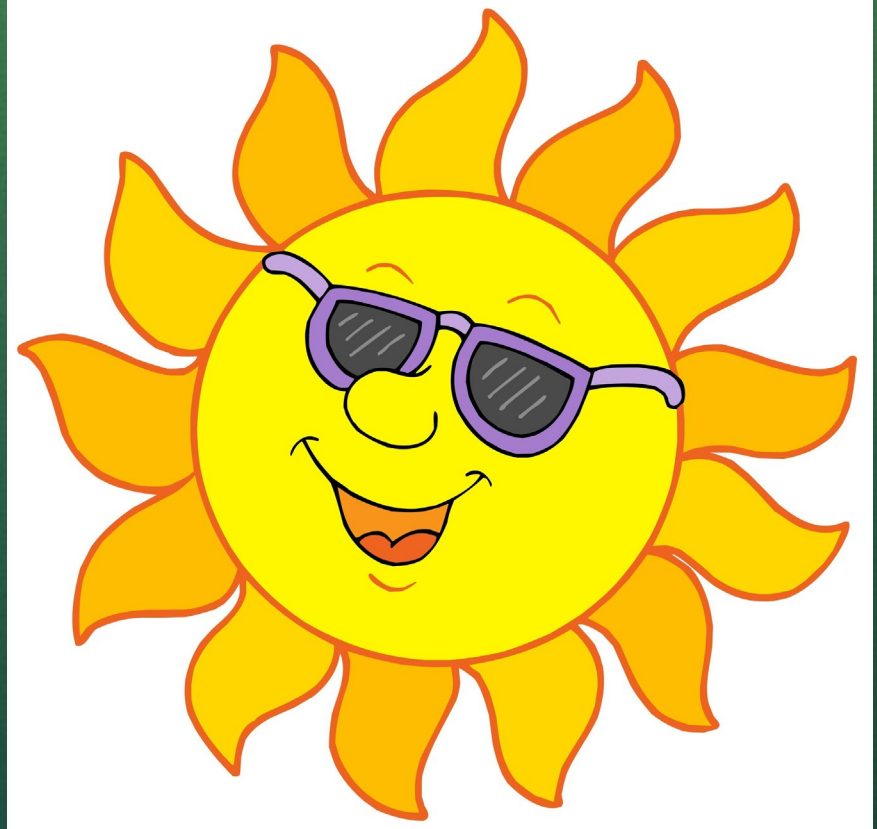


Sunshine

- **Vitamin D helps our bones to stay strong**
- **It prevents osteoporosis, or weakening of the bones which leads to fractures, especially as you age.**

Sunshine

- An extra hour of sunlight every day, besides lifting your spirits may also positively affect your energy and sleep.



Sunshine

- **Women with low levels of Vitamin D are 70% more likely to fracture a hip than those with high levels.**
- **Women with breast cancer do not do as well if they have low Vitamin D levels.**

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- **Men with low levels of Vitamin D have double the risk of heart attacks**
- **Men who do develop heart disease or attacks are more likely to die of heart disease if their Vitamin D levels are low.**

Sunshine

- **The current thinking is that the recommended levels of Vitamin D intake have been too low**
- **We may need to have three to four times higher dietary intake of Vitamin D than what most people get currently**

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**So, get your Vitamin D
from both food and
sunshine !**

Sunshine

Sunlight, plays an important role in preventing and even helping to reverse muscle weakness and fibromyalgia (muscle and connective tissue pain).

Sunshine

- **Sunlight plays an important role in lowering blood pressure.**
- **The farther away you live from the equator, the higher the average blood pressure**

Sunshine

The darker your skin color, the greater amount of sunshine you need to produce the same amount of Vitamin D found in lighter-skinned people.

Sunshine

- **One should always avoid sunburn which can lead to skin cancers**
- **Many of the sunscreens only protect against one type of UV rays, UVB while not protecting against very dangerous UVA rays, so you can still get sunburned**

Sunshine

- **One should always avoid sunburn which can lead to skin cancers**
- **However, you should not avoid sunlight just to avoid skin cancer because you do so with more chances of developing other types of cancer, high blood pressure, and osteoporosis**

Sunshine

Even mortality from some diseases such as Multiple Sclerosis is higher with reduced sunlight exposure.

Sunshine

- **Sunlight exposure on any part of the body can reset your biological clock and help with sleep**
- **Improving your Circadian rhythm & sleep can decrease problems with depression.**

Sunshine

- **People who suffer from depression should get at least 30 minutes of sunshine daily preferably in the early morning which helps in regulating hormones that improve mood.**
- **If you live where there is little sunlight, you may need to use special lights**

Sunshine

- **Sunlight strengthens the immune system**
- **It helps to alleviate pain from inflamed and arthritic joints.**

Sunshine

- **So, continue to protect yourself from sunburn and get all suspicious skin lesions checked.**

Sunshine

- But, don't avoid the sun!

