

SUNLIGHT



BENEFITS OF SUNSHINE

- Produces vitamin D
- Kills germs
- Prevents 16 different types of Cancer
- Helps normalize blood pressure
- Improves quality of sleep
- Lifts depression
- Increases white blood cells
- Heals fungus infections
- Improves deep breathing
- Reduces stress
- Relieves asthma
- Modifies the work of the kidneys
- Regulates hormones
- Prevents and heals hundreds of diseases including autoimmune diseases

RECOMMENDATIONS

- Everyone needs sunlight exposure daily in order to optimize their vitamin D level
- Light-skinned individuals need 10 – 15 mins daily
- Dark-skinned individuals: 45 mins to 1 1/2 hours daily between the hours of 9:00am and 3:00pm
- Let sunshine into your home daily

SUN PROTECTION

- Wear cotton clothing to cover your arms and legs
- Wear a hat on your head
- Drink lots of water to keep hydrated
- Eat a low-fat, plant-based diet
- Prevent sunburn

**SUNLIGHT IS ONE OF NATURE'S
MOST HEALING AGENTS**

