

Do's

- Expose yourself to the sun gradually until a good base tan is developed
- Sunbathe for a maximum of 30 minutes on the first day, adding 5 or 10 minutes each day
- Use an after-sun lotion
- Wear clothes that cover your arms and legs after sunbathing to prevent further exposure
- Inspect moles and freckles monthly, noting any changes. If you notice any, inform your GP



Don'ts

- Don't expose skin without protection
- If sunburnt, don't expose your skin further until it has healed
- Don't use butter or petroleum-based suntan lotions
- Don't go out in the sun without sunglasses that give UVA and UVB protection
- Don't expose babies under the age of six months to any amount of UV rays.

Did you know?

- In 15 minutes, the sun radiates as much energy to Earth as the world's population uses in all forms, during a year.
- Two weeks in the Mediterranean provides as much exposure to the sun as a year in the UK.
- It can take as little as half an hour to get sunburn in the UK.
- 50,000 Britons every year are affected by skin cancer which kills more than 2% of them.
- Radiation from sunbeds is more dangerous than the sun because it penetrates deeper into the skin. Sunbeds can also speed up many changes to the skin usually associated with ageing.
- Dark and fair skinned people all have the same amount of melanocyte cells, but these cells are spread more evenly through the skin in dark skinned people producing more melanin, which protects the skin from UV radiation.

But for you who revere my name, the sun of righteousness will rise with healing in its wings...

Malachi 4:2

Benefits of Doctor Sunshine



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Benefits of Doctor Sunshine



Most people love it
when the sun is
shining, It warms
your heart and lifts
your spirits.

So is sunshine good for you?

YES

Ultraviolet (UV) radiation from the sun provides our main source of vitamin D, important for our immune system, bones and muscles.

Vitamin D may aid in combating and preventing the development and spread of cancerous tumours

Sunlight stimulates chemicals called 'tryptamines' in the brain. This chemical improves our mood



&



NO

Exposure to artificial and solar UV radiation is acknowledged as a leading and preventable cause of skin cancer

Exposure to high levels of sunlight makes the development of cataracts in the eyes more than four times more likely.

Sunburn can alter the distribution and role of disease-fighting white blood cells and damage our DNA

Facts

The **damaging effects of sunlight** are well known, however did you know some safe exposure to the sun is good for you? After years of bad publicity, new research suggests that not only is sunshine good for us but it may prevent the growth and spread of several types of cancer.

These include cancer of the:

- bladder ▫ colon ▫ stomach ▫womb
- breast ▫ ovary ▫ prostate gland

Sunlight plays many healing roles;

It **increases circulation** and the volume of oxygen in the body. Oxygen is necessary for repair, rebuilding and detoxification. The more oxygen in the cardiovascular system, the more toxins removed from the body and the better the environment for lowering blood pressure.

It **stimulates the liver** which is like a chemical laboratory able to detoxify poisonous substances from the body.

It is our **main source of vitamin D** which boosts the immune system, strengthens our bones and muscles and promotes a contented nervous system. Low vitamin D is linked to several autoimmune diseases including multiple sclerosis, rheumatoid arthritis, thyroiditis and Crohn's disease.



Sunlight changes cholesterol to vitamin D, which is essential for the absorption of calcium in the body. Ten minutes of daily exposure to sunlight will supply us with all the vitamin D that we need.

We often associate sunny weather with **positive images**; in fact, the sun can actually chemically alter our mood and even prevent depression. The beginning of spring provides relief from seasonal affective disorder (SAD). SAD is caused by a suppression of serotonin experienced by many who are deprived of sunlight during the winter period.

