

Conclusions -

By evolution, humans originated in the sun-drenched equatorial region of the planet. There they enjoyed and established a strong relationship with sunlight both concerning healthy foods and balanced lifestyles. By evolution, therefore, humans are intimately connected to sun bioenergy for nourishing food and essential physiological functions such as Fasting- Feeding, Sleep-wake, and Activity- exercise cycles. The body's physiological functions are active during the daylight hours and get into resting, repairing, and rejuvenating mode during the dark hours of the night. The research into circadian physiology of day and night cycles and their critical role in health and disease earned three medical physiologists -Doctors Hill, Rosbash and Young, a Nobel Prize in October 2017.

Realigning our lives with nature and bioenergy of the sun concerning the foods and lifestyle will be the key to prevent and cure modern diseases such as Obesity, Type2 diabetes, Hypothyroidism, Heart disease, cancers and many more.

"There are all kinds of light for the sight!!



For Health, there is only one light, and that is –The SUNLIGHT.”

OM. Bhūr bhuvah suvaha;
Tat savitur vareṇyam bhargo devasya dhīmahi;
Dhiyo yo naḥ pracodayāt.
Om. Śāntiḥ, śāntiḥ, śāntiḥ.
Body of all. Mind of all. Spirit of all.
May we meditate on the radiance of the inner light.
May that Self illumine our thoughts.
Peace, peace, peace.

GAYATRI MANTRA

Gayatri Mantra is a universal prayer addressed to God sun (Savitr). In our scriptures sun is regarded as the source of all energy. It is responsible for birth, growth & destruction of all the creation. Sage Vishwamitra glorified the sun God in Gayatri Mantra; a sacred chant of the scriptures. It embodies the unity in the creation.