

## **How to maximize the health benefits of Sunlight**

Foods which have grown under the energy of the sun, and the balanced lifestyles lived in synchrony with daylight and dark hours of the day are the secret to the preservation of good health and prevention of the disease. Circadian rhythms of nature which work on the cues of light and darkness cycles of the sun, control all physiological functions of the body – digestion, metabolism, sleep, hormonal, and immune balance. Daily exposure to morning sun or bright daylight enhances physical, intellectual, and mental health. To maximize health benefits:

- The office workers who work the entire day indoors must get outdoors for brief periods (10-15 minutes) periodically to get the benefit of sunlight in the morning and late evening hours.
- Make a deliberate attempt to be in the sun periodically for a few minutes each day.
- Wake up early daily to view the rising sun to maximize the benefit of optimizing all the hormones, including sleep hormone melatonin (sleep hormone) synthesis. A timely wake up at an early hour of the morning helps resets regular sleep time for the night.
- Sunglasses limit eye exposure to sunlight and bright daylight. Wear sunglasses only to protect the eyes from strong sunlight of the midday and not the entire day. Avoid wearing sunglasses and sunscreens in the early hours of the morning and early evenings to get the benefit of mild sunlight.