

Get a healthy dose of sunlight- The energy of the sunlight impacts every aspect of human health directly or indirectly through vitamin D synthesis. Plant foods grown under the energy of the sun are abundant in the life-sustaining antioxidants which clean up waste products from the body cells. The animal-based diets are lacking in these vital antioxidants. That is the big reason behind the “Vegetarian Diet Movement” in the Western world. The sunlight and Vitamin D play a critical role in the preservation of health and prevention of disease via several benefits

- a) Hormonal balance-Sunlight stimulates the brain center, which controls several hormones, including Insulin, melatonin (sleep hormone), Serotonin (mood hormone), Thyroid, cortisol, and growth hormones.
- b) Improves mood and sleep- Sunlight stimulates the production of both sleep hormone melatonin and the mood hormone serotonin. Lack of exposure to sunlight reduces both of these and causes depression and mood disorders.
- c) Boosts immune system- Robust immune system reduces the risk of infections, cancer, and autoimmune diseases such as Rheumatoid arthritis, Psoriasis, Eczema, and Type 1 diabetes.
- d) Sunlight exposure enhances vitamin D synthesis in the skin for better bone health.
- e) Increased vigor and vitality
- f) Brain function – Improvement of memory.
- g) Cardiovascular health- Normalizing Vitamin D levels improve cardiovascular health.
- h) Reduces the risk of Type2 diabetes and Metabolic syndrome-
Normalizing Vitamin D levels improve Insulin Sensitivity.

(Refer to the section on Sun energy to learn more about vitamin D and Sunlight)