

THE POWER OF THE SUN



The sun is shining and illuminating the blue sky. The birds are singing and it's great to be alive. Doesn't that sound wonderful?

I personally love being out at 5am as the sun is rising because it not only allows me to unite with mother earth but it gives me an opportunity to learn how light gives us life. Unfortunately through information overload and boosting sunscreen sales, we are told to stay out of the sun in fear of developing skin cancer, further protect ourselves and lather on a chemical product that does more harm than good. Now can someone please tell me if that makes any sense? The sun is good and we need it to obtain adequate amounts of vitamin D.

Vitamin D is not really a vitamin but a potent hormone that influences over 2000 genes in the body. Yes, 2000 genes. Do you think there are diseases out there that could benefit from this? When gene expression is altered, we fall prey to disease. Vitamin D from the sun is the very thing we need to protect us from gene mutation. It strengthens our genetic weaknesses.

So get out, expose your skin for 10-15 minutes per day at noon time and love the sun that was given to earth for life to live, not for the use of sunscreen lotions.