

Many patients arrive at the doctor's office complaining about their underlying illnesses or symptoms and pleading for assistance. The doctors suggest antibiotics and pain relievers. "There goes their wallet". People are unaware that the medications their doctors are prescribing are just synthetic pharmaceuticals with potential negative effects. These treatments are only transitory and don't accomplish anything for the patient. Why? Humans are natural creatures. How often will you really go to the doctor and spend \$100 per visit? The sun is known as a natural herb that kills germs, even indoors. Simply realizing the advantages of the sun can provide solutions to several of the ailments you see the doctor for. Let me take a guess: high blood pressure, poor sleep, irritability, and bacterial infection are the main causes that you see the doctor for, right?



This can be you!

In your darkest hours, the sun is your hope

The sun is a blessing

- Vitamin D Production
- Sleep
- BP Control

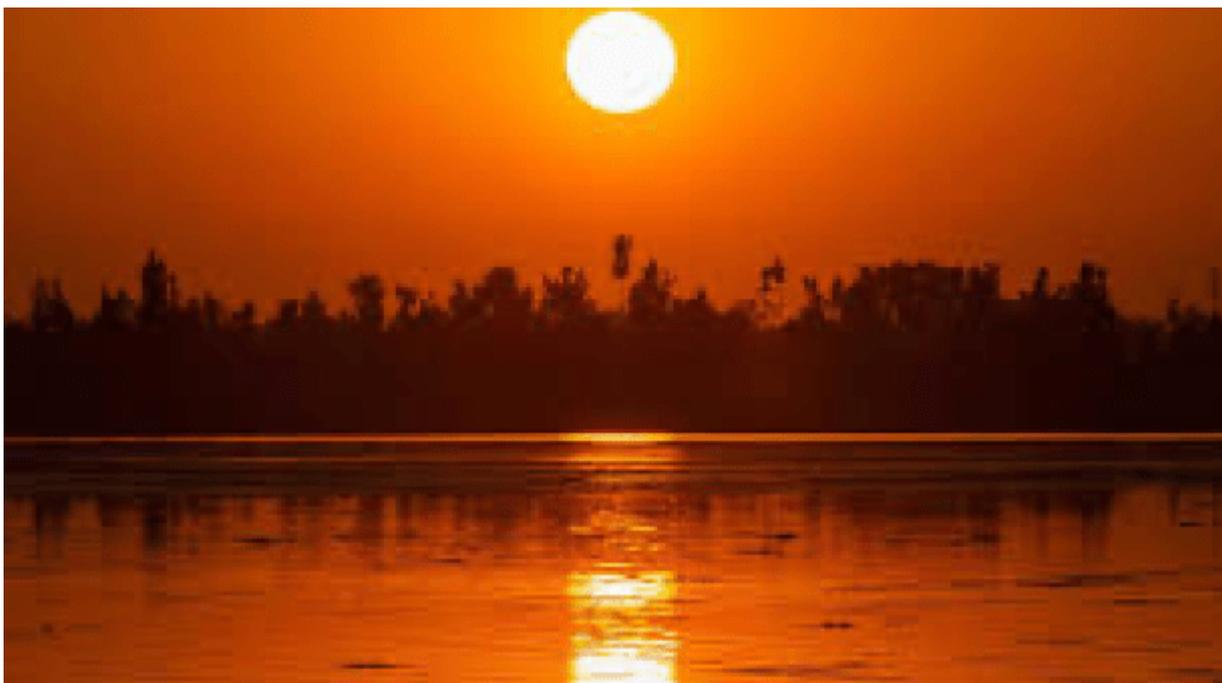
- Emotional Well-Being

Vitamin D/Bone Development

Sun exposure can synthesize vitamin D into your skin. Without sufficient Vitamin D, bones will not form properly. The healthy development of bones in youngsters is crucial. Otherwise, poor bone development can result in a variety of adult skeletal abnormalities. Young bones need to be strengthened because they are brittle and can't sustain terrible traumas. 15-20 minutes in the sun everyday is enough to support your bones. Vitamin D, not only helps protect your bones, but also provides the bones healthy nutrients such as calcium. Calcium helps keep bones strong as well. Low vitamin D levels are known to cause diseases like osteoporosis, especially in children. So, go out there: bike, run, walk, play and get some sunlight. You will be grateful in the future.

Fun Facts

- The sun is middle-aged (4.5 billion years old)
- The sun's light reaches Earth in 8 minutes
- 1M+ Earths can fit inside the Sun
- The Sun is almost a perfect sphere
- Rotates on its axis once in 25 days



Sleep

Sunlight has a wide range of advantages, from vitamin D to better sleep and fewer bacterial illnesses. Many people struggle to fall asleep at night for a variety of reasons, including late-night technology, inactivity, a lack of sunlight, or even an absence of satisfaction. Your body produces melatonin, a hormone that is vital for promoting sleep, when exposed to the sun. You can sleep earlier at night if you have an hour of sunlight in the morning. Your circadian rhythm is regulated by sunlight. You will have more melatonin while you are sleeping if you are exposed to more sunlight throughout the day. To assist your body's internal clock set, your eyes require light. Particularly in the morning, sunshine aids in helping people fall asleep at night.



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Sunlight cues special areas in the retina, which triggers the release of serotonin.

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Sunlight also improves your emotional and mental well being. Serotonin, a chemical in your brain that causes you to have higher energy levels and keeps you calm, focused, and positive. It helps uplift your mood. Getting outside helps you feel more lively and energetic. The sun also drops high blood pressure which can cut down the risk of stroke or heart disease. Sun exposure will protect you from skin cancer.

Maybe after you read this article, you won't need to plan a visit to the doctor because you have got one right in your backyard. It's well worth the trip because it can save you time

and money.

