



WHY WE NEED THE SUN

The sun is the center of our solar system. Without the sun, the temperature of the Earth would be at absolute zero (-273 degrees C) and life would not exist. Without the sun, there would be no photosynthesis, and the plants that produce life sustaining oxygen and food would not exist. Without the sun, there would be no winds, flowing rivers, or fossil fuels and we would have no energy.

UV light (generated by the sun and other artificial sources) is necessary for Vitamin D production in our bodies. Vitamin D is necessary for calcium absorption which leads to stronger bones and healthy teeth. Low levels of calcium lead to softer, more brittle bones which may also lead to Osteoporosis.

UV light also stimulates the production of a protein called p53. P53 guards against cancer-causing DNA damage. A new discovery has shown that p53 may also provide an entirely different level of cancer protection: By prompting the skin to tan in response to ultraviolet light from the sun, it deters the development of melanoma skin cancer, the fastest-increasing form of cancer in the world.

So why are we told to stay away from something that we cannot live without? The short answer is because the sun is free.

If dermatologists and the pharmaceutical companies could profit from you experiencing the benefits of the sun, they would. Instead, they tell us to cover up and wear sunscreen, which itself has become a multi-billion dollar a year industry.

The big pharmaceutical companies profit greatly from the ill and diseased. The unhealthier we are, the more money they make. Even when Vitamin D supplementation is necessary, they would rather you get it the unnatural way, through prescription drugs and supplements. These prescriptions cost money, are not as effective, and run the risk of toxicity if taken in large doses. So why should you pay for something that you can get safely and for free?

While there are risks associated with too much sun exposure, too little exposure is deadly. Moderation is the key to your health. It is our intention at SunlightTruth.com to make you aware of the benefits of the sun so that you can make an informed decision about your health.

For more information, visit SunlightTruth.com

Other Valuable Links

- * [The Vitamin D Foundation](#)
- * [The Vitamin D Society](#)
- * [The UV Foundation](#)
- * [VitaminDHealth.org](#)
- * [GrassrootsHealth](#)