

5 HEALTH BENEFITS OF SUNLIGHT

Everyone loves a sunny day, but safe sun exposure is essential to your health.

1. BETTER SLEEP

Sunlight helps regulate sleep hormones. Bright light in the morning can help you sleep better at night.



2. STRONGER BONES

The body needs sunlight to produce vitamin D. Vitamin D deficiency contributes to reduced bone density & osteoporosis.



Stay safe in the sun.
Use sunscreen or
cover up if you're
going to be outside
longer than 15 minutes.



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3. IMPROVED MOOD

Sunlight helps boost serotonin, for a calmer, energized & more positive feel. Low levels of serotonin have been linked to seasonal affective disorder.



4. CANCER DEFENSE

Too much sun can cause skin cancer, but too little sun can increase risk of other cancers.



5. SKIN RELIEF

Excessive sun can damage skin, but modest sunlight exposure may help ease skin conditions like eczema, psoriasis & vitiligo.

Source: Environmental Health Perspectives

Sunlight And Health

David Kirk



Sunlight And Health:

The Enigmatic Realm of **Sunlight And Health**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Sunlight And Health** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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