

Safe Sun Exposure

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The sun is the best source for Vitamin D production. Most North Americans are lacking in this important vitamin. There aren't a lot of significant food sources to provide adequate vitamin D levels therefore we need to look to exposure to the sun for this important nutrient.

Sunbathing is an important part of Dr. Christopher's Incurables Program. He recommended a daily

sunbath in the nude in direct sunlight. He said to gradually increase exposure starting with 2 minutes front and back and add two minutes each day thereafter. He referred to the sun as the world's greatest doctor but advised to never allow the skin to burn from exposure to the sun or a sunlamp. The skin uses the rays from the sun to produce vitamin D but once the skin starts to turn pink it no longer produces vitamin D. It is important to understand the difference between the rays of the sun. There are UVA rays and UVB rays. UVA rays are longer and penetrate deep into the skin to produce a dark tan. When in the sun too long they cause wrinkles and sun spots. They are also the rays that can produce skin cancer if exposed improperly. UVB rays are shorter and cause the skin to burn. They are also the only rays that make Vitamin D.

The best time for vitamin D production from the sun is 11:00 am until 1:00 pm or when the sun is the brightest. That is when the UVB rays are most direct. They are not as effective when they come in at an angle. Additionally, they are easily filtered out by smog, pollution, fog, clouds and windows.

Vitamin D is an important nutrient in preventing cancer including skin cancers. It is important for proper immune function and to prevent autoimmune diseases. It helps with proper brain function, diabetes prevention and is needed for the absorption of calcium and phosphorus. Dermatologists have found that tanning makes the skin give off endorphins which improve feelings of well-being and make you feel happier.

Things to remember:

- Don't stay in the sun so long that the skin burns or turns pink.

- Studies have shown that sunscreen can actually cause skin cancer.

- Gradual exposure to build up to a tan is best.

- Eat foods high in antioxidants. Luckily they are abundant this time of year.



People who have changed to the Mucusless Diet have indicated that they can be in the sun without burning for a longer period of time.

For most people 20 minutes in the sun with arms and face exposed twice a week is what is needed for adequate vitamin D production.

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