

New Facts Prove Granny was Right About the Health Benefits of Sunshine

Surprising Health Benefits of Soaking Up Some Rays of Sunshine

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Feb 27, 2009 Granny was right about the health benefits of fresh air and sunshine. She knew her family was healthier after spending time in the sun. She just didn't know why. The health benefits of the sun are tremendous. Researchers are quickly proving how much it benefits health to get outside and be active in the sunshine. Discoveries concerning the surprising health benefits of sunshine are increasing daily.

We have known about Vitamin D and its health benefits connection to the sun for some time. Vitamin D is vital to good health and the sun is the best source. The human body produces Vitamin D naturally when exposed to the sunshine. Vitamin D from sunshine is superior because the body will only use what it needs. Supplements just don't do that for us.

Sunscreen blocks the health benefits of sunshine in Vitamin D production. It is true that overexposure and burning are not healthy and cause skin cancer, but small amounts of sun exposure are essential for Vitamin D production. Use sunscreen only for sun exposure longer than 15 minutes. (*only use chemical free sunscreens such as Alba Botanical*)

Vitamin D benefits health by slowing bone density loss. This could be a future preventative of osteoporosis and other bone health issues. It has been shown to be lacking in many cancer patients. Vitamin D benefits calcium absorption. In fact it has recently been suggested that without the presence of Vitamin D, Calcium cannot do its job.

Sunshine has mental health benefits as well. Sunshine reduces the symptoms of depression by activating endorphins. Endorphins are the body's natural anti-depressants. Sunshine cures seasonal depression disorder through endorphin production. Serotonin is the endorphin most associated with the health benefits of sunshine.

Sunshine benefits health by increasing circulation. Sunshine dilates blood vessels in the skin. This brings more nutrients and oxygen to cells when capillaries are open. Dilated capillaries are also more efficient waste removers. Better circulation means better healing of skin diseases and conditions. Problems like eczema reap the benefits of sunshine health.

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Sunshine also brings health benefits by increasing production of both red and white blood cells. This provides a stronger immune system. Other health benefits associated with the blood stream and sunshine are numerous. Blood pressure is decreased by sunshine and cardiac output is increased, allowing blood to do its work.

Sunshine has some more surprising health benefits as well. Cholesterol stored under the skin is converted to Vitamin D. This lowers cholesterol levels drastically. Sunshine also benefits health by increasing metabolism and maintaining blood sugar levels. That's right, sunshine health benefits even help with weight loss.

Sunshine health benefits also include killing harmful viruses and bacteria. Many disease microbes are killed by sunshine. Air out bed linens frequently in the sun to kill dust mites and freshen odors. One of the sunshine health benefits is as a natural antibiotic.

Glasses can block the hormonal health benefits of the sun. The sun's rays come through the eyes to the pituitary gland. This benefits health by controlling hormone production in other glands. This is why a lack of sunshine leaves us with that tired feeling throughout the day. It's true that sunglasses with UV protection have health benefits through cancer protection, but like the skin, the eyes need some sunshine. Take glasses off outside for a few minutes each day to take advantage of these sunshine health benefits.

Sunshine health benefits also include increased liver function. The liver is responsible for filtering and removing wastes from the body. This includes toxins such as chemicals and environmental pollution. When sunlight is allowed to do its job by keeping the liver healthy it benefits all the other body systems by keeping them clear of toxins.

Getting out in the sunshine also brings about a more active lifestyle. This is evident in our couch potato kids. The children of today are having serious health issues. Their weight gain is primarily due to being cooped up in the house. The trend is to be entertained, rather than to entertain oneself. So get up, get out in the sunshine. Granny said it was good for you and she was right!

Sources : www.befree.co.za www.sunshinevitamin.org