



## **The importance of sunlight to our overall health**

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The way we look, feel and project ourselves to the outside world, is largely dependent on our overall health. A healthier body energizes us to enjoy our daily lives with robust, good health and have a positive outlook on life. Sunlight undoubtedly, plays a very important role in maintaining our overall health. Let us examine some factors that determine the importance of sunlight to our overall health:

Sunlight triggers the body to make its own vitamin D. It is the most readily available common source available to all mankind. Vitamin D, widely known as the "sunshine vitamin," not only makes our bones strong and teeth healthy, but also boosts our immune system. Studies have shown that Vitamin D from sunlight is important to our immune system; it increases the number of white cells in the blood serving as the body's health defense against infections.

Vitamin D thus derived from sunlight, increases the amount of oxygen transported by the blood to different parts of the body. Higher levels of oxygen in the blood, can boost our energy level, keeps us mentally alert and provide us with a real "feel good" factor. No wonder we tend to feel revitalized in the sun!

Researchers today have concluded that sunlight significantly contributes to optimal health. Some research suggests that moderate sunshine can substantially reduce risks of many forms of cancer- -breast, prostate, colon and ovarian. Who would have thought that a stroll in the sun could prevent cancer? Sunlight is also beneficial in combating blood pressure, cholesterol and other ailments. Sunlight is found to be even most effective in regulating our body clock and known to be the quickest method of recovering from jet lag!

The effects of sunlight exposure may vary from person to person. It may also vary in accordance to certain factors; not all sunlight is "equal" in UV concentration. Exposure to sunlight in certain seasons may affect people differently, depending on the intensity of the sun's rays and the time of year and the location of a place. For example, UV rays are strongest during summer.

At such a time, it would be in our best interest to exercise caution and not overexpose ourselves to direct sunlight or better still, make use of the vast array of good protective products available in the market before heading to the beach.

The importance of sunlight to our overall health cannot be undermined. Let us not falter from deriving the rich benefits of sunlight; let us freely allow the natural rays of sunshine to play an integral part in our lives and let us gratefully accept this valuable divine gift. Enjoy the many splendored joys of good health from sunlight- the most natural and perhaps, the most effective life-sustaining and life-enhancing force.

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***HAVE A GOOD SUMMER HOLIDAY***