



OPTIMAL HEALTH

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We have been told: “Stay out of the sun!”

**You
shouldn't
be afraid
of the
SUN.**



Avoid Deep Sunburns!



The Benefits of Moderate Sunlight Exposure

- Promotes Vitamin D Production
- Better Mood
- Cancer Prevention
- Autoimmune Conditions
- Better Sleep
- Less Joint Pain
- Increases Brain Function

Timing is Everything!

- Timing of sun exposure is very important
- Morning bright light sets your body clock (10 minutes after waking)
- Midday sunlight produces vitamin D 11:00 – 2:00
- 10 minute exposure provides 10,000 IU of vitamin D
- North of Boston From November to February, there is no vitamin D from the sun
- Vitamin D is stored in the body.

Get it while you can!

3 John 2 Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

