

SUNLIGHT - ONE OF GOD'S HEALING AGENTS

www.end-times-prophecy.org



"Invalids too often deprive themselves of sunlight. This is one of nature's most healing agents." (Testimonies for the Church, vol.2, p.527)

The above quote has been backed up by lots of modern research into the effects of sunlight upon our bodies and health. One of those studies conducted by S. Zimmerman and R. Reiter, called '*Melatonin and the Optics of the Human Body*' reveals the amazing effects of sunlight upon your body's cells.

Your body's cells have something called the mitochondria. As an engine is to your car, so is the mitochondria to your cells. It is the driving force of your cell and also produces something called melatonin, which is used against oxidative stress and free radicals. Melatonin is a very potent antioxidant and low levels of it is associated with a spectrum of disorders and illnesses. The research by S. Zimmerman shows that Melatonin is produced in response to infrared light which you get from the sun. This infrared light penetrates deep into your body, including muscle, the brain and even your bones, with amazing positive effects.

Data from the study clearly indicates that the infrared portion of natural sunlight provides the primary stimulus during the day to the majority of the cells in the human body, impacting over 60 percent of the cells in an adult body. But what do most people get today? Short-wave blue light from sitting in front of a computer, phone or television, which has no health benefits. The study also proposed that the infrared portion of natural sunlight stimulates an excess of antioxidants, via the mitochondria in each of our healthy cells and that the cumulative effect of this antioxidant reservoir is to enhance the body's ability to rapidly and locally deal with changing conditions throughout the day.

Sadly, according to the study, the modern, so called 'developed' world now spends 93 percent of their time indoors exposed to zero infrared light from the sun. This represents the largest reduction to solar exposure in human history. And when we think about it. God created man to spend his time where? Outdoors in the sunlight. The impact of eliminating 90 percent of the solar spectrum, has had effects on biological processes such as melatonin production. Simultaneously, heavily modulated artificial light at night, from phones, computers, tv's, led lights, which are not found in nature, has been introduced into the human environment. This artificial light, together with a huge decrease in sunlight exposure has likely resulted in the

increase in a wide range of diseases. That is not 'developing' at all! That is declining and going backwards!

So how much sunlight should we be getting and what about UV rays from the sun which burn and can cause skin cancer? If it is a cloudy day, then you can be out in the sunlight anytime and for long periods and not be effected by UV rays. But you will still benefit from the infrared light produced by the sun. If it is a sunny day, then it is best to get your sunlight in the morning and evening, when the UV rays are weaker, but the beneficial infrared light will still get to you. The research shows that 20-30 minutes a day is enough to 'charge up' your mitochondria and top up your melatonin reservoir. We would recommend maybe getting 20-30 minutes in the morning AND the evening, giving you a total of at least 40 minutes a day, but at a time when UV rays are weaker (morning and evening). When it is cloudy, longer periods can be spend outdoors.

"If you wish to be strong and healthy, and desire to possess true beauty, and not the sentimental shadow of it, seek the glorious, God-given sunlight, and bask in the smiles of the light and life of the world; let it enter freely into your dwellings, and occupy no room where it cannot and does not enter; be out of doors all that you can every day, and especially when the sun shines, and fear not to look Old King Sol' in the face, instead of cowardly skulking along under a parasol, as though ashamed to meet his keen and searching glance. Sunlight is one of the best tonics and beautifiers in the world; therefore, men, women, and children, one and all should seek it as one of the great natural agencies which help to form the 'Elixir of Life.' These are very good and wholesome words. E. G. W." (The Health Reformer, April, 1871, p.229-230)