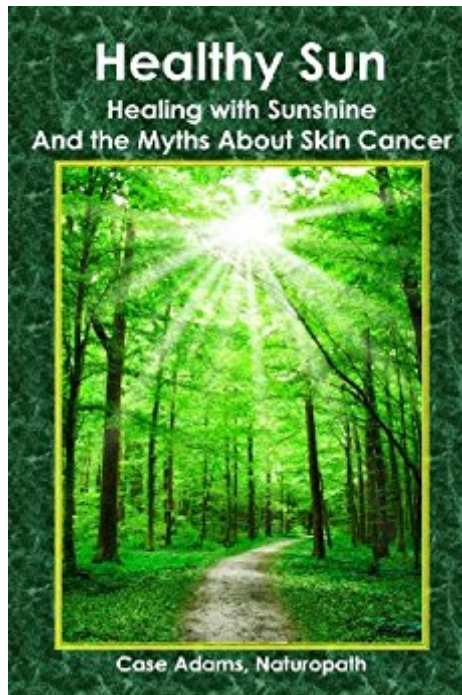




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Healthy Sun: Healing With Sunshine And The Myths About Skin Cancer



Synopsis

For thousands of years, the sun was revered for giving life and maintaining health. It was widely used for its therapeutic value for a variety of diseases. Today, the sun is considered enemy number one. We hide from the sun for fear of skin cancer and premature aging. We cover our bodies with sun-screen to protect us from the sun's rays. Can the sun really be this bad for us? Healthy Sun takes us through the real facts about the sun, using peer-reviewed research and the latest science. In Healthy Sun, we find the history of ancient sun therapies combined with the science of solar radiation and solar storms. Here we also find the latest medical research on skin cancer, and the newest information on maintaining sufficient vitamin D and the evidence showing supplemented vitamin D might not be as therapeutic as some have promoted. Healthy Sun goes deeper, revealing some of the sun's more mysterious effects, including biomagnetism, light, color and rhythmicity. The groundbreaking information contained in Healthy Sun will radically change the way we think and feel about the sun.

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Customer Reviews

The author uses plenty of documented scientific experiments to make his points. He explains the physics of our universe in a way I could understand. His extensive study of all the various waveforms we are dealing with was very enlightening. I understand now that skin cancer is a more complicated issue than the sunscreen activists would have us believe. For example, I did not know that sunscreen lotions have carcinogenic chemicals in them that are far worse than we realize. At the end of each chapter he lists some things we can do to safely receive the benefits of healthy sun exposure. He doesn't cover the ozone hole hoax, but I guess I'll have to read another book to get more info on that. I enjoyed reading this book, and I highly recommend it!

I would recommend this book to anyone who would like to understand more about the critical role the sun plays in maintaining health. While it does have some complex chemical explanations it is an amazing exploration into the role of vitamins, diet and the curative power of sunlight and shows just how incorrect modern guidelines around the use of sunscreens and staying out of the sun have been. No wonder health problems are skyrocketing.

this book confirms a lot of what I intuitively suspected, You are being lied to about the sun. It does a million good things for you like cure your depression so you don't have to buy expensive flouride laced pills from the medical conspiracy establishment.

The Sun! Totally necessary for life!

The author went into great depths explaining how complex our relationship is to the world and how we can be affected by hiding in front of our computers all day. Although the beginning of the book was very scientific and hard for a person not well versed in science to understand, the book became easier to read towards the end, and very informative about how we need the sun in order to be healthy, as long as we have a plant based diet and are well hydrated. If anyone is looking for an answer as to why there is a major spike in melanoma rates across our country, this is the book you should read. Even if you don't believe in eating healthy, at least you can hear a second opinion rather than the mainstream opinion that we all hear where we should all become vampires and hide indoors all day without watching our diets.

Author researched in deep, this book made me change my habits. Just sometimes it was a difficult reading. Changed my mind about some sun misconceptions.

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