



## SUNLIGHT AND SUNBATHING

**“Separation from sunlight will result in disease, just as surely as will separation from fresh air, food, and water.” –Dr. Zane Kime**

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Sun in *Sunfood Diet Success System*

**See also:**                   **Heliotherapy**  
**Vitamin D**

**Books:**                    **[Light: Medicine of the Future, Jacob Leberman](#)**  
**[Sunlight by Zane R. Kime](#)**  
**[The China Study by T. Colin Campbell, PhD](#)**  
**[Conscious Eating by Gabriel Cousens, M.D.](#)**  
**[The UV Advantage by Dr. Michael Holick](#)**  
**[The Vitamin D Solution: A 3-Step Strategy to Cure Our Most Common Health Problems by Michael Holick, Ph.D., M.D.](#)**  
**[The Healing Sun by Richard Hobday, Ph.D.](#)**  
**[Dark Deception by Dr. Joseph Mercola](#)**

**Articles:**

**Websites:**                **<http://www.vitamindcouncil.org>**

**Audio/Video:**

**Publications:**

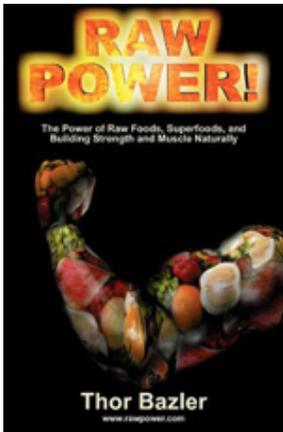
**Organizations:**        **The Vitamin D Council (Dr. John Cannell)**  
**<http://www.vitamindcouncil.org>**

**People:**                   **Michael Holick**  
**Zane R. Kime**  
**Adolf Just**  
**Sylvester Graham**  
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<b>Integral Nutrition:</b>	<b>Healthy Amounts of Sun <i>Without Sunscreen</i></b> <b>20-30 minutes of sun exposure each day</b>
<b>Conventional:</b>	<b>Fear of Sun, Use of Harmful Sunscreen with Subsequent Disregard for Exposure</b>
<b>Terms:</b>	<b>Heliotherapy</b> <b>Airbathe</b> <b>Heliovore</b>

## SUNSHINE

Source: [Raw Power!](#) By Stephen Arlin, pg 49-50



The human organism is solar powered. All life on this spinning planet is sustained directly or indirectly by the sun.

**If you want to build muscle and strength, it is important to get out into the sun.** The sun is the source of all life on Earth. Sunlight quickens the detoxification process and lays a solid foundation for healing and muscle-building by pulling toxins, in a magnetic fashion, out of the muscle tissue to the surface of the skin for elimination.

**A common myth is that the sun causes skin cancer.** The sun doesn't cause skin cancer, the sun causes all life on Earth! Skin cancer is caused by toxicity within the body. When this toxicity is detoxified through the skin (our largest eliminative organ), it is sometimes "baked" onto the skin, bringing forth a cancer condition. Blaming the sun for skin cancer is like blaming fresh air for lung cancer.

You must have *internal protection* from the sun's rays in the form of proper, natural, raw-food nutrition. External "protection" like sunscreen is an abomination. The same internal mechanism that keeps a plant from burning up under the hot sun can keep you from sunburning. A plant is in direct sunlight for hours upon hours every day of its existence. A plant dries up and dies when it no longer has the internal protection that it requires. The second best protection from sunburn is knowing when to retreat to shade for a rest.

Bask in the sun and get outside for exercise every day! You cannot gain strength and healthy weight if you are sitting indoors all day! The best place to get exercise is not in an artificial, air-conditioned gym, but in the green outdoors among the living plants and fresh air.

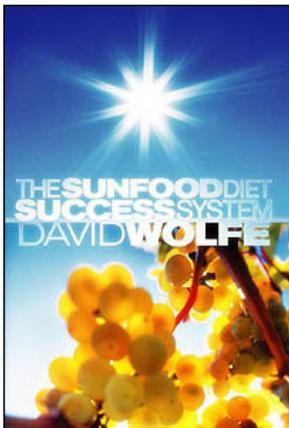
Sunbathe and airbathe in the nude. Sunlight and fresh air aid the nutritive processes of the body. You will never feel better than when your body is in shade and you have a good color to your skin. Thinness is associated with paleness. I have also found that people who are afraid of fruit are usually afraid of the sun and afraid of exercise.

## COUNTERTHINK



## SUN

Source: "Lesson 21: Sun" in [The Sunfood Diet Success System](#) by David Wolfe (303-307)



**We choose the god-like splendor  
Of the best-loved Sun  
To inspire us;  
May the shining Sun  
Brighten your Life!  
- Ramayana**

**"If gorillas had a religion, they would surely be Sun worshippers."  
- Dr. George Schaller, Year Of The Gorilla**

Have you discovered absorbing nutrition directly from the elements the air, the water, the Sun?

All life on this planet derives from the Sun. The Sun beats like a great heart through every living organism. They say the molecules that make up our bodies were born in the great infernos of our superabundant star.

The air we breathe is transformed Sun energy. During photosynthesis, as plants absorb Sun energy, they transform carbon dioxide (CO<sub>2</sub>) into vital oxygen (O<sub>2</sub>) for animals to breathe. Here, at the first step, Nature dictates the necessity of animal life upon the underlying matrix of Sun-imbued plant life - animal respiration depends specifically on solar energy.

The foods we eat are energy reservoirs of transformed Sun energy. Through photosynthesis, plants capture energy from the Sun and lock that power into their stems, leaves, seeds, roots, and fruits. All animals are transformed plants. The body of the zebra is nothing more than grass. The body of the lion is also grass, as it preys on the grass-eaters.

To a great extent we are **heliovores** - beings nourished directly by Sun energy. Sunlight can transform your health. The human body, with many capillaries in the skin surface, draws in Sunlight which is converted directly into nourishment by hemoglobin in the blood, just as chlorophyll converts Sunlight into nourishment in the plant. **Remember, hemoglobin and chlorophyll are identical except for one mineral. Hemoglobin contains iron, chlorophyll contains magnesium.**

Sunlight makes us bright and cheery. It cultivates a healthy positive attitude. A lack of Sunlight has the opposite effect. We see that people in colder climates are often afflicted by a seasonal depression which has been attributed to a lack of Sunshine during the winter months.

The same elements in green-leafed vegetables which protect the leaves from ultra-violet radiation also protect you when you ingest those leaves. One of these substances is beta-carotene, which literally shields the nucleus of each cell.

The benefits of Sunshine are improved by eating correctly as the Sun and fresh air act like magnets in drawing toxic matter to the skin. When the body is clean and internally protected with beta-carotene you will be amazed at how long you can be in the Sun and how well you tan. **When people eat correctly and are detoxified, exposure to the Sun cannot lead to skin cancer.**

A diet high in cooked fat (free radicals), chemicals, and low in green leaves has been positively linked to skin cancer. This is because free radicals and toxins in the unprotected skin are baked and mutated by the Sun's rays. Recently, researchers at Baylor College of Medicine found that people on a low-cooked-fat diet had a greatly reduced risk of developing pre-malignant growths and non-melanoma skin cancers.

### **Sunlight improves our health in many different ways:**

A good Sun bath is an incredible waste eliminator, as it draws toxins out of the skin. The skin is the body's largest eliminative organ.

Dr. Kime tells us in his wonderful book **Sunlight** (which I highly recommend):

"**Cholesterol** [formed by the body, not foreign cholesterol] **turns to vitamin D** - a vitamin needed for proper bone formation when Sunlight or ultraviolet light strikes the skin. Without this vitamin the bones do not become calcified and will bend easily. This condition is called rickets."

Dr. Kime describes that Sunlight builds the immune system and increases the oxygenation of the skin. Dr. Kime writes:

*"A study of the results of combined Sunlight and exercise, showed that group that was getting the Sunlight treatments with exercise, had improved almost twice as much as shown by their*

*electrocardiograms, as had those who only exercised, even though both groups were on a general health resort treatment program."*

**Sunlight lowers blood sugar. It is a natural insulin.** A diet high in sweet fruit must also be accompanied by Sunshine on the skin to help metabolize the sugar. Sunlight helps to store the sugar as glycogen in the liver, muscles, and cells for later use.

Exposing the skin to the Sun stimulates the capillaries and brings more blood to the skin surface. This helps to heal cuts, bruises, and rashes. In World War II it was discovered that exposing abrasions, open wounds, and broken bones to direct Sunlight led to quicker healing.

**Fungus is destroyed by direct Sunlight.** Candida cannot survive in direct Sunlight. I have worked with numerous people with candida. The first step to overcoming candida is Sunlight on the naked body (reference Lesson 13: How To Use The Sunfood Triangle, Eating To Overcome Candida).

**Sunlight increases the strength of digestion.** Sunlight increases the body's internal "fire." In Chinese oriental medicine we find the concept of yin-yang balance and we see that "cold" raw foods may be balanced with hot Sun energy.

**Sunlight improves the eyesight and regulates the hormones.** Occasionally bringing direct Sunlight into the eyes just for a brief moment, unmitigated by glasses, windows, or filters, will help balance the body's hormones. *It is important that if you look directly at the Sun, it only be for a split second, or else you can burn your retina.*

Sunlight directly on the skin, especially on the breasts and reproductive organs heals impotence and dysfunction in those areas. A contributing cause of challenges in those areas is restrictive clothing and a lack of Sunshine.

## **Action Steps:**

### **1. Try fresh aloe vera juice as a Sun lotion.**

By following The Sunfood Diet your resistance to ultraviolet (UV) radiation and Sunburns will increase dramatically. I have found that it is literally impossible for me to get burned under the Sun; even if I have not been in the Sun for several weeks. *The best UV protection is inner protection.*

**Commercial sunscreens** disable the body's natural sunburn alarm mechanism. Most suntan lotions, creams, and butters are made of chemicals mixed with cooked-fats which produce free radicals in the skin just like dietary cooked fats. For these reasons I *do not* recommend commercial sunscreens.

### **2. Seek out at least 30 minutes of direct Sunlight each day on as much of your body as possible.**

No matter where one lives, the practice of simply allowing the Sunlight to reach one's exposed face will provide benefits.

There is no mistake in Nature. We are designed for a life of "Fun in the Sun!" Enjoy the abundance

Nature has to offer - soak in the golden ray of life. Sunlight is good mood food.

Consider the following: "Everyone, ill or well, looks better, feel better, gets healthier and functions more gracefully after exposing every part of their naked bodies to the beautiful Sunshine. Sunbathe each moment you can. It enlivens you in every possible way!"