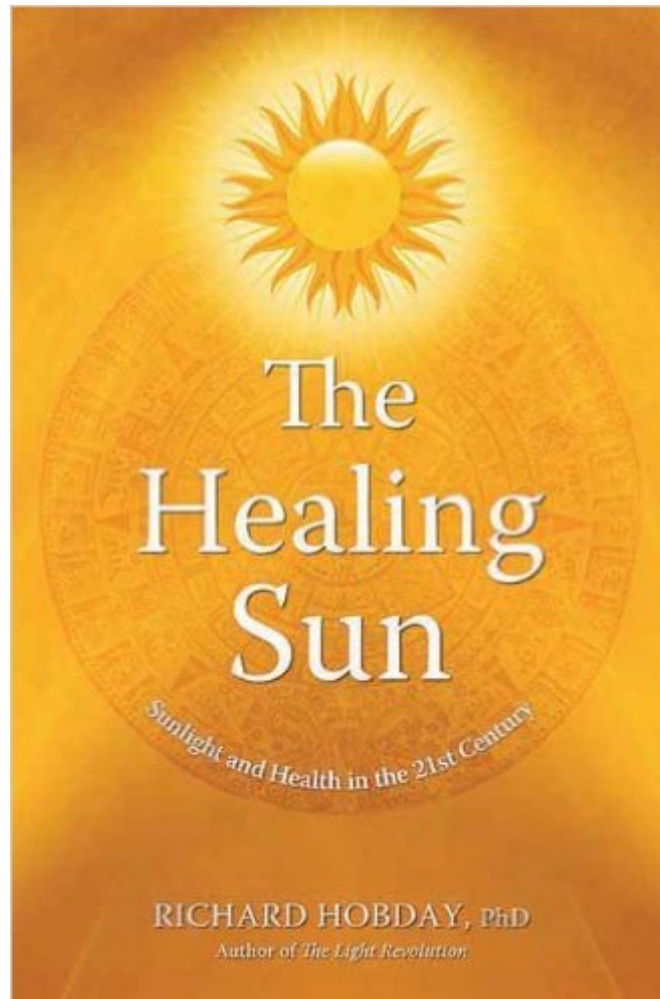


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# The Healing Sun: Sunlight And Health In The 21st Century



## Synopsis

The human race evolved under the sun, and for thousands of years lived in harmony with its heat and light. Yet over the last fifty years we have lost this close contact with the sun and its healing powers. We have become afraid of it. However the sun is central to our well being and health. This book explains how and why we should welcome sunlight back into our lives safely! It shows how sunlight was used to prevent and cure diseases in the past, and how it can heal us and help us in the future.

## Book Information

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## Customer Reviews

In *The Healing Sun: Sunlight And Health In The 21st Century*, Richard Hobday shows how the sun is central to human health and well-being. He explains that sunlit houses can help prevent disease, make us feel happier, and save energy; that sunlight can help prevent and heal many common (and often fatal) disease like breast cancer, heart disease, multiple sclerosis and osteoporosis; that sunlight was used successfully to speed up the healing of wounds before the invention of antibiotics; tanning moderately throughout the year is better than avoiding the sun altogether; sudden bursts of strong solar radiation are unnatural and dangerous, protection needs to be built up slowly, early morning sunlight in cool temperatures is particular beneficial to the body; sunlight hospital rooms provide a better environment for the treatment of clinically depressed people; prolonged exposure to artificial light puts the body under great stress; and much, much more. *The Healing Sun* is a unique and invaluable contribution to personal and professional alternative health

and medical reference collections.

I have always known the sun was my friend. I never cowered to the medical fanatics who warn against allowing sunshine to touch my skin. Now I finally found a book that reveals the studies to prove that not only is the sun NOT the evil monster in the sky, but indeed it's warming rays are extremely important to the health and well-being of humans on earth. Read how it appears that sunshine can convert a substance called squalene (which would otherwise turn to cholesterol) to much needed vitamin D when skin is exposed to sunlight and thus lower blood pressure, lower cholesterol, strengthen bones and even help in lowering incidents of various diseases (cancer, heart disease and more). This book also tells us why we should be very skeptical of sunscreens. This little book is packed with critical information and the studies to back it up. I even bought a second book to give to my parents who live in Florida but never allow the sunlight to touch their bodies. Both of them suffer from high blood pressure and too much cholesterol, and mom has already broken a hip.

Many ancient cultures worshiped the sun, which is understandable given the healing power it contains. While I don't worship the sun, but rather it's Creator, I am truly grateful for the healing power it contains. For years sunlight has been put down as unhealthy by the mainline medical establishment. In his well researched, most interestingly written book, "The Healing Sun," Richard Hobday not only gives you the history of sunlight therapy, but also the facts concerning the health benefits of sunlight. Did you know that:-Sunlight can prevent and heal many common and often fatal diseases like breast cancer, heart disease, multiple sclerosis, and osteoporosis?-Before antibiotics, sunlight was used successfully to speed up healing of wounds?-Prolonged exposure to artificial light puts the body under great stress?-Early morning sunlight in cool temperatures is especially beneficial to the body? Read this well written, informative book for the details concerning all these facts and much more.

Remember when you were a child and you played in the sun all day, with a little time in the shade and eating ice cream, and came back home feeling refreshed and vibrant? Then as adults we got shut in fabricated buildings with little fresh air and no sunlight, then feeling stressed, and to feel good we had to take vitamin D supplements and sit in front of sunlamps. Recall too that when one person in the office gets a cold or the flu, we all end up with it. Well this book will take you outside again and you will appreciate that the sun has great growing and healing powers (just look at plants, trees and flowers) and can help prevent and heal many common and often fatal diseases such as

breast cancer, heart disease, multiple sclerosis and osteoporosis. The author discusses ancient and alternative approaches to healing and even explains how Florence Nightingale was an early advocate of sunlit wards and cross-ventilation to stop hospital infections. Her single-story pavilion wards were designed to disperse contaminated air and not only prevent infections, but to stop them from spreading from one part of the hospital to another. The author also discusses the many ways of sunbathing safely. An excellent book. It convinced me to take another walk on my sunny beach for health and vitality.

Well written explanation of benefits of sunlight - as opposed to the ridiculous paranoia emanating from the "slip, slop, slap" brigade. My only reservation was that there wasn't enough discussion on the "practicalities" - eg. how long? at what time of day? etc

Vitamin D is the hottest vitamin at the moment and the best way to get it is naturally under our infamous sun. The author very credibly explains away the media demonization of solar radiation and makes one feel secure in getting out in the sun again.

This book is a MAJOR eye opener. After all of the "doctor's orders" over the past decade to stay out of the sun because of skin cancer, this book gives you a 180 degree different perspective and led me on a quest to learn more about the benefits of Vitamin D -and the lack of it- on our health. If you are struggling with ANY form of chronic health problems, you may just be surprised that following the guidelines in this book just may seriously improve your health!! Having been a Registered Nurse for over 14 years, a lot of the information in this book goes against EVERYTHING that I had been taught. But in a nation of increasing antibiotic resistant infections, we just may be forced to return to whatever works for good health- and it's contained in this book. Learn these principles now and when antibiotics are useless, you'll have free medicine in your toolkit that you can use anytime. Kerri Knox, RN[...]

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