

SUMMER WITHOUT SUNBURN



Polio and arthritis patients in beds on the roof of a hospital in early 1900s.

Heliotherapy (ie: Solar Therapy) is one of the most **powerful healing tools** I used to reverse Hashimoto's, double my testosterone, overcome fatigue, brain fog and insomnia.

According to history, the first recorded instances of heliotherapy were found in ancient Greece, Egypt, Rome and Babylon to name a few.

The feeble one should press out into the sunshine as earnestly and naturally as do the shaded plants and vines. The pale and sickly grain blade that has struggled up out of the cold of early spring, puts out the natural and healthy deep green after enjoying for a few days the health-and-life-giving rays of the sun. **Go out into the light and warmth of the glorious sun, you pale and sickly ones, and share with vegetation its life-giving, health-dealing power.**—*The Health Reformer, May 1, 1871. HL 230.2*

It was only in recent decades (1970s) that sunlight and sunbathing started to get a bad reputation in modern culture.

By the end of this workshop, you will:

- understand the **science** and **nuances** of sunlight
- learn how sunlight can be used (safely) to **power** your health and well-being
- discover the **truths and lies** about sunlight and skin cancer (important health information you'd hardly hear from your doctor's office)
- get the Summer Without Sunburn **Protocol** so you can enjoy reasonable sun exposure anywhere in the world, without risking sun damage.

My focus is to help you do smart and PRACTICAL things so you can reverse your health struggles and enjoy life as a Gut Healer.

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IMPORTANCE OF SUNLIGHT AND HEALTH



What happens if the sun fails to rise tomorrow?

- Within a week, the average global surface **temperature** would drop below 0°F. In a year, it would dip to -100°.
- **Photosynthesis** would stop immediately and most plants would die within weeks.
- Food chain disrupted
- Humans could survive but it will be difficult to thrive under these conditions
- Without the radiation from the sun, **life would not exist** on Earth.

Let's explore (from a health perspective) WHY humans are designed to thrive under the presence of sunlight.

When sunlight interacts with our eyes and skin, it triggers thousands of chemical reactions across our body to give our well-being and health a boost.

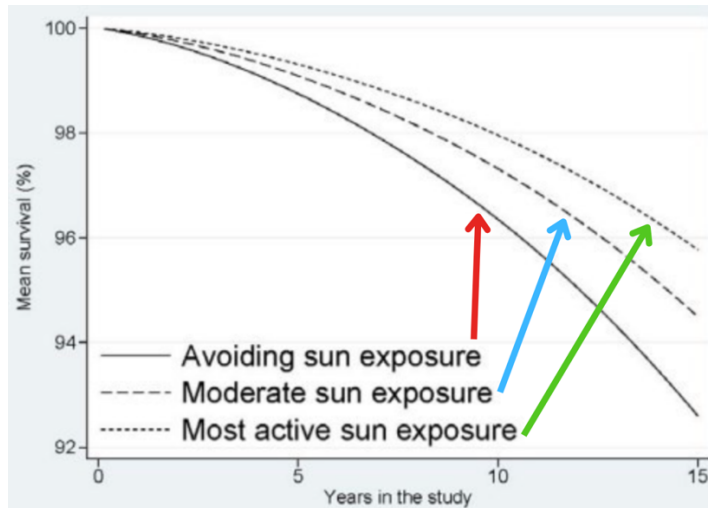
Sunlight has PROFOUND impact on your health!

- Enhanced mitochondria function
- Anti-cancerous
- Vitamin D production (innate immune system)
- Balance the adaptative immune system (autoimmunity)
- Robust immune system (both the innate and adaptive arm)
- Improve sleep (melatonin production)
- Balance hormones
- Improve metabolism (lower blood sugar)
- Metabolize cholesterol
- Lower blood pressure
- Balance gut and skin microbiome
- Improve liver function
- Better skin
- Promote longevity
- Improve mood (decreases SAD)
- Stronger bones
- Fights fatigue
- Regulate appetite
- Reduce frequency of cold

Why Sunbathing?

It's simple. Sunbathers LIVE LONGER.

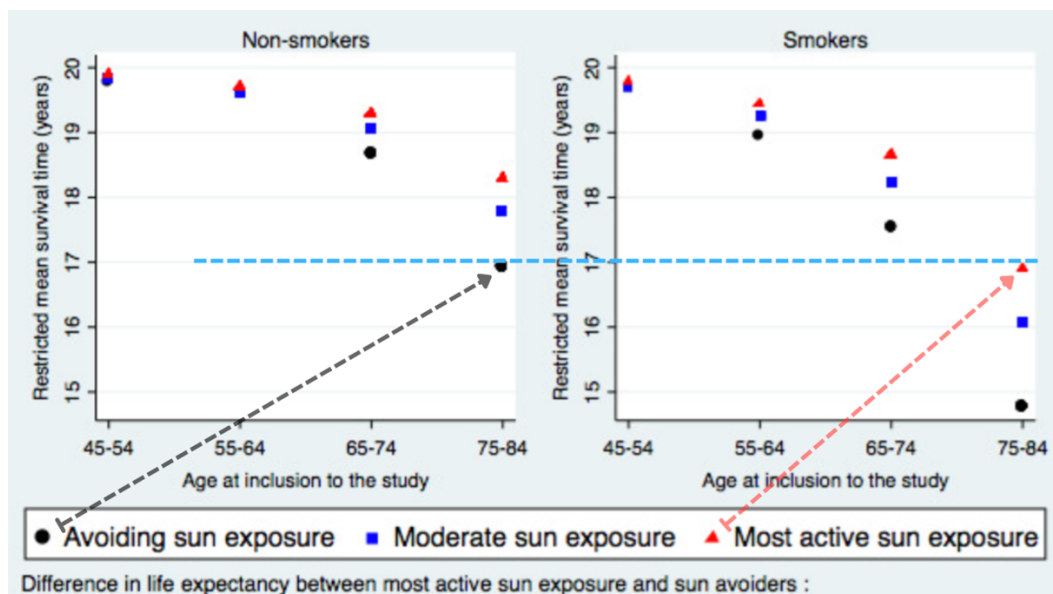
Because full sunlight lowers the **risk of diseases** and you can enjoy **better quality of life**.



This was a 20 year study conducted on 29,518 Swedish women in 1990-1992, followed up 20 years later.

Those who spend more time in the sun lived longer, had less heart disease and fewer non-cancer deaths than those who avoided the sun

➤ **EVEN IF YOU SMOKE:** Smokers who get regular sun exposure will live as long as non-smokers that avoid the sun completely



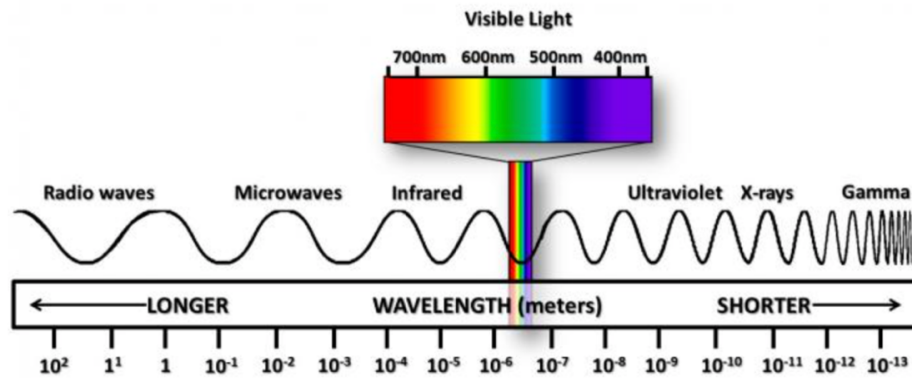
That's a big deal

Source: <https://onlinelibrary.wiley.com/doi/10.1111/joim.12496>

SOLAR RADIATION AND HEALTH

Solar radiation consists of a **complete spectrum** of energy, light, and heat given off by the sun (continual fusion of hydrogen).

This radiation includes the **visible AND invisible** light found on boarder the **electromagnetic** spectrum.



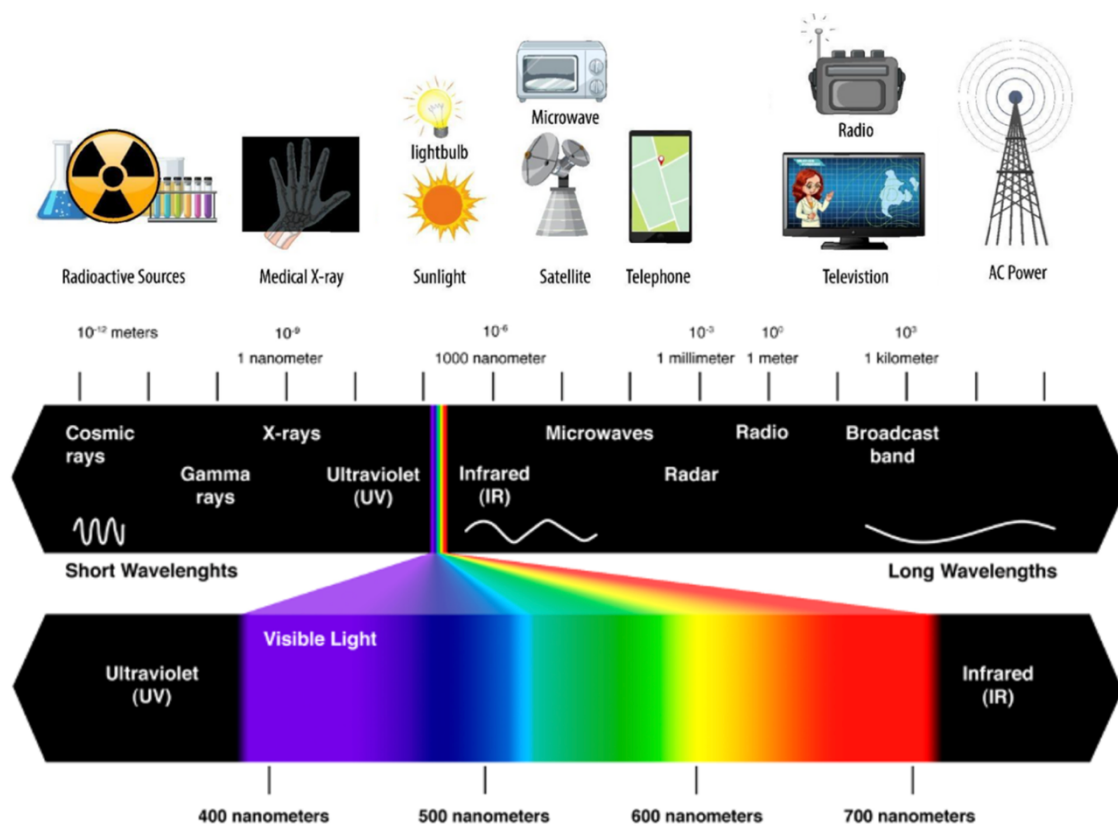
The electromagnetic spectrum. Courtesy of NASA.

Only a small fraction of solar radiation reaches Earth, but it is enough to power life on our planet.

Although the sun produces tiny amounts of ionising radiation (radio waves, x-rays and gamma rays), most of the solar radiation that reaches Earth consist of the following that brings health and life into our planet:

- infrared (52-55%)
- visible light (42-43%)
- ultraviolet A and B (3-5%)

Quantum Biology 101: The Electromagnetic Spectrum

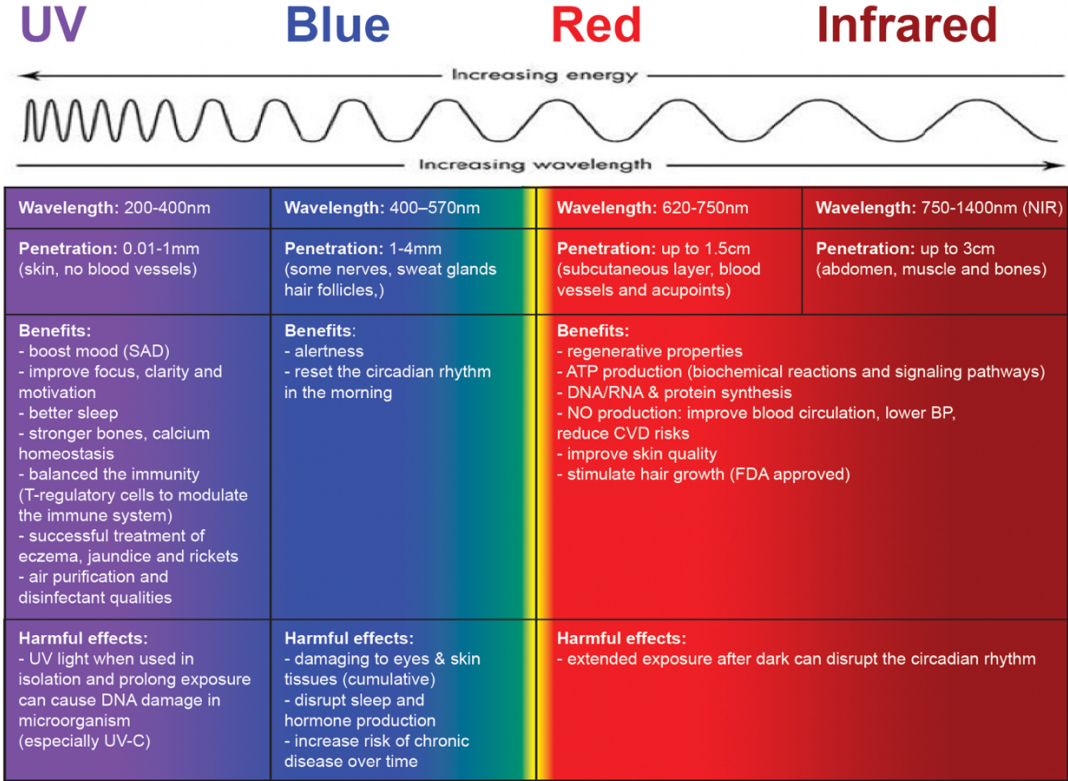


🔗 **IMPORTANT EMF DISTINCTIONS:** Natural EMFs powers health and life, whereas Non-Native EMFs (ionizing and non-ionizing) often have negative biological effects.

- 1) Natural EMFs – sunlight, Schumann resonance (7.83 hz), earth's magnetism
- 2) Non-native EMFs – artificial lights, medical x-rays, mobile phones, Wi-Fi, AM/FM radio, microwaves etc..

[EMF Workshop \(coming in Q4 2024\) for more insights](#)

Frequencies of Light That Influence Your Well-Being

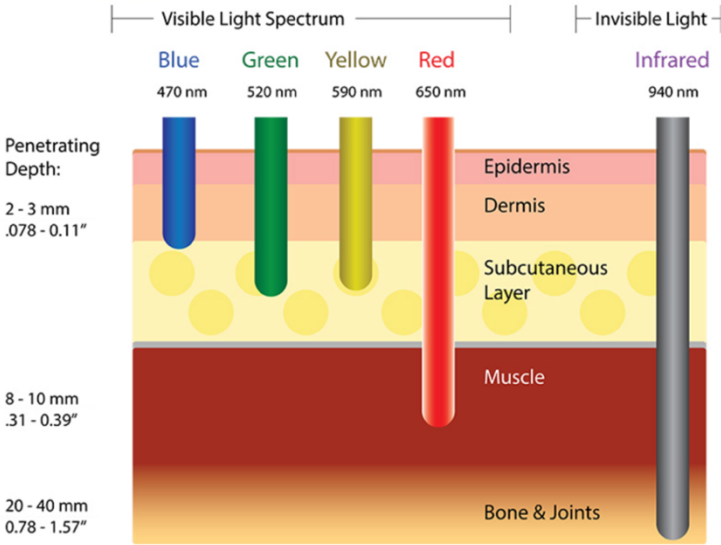


Sunlight is a POWERFUL TOOL you can use to shape your health and well-being because it consists all wavelengths of light (IR + Visible + UV) that drives our biology.

Sunlight is the ONLY light source that provides all these frequencies of light.

No artificial light can come close to what sunlight can do for our health.

Light Penetration Into The Skin

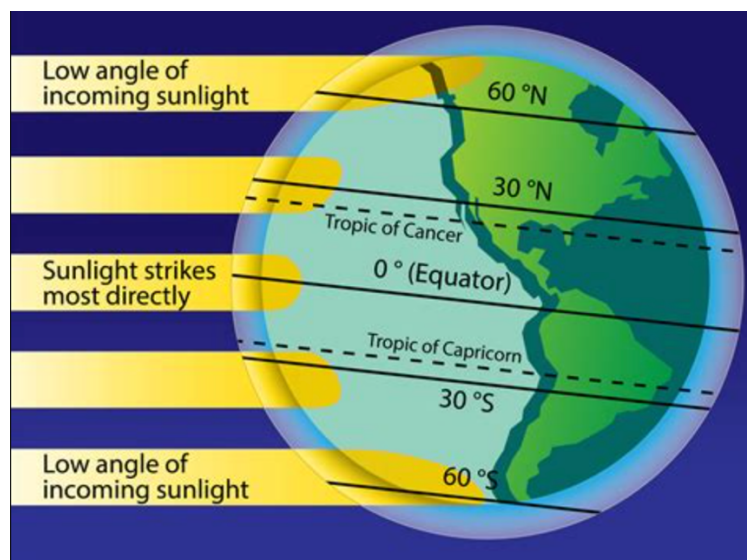


Sunlight and Latitude

The amount of sunlight you receive based on your latitude can have a directly impact on your health. These factors include:

- The number of hours of sunlight received each day (light stability & circadian rhythm)
- The average sunlight intensity (presence of UV-B radiation & vitamin D production)

The angle at which sunlight lands on Earth's surface is the primary driver of variation in sunlight intensity. Latitude determines the angle at which the Sun's rays strike the Earth's surface.



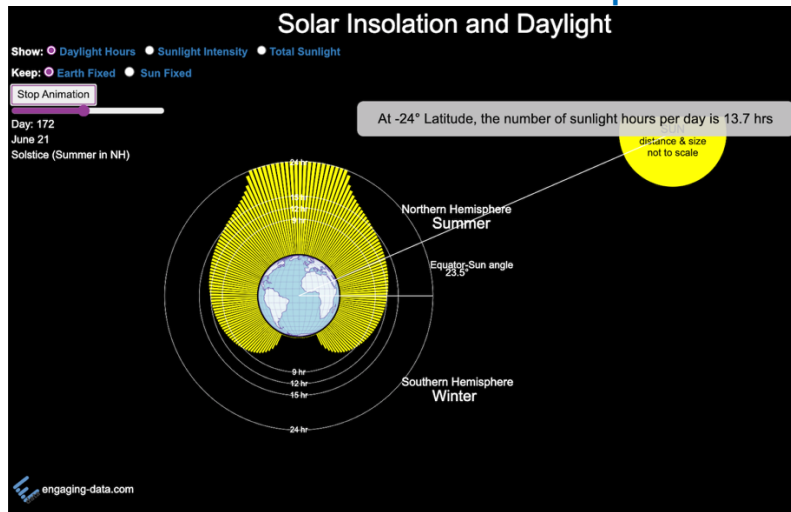
The closer you are to the equator (lower latitude), the more light stability, resulting in consistent exposure to ultraviolet-B light.

Latitude	Sun's position	Effect on light
At the equator and inside the tropics (inside 30 deg north and south)	Sunlight hits the Earth's surface at a more direct, perpendicular angle	More UV-B and light stability (12 hours of day and night, 365 days a year)
At higher latitudes (outside of 30 deg north or south)	Sunlight hits the surface at a more oblique angle	Seasonal UV-B, less light stability between winter to summer
As you move towards the poles (higher latitudes)	The angle of the sun's rays become more oblique, leading to even lower intensity (aka cosine effect)	Only IR and UV-A, sunlight becomes increasingly unstable (very long day/nights)

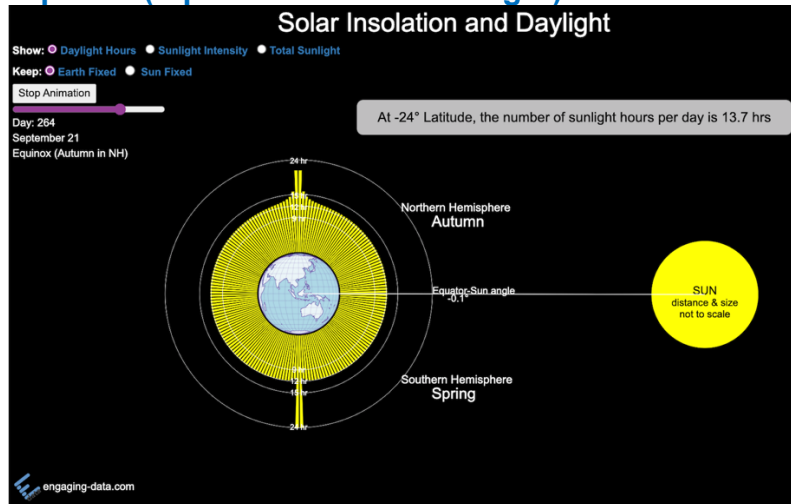
Note: Infrared and ultraviolet-A are available all year round on Earth.

Path Of The Sun In 365 Days

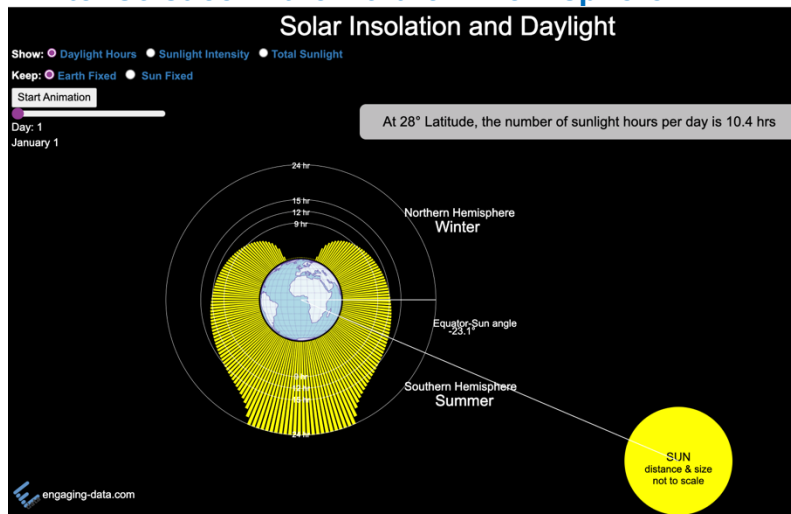
Summer Solstice in the Northern Hemisphere



Equinox (equal amounts of sunlight) occurs when sun crosses the Equator

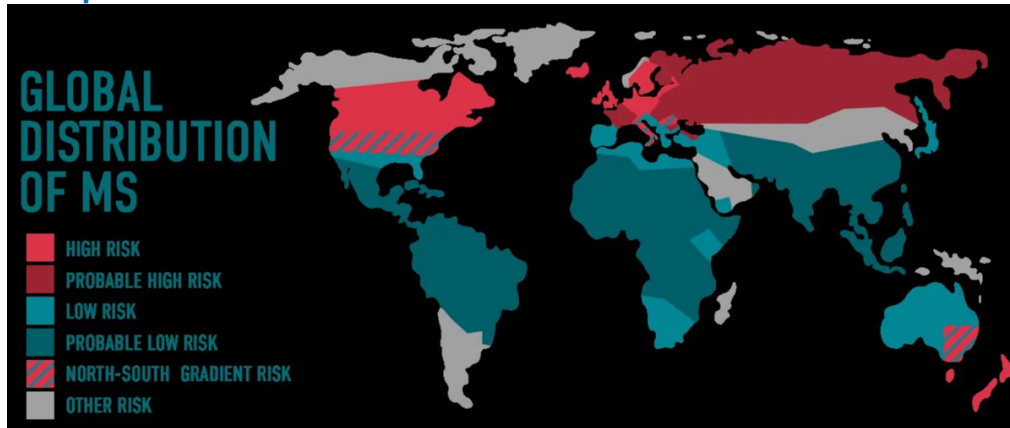


Winter solstice in the Northern Hemisphere

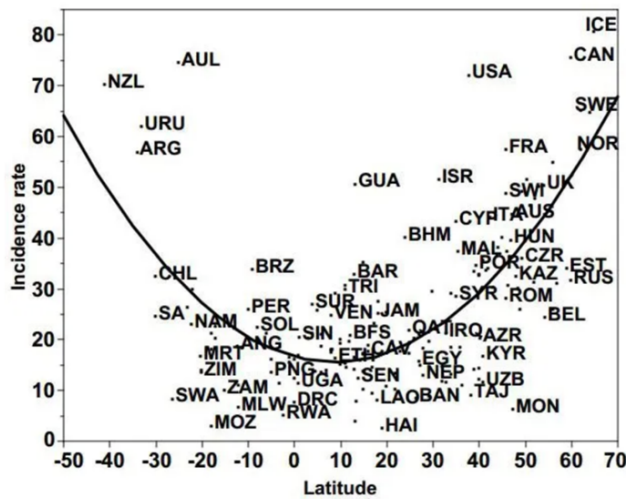


Correlation Between Diseases and Latitude

Multiple Sclerosis and Latitude

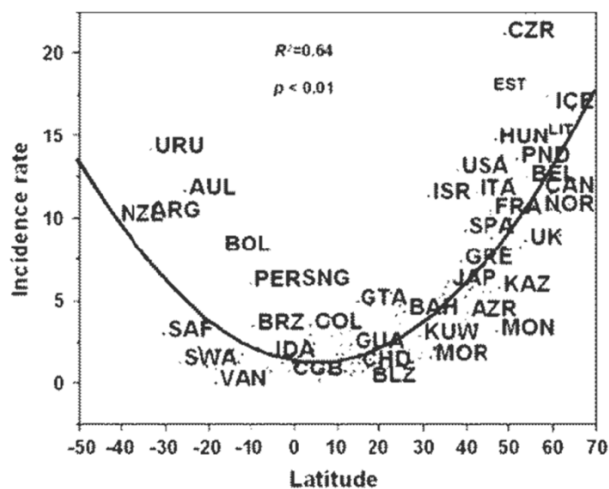


Breast Cancer and Latitude

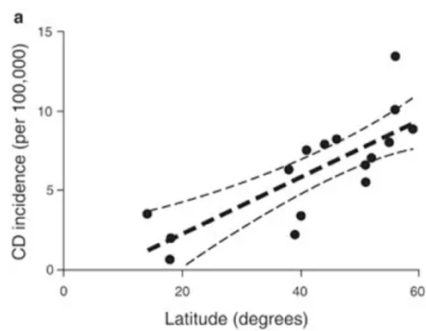


From Mohr, *et al.* (2005). "Mapping vitamin D deficiency, breast cancer, and colorectal cancer." *Proceedings of the ESRI International User Conference*, Redlands (CA): ESRI (Vol. 1468).

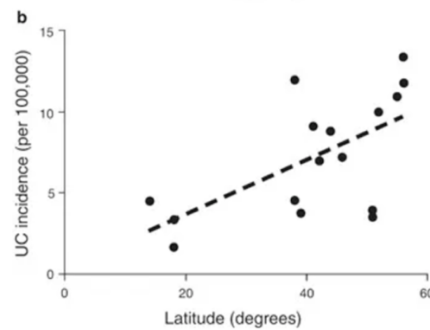
Overall Cancer and Latitude



Crohn's Disease



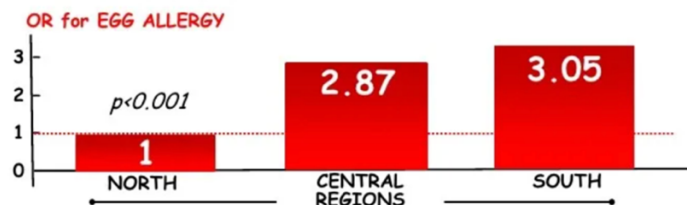
Ulcerative Colitis



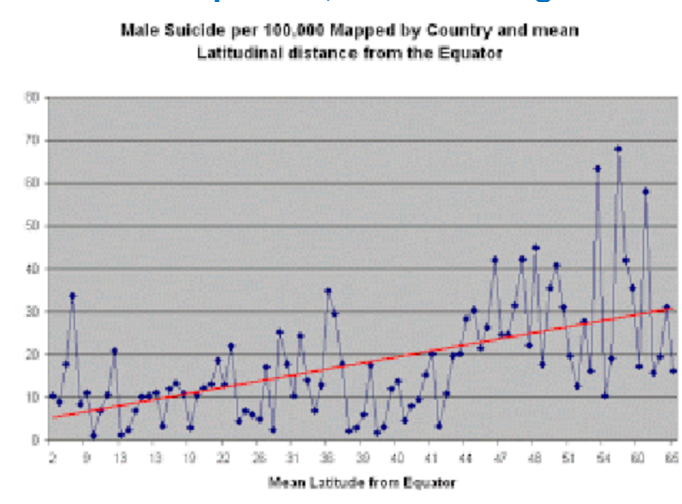
Eczema and Food Allergy with Latitude in Australia

Australia has one of the longest north-south borders in the world, measuring approximately 4500 km from the North of Queensland to the South of Tasmania:

- **North region:** Queensland (latitude $\approx 10^\circ$ to 29° S)
- **Central region:** New South Wales and Australian Capital Territory (latitude $\approx 29^\circ$ to 35° S)
- **South region:** Victoria and Tasmania (latitude $\approx 35^\circ$ to 43° S)



Male Suicide per 100,000 According to Latitude



Source A: jefftbowles.com/vitamin-d3-deficiency-causes-most-human-disease/

Source B: <https://bigthink.com/articles/vitamin-d-sun-and-cancer/>

What's Missing in High Latitude?

1. There is a STRONG correlation between the absence of UV-B and Vitamin D deficiency
2. Higher latitude = Greater light instability and circadian dysregulation
(refer to the **Sleep Workshop**)

A Silent Epidemic – Vitamin D Deficiency

Vitamin D deficiency is one of the most common nutrient deficiencies.

In the United States, **41.6% of the total population is deficient**, although minorities fare worse — **82.1% and 69.2% of blacks and Hispanics are deficient**, respectively.

Why's This Happening?

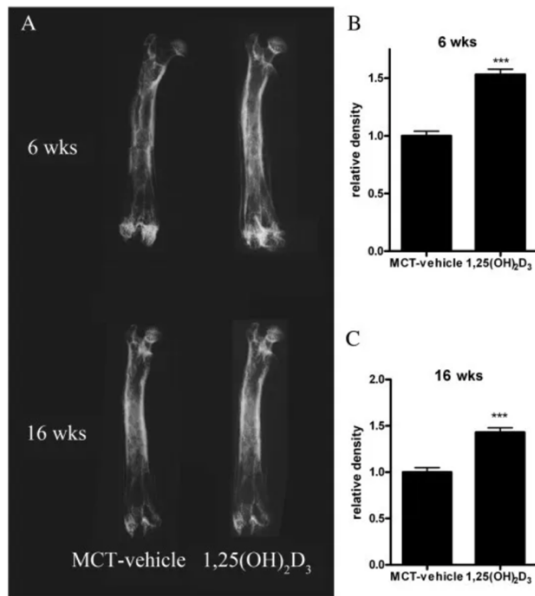
- a) Sun avoidance
- b) Indoor living



Vitamin D deficiency (**below 30 ng/ml** on a Vitamin D 25-OH test) is linked to obesity, bone malformation, osteoporosis, cardiovascular disease, psoriasis, heart failure in the newly born, arthritis, mental illness, diabetes, and even cancer, as well as most autoimmune diseases.

- Rickets and osteomalacia and psoriasis
- Hypocalcemia
- Osteoporosis and Osteopenia
- Osteo and Rheumatoid Arthritis
- Chronic pain centrally or peripherally mediated
- Muscular weakness
- Diabetes.....especially metabolic syndrome and T2D development
- Heart disease (the number killer of men and women)
- High blood pressure development
- Multiple sclerosis and most autoimmune diseases
- Cancer of all types

Importance of Vitamin D and Bone Health



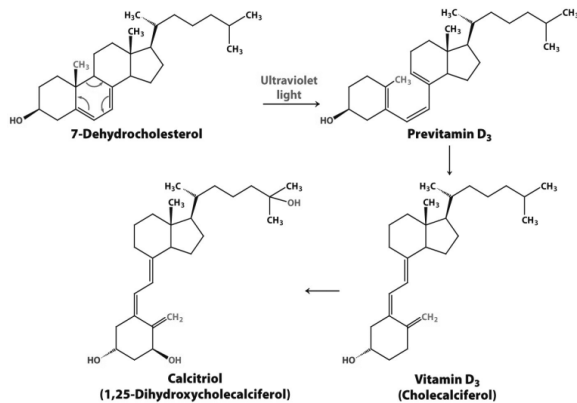
Bone density increases when vitamin D is higher.

When You Ignore Sunlight, Your Health and Well-Being Suffers

- **Heart disease: 633,842**
 - **Cancer: 595,930**
 - Respiratory diseases: 155,041
 - Accidents: 146,571
 - 1 of 5 children have mental disorder
 - Alzheimer's: 110,561
 - Childhood Suicide 60% increase
 - Influenza/Pneumonia: 57,062
 - Kidney conditions: 49,959
 - Suicide: 44,193
 - 10-15% couples are infertile
 - 47% of women have hormonal imbalance
 - 25% of men have low testosterone
- 108M have high blood pressure**
 - 28M have high cholesterol**
 - 34M have diabetes**
 - 88M have prediabetes**
 - 72% of all adults are obese
 - 20.5% Age 12-19
 - 18.4% Age 6-11
 - 42% Vitamin D Deficient**
 - 74% suffer from gastric issues**
 - 22M have autoimmune diseases
 - 43% admit to being too tired to function**
 - 20M suffer from thyroid disease
 - 1 in 54 kids diagnosed with autism

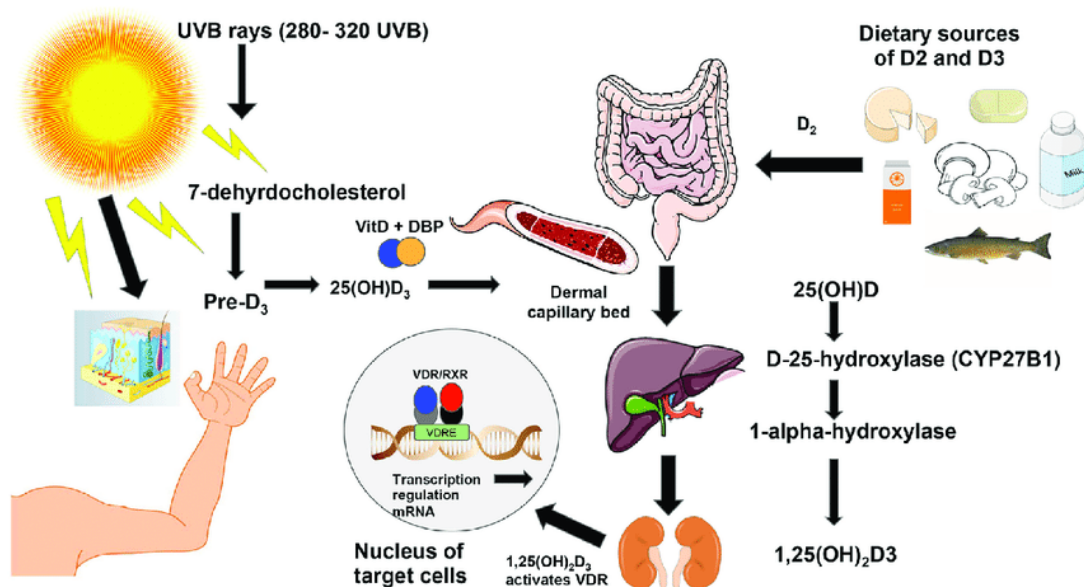
VITAMIN D PRODUCTION

Vitamin D, a lipid-soluble **cholesterol-based molecule**, is synthesized in adequate amounts in people with sufficient sun exposure or, in lesser amounts, taken up through diet.



Fun Fact: Molecular structure of cholesterol and Vitamin D is **almost identical** - the only difference in these molecules is a single double bond in the second ring of the cholesterol backbone. This gives Vitamin D3 **one less hydrogen atom** than the closed ring of cholesterol.

For your body to produce meaningful amounts of vitamin D, you MUST expose your skin to UV-B light.



Oxidation of cholesterol is the first step in the process by which cholesterol transforms itself into vitamin D3. This important step **only occurs at the skin** where 7-dehydrocholesterol is converted to pre-vitamin D3 under **exposure to ultraviolet-B light**.

Animal studies indicate that vitamin D has beneficial effects on various cancers, blood pressure, heart disease, immunologic disorders

Why Supplementing Vitamin D Is NOT The Same Thing?

Upon exposure to sunlight, the skin synthesizes **vitamin D3 sulfate** (water soluble) = it can travel freely in the blood stream

Unlike vitamin D3 from supplementation, it is **unsulfated (NOT water soluble)** = it is encapsulated inside LDL (the so-called “bad” cholesterol) for transport.

Endogenous vitamin D	Exogenous vitamin D
Soluble, travel freely through blood stream	Insoluble, transported via fat cells only
Pass freely through cell membrane for cellular functions to take place	Limitations in carrying our normal and natural cellular function
Multiple biological function to maintain optimal health and fight against dis-eases	Limited biological function for optimal function and dis-ease prevention
Drives healing and regeneration	Limitation in healing and regeneration
No risk of vitamin D toxicity	Increase risk of vitamin D toxicity

☛ **INCONVENIENT TRUTH:** The further you are away from the equator or tropics, cancer rates and incident of diseases are HIGHER.

You will learn ways you can mitigate this towards the end of this workshop.

Source A: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8074587/>

Source B: <https://www.ncbi.nlm.nih.gov/books/NBK278935/>

Vitamin D and Autoimmune Diseases

T cells suppress reactions of other immune cells, which is crucial in preventing autoimmunity, while the **B cells are responsible for producing antibodies**.

In the case of vitamin D deficiency, **B cells may become hyperactive** and **T cell regulation is decreased** = classic case of autoimmunity.

From an epigenetic perspective, if your Vitamin D levels are low, there's a higher odds your body turning off genes that regulate immune system that keeps us free of diseases from viruses, bacteria and fungal infections.

Vitamin D and Gut Health

We also know that Vitamin D activates T regulator cells (and T Helper cells) and helps maintain the intestinal brush border of the gut to make it less "leaky" to inflammation. It **strengthens** the tight junctions between gut cells. Leaky gut is one of the TOP root causes to autoimmune disorders.

Exposing your gut to full spectrum sunlight can **improve your bowel movements** and the production of **digestive enzymes**. Studies are now showing promising signs that reasonable sun exposure can **improve IBS/IBD symptoms**.

Sunlight also has the capability to enhance and improve the **composition of your gut microbiota**, promoting a healthy gut environment for optimal function.

Source A: <https://pubmed.ncbi.nlm.nih.gov/31708890/>

Source B: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7524261/>

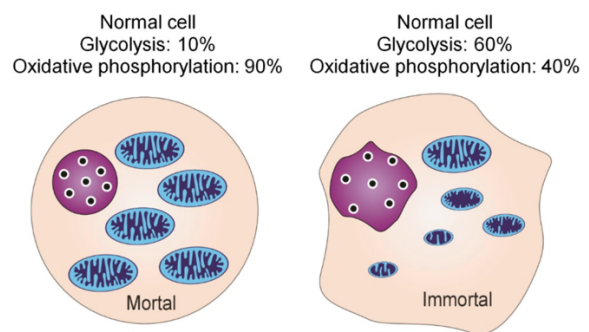
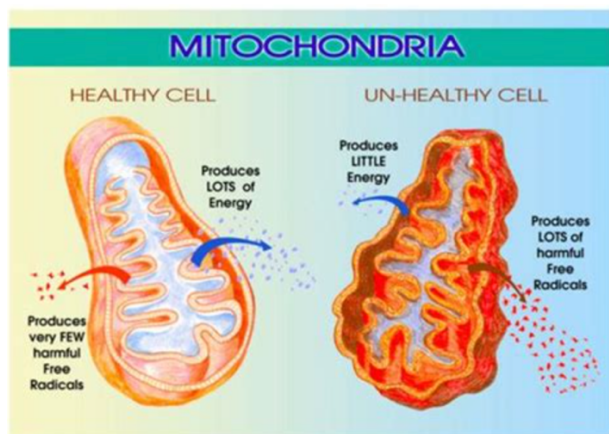
Vitamin D and Cancer

Just like autoimmunity, when your immune system is down (low vitamin D levels), your body's ability to fight cancer is impaired.

Genes or Epigenetics?

Cancer is a metabolic disease (Otto Warburg, 1927) – utilization of glucose and respiration in cancer cells are altered in the mitochondria. This defect in energy production through oxidative phosphorylation in the mitochondria has become known as the "Warburg effect".

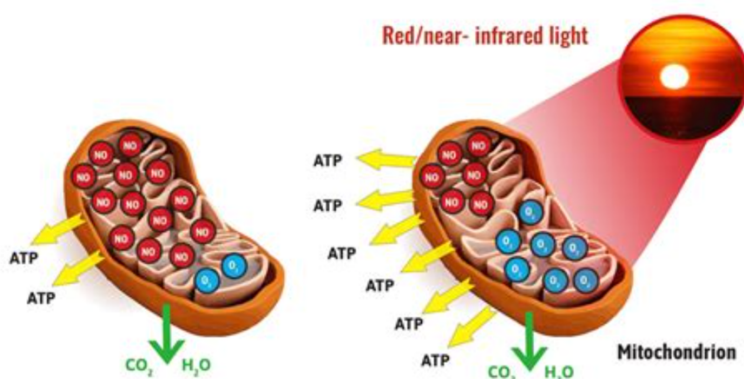
Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8835572/>



(more to come in the **Mitochondria Workshop**)

Healthy mitochondria	Unhealthy mitochondria
<ul style="list-style-type: none"> → High ATP production → Low ROS → Promotes cellular hydration → Further away from disease → Good health and poor quality of life 	<ul style="list-style-type: none"> → Low ATP production → High ROS → Cellular dehydration → Increase risks of diseases → Disease and poor quality of life

☛ GOLDEN QUESTION: How Do You Improve Mitochondria Function?

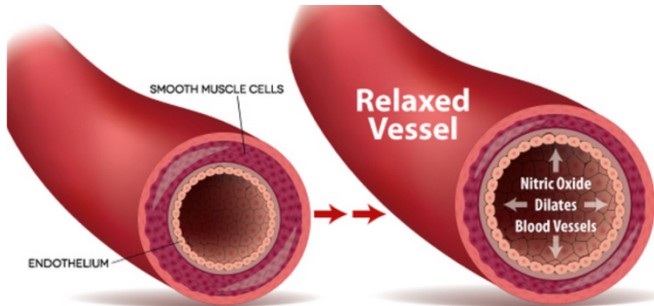


Sunlight! Mitochondria's ETC contains red light chromophores (cytochrome C oxidase) that uses red light and infra-red light (650-1100nm) to boost cellular water and energy production.

SUNLIGHT AND YOUR WELL-BEING

Blood Pressure

UV-A and IR-A triggers the release of nitric oxide. As blood vessels dilates = lower BP.



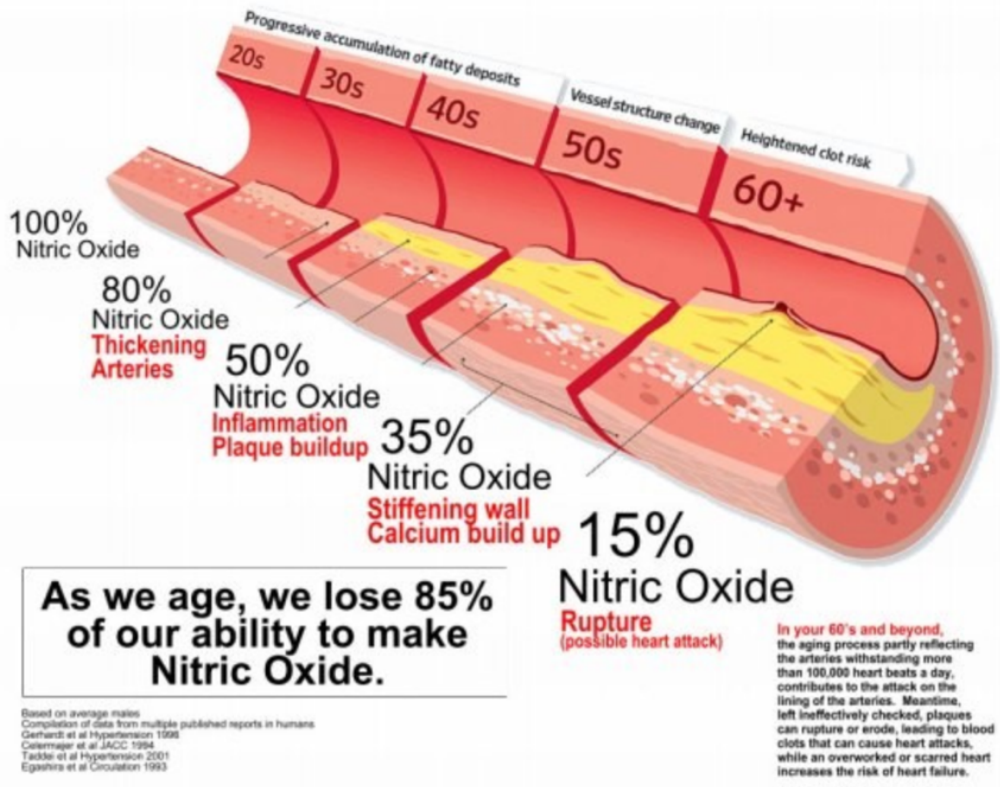
Client's win

Ok I've been tracking my bp lately because it was kinda high. This morning when I got up it was 142/91 and just now it was 127/79 after 15 minutes of sun and grounding with my wood deck. I also got sun on my dog bite wounds on my hip and back. Awesome!

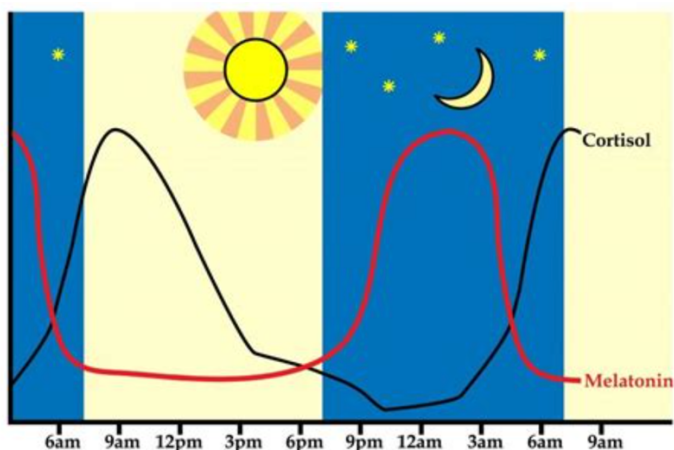
Yes, I've noticed my blood pressure improve from being out in the sun so I will definitely continue with that. Sleep has also improved a lot. I feel great that I can get 7 hours sleep now 🍌

09:34

Get in the sun before you lose this ability...



Hormones



Exposure to sunlight in the morning is critical in syncing our circadian rhythms.

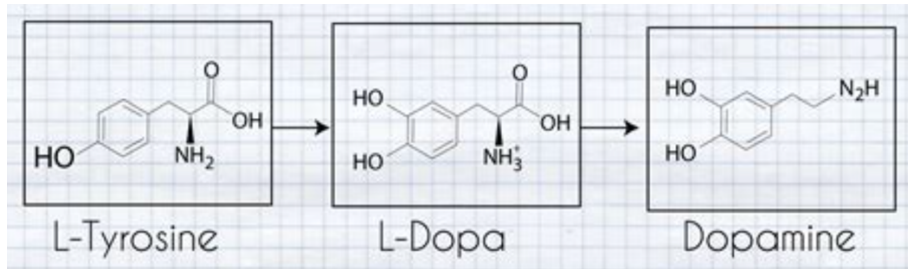
Circadian rhythm not only regulates the sleep/wake cycle, it is also involved in the signalling of various hormones production.

Sunlight exposes our bodies to a specific combination of blue light, infrared-A and ultraviolet-A early in the morning.

These wavelengths of light releases a cascade of hormones (cortisol, leptin, progesterone, pregnenolone, testosterone etc) to optimize your biological functions and improve your sense of well-being.

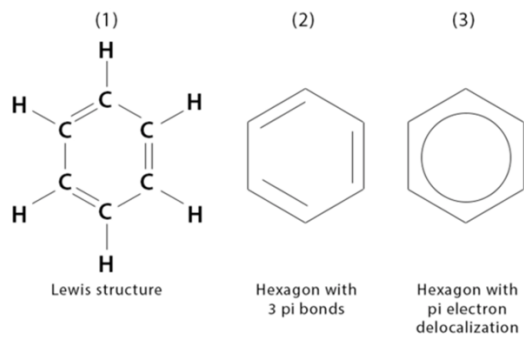
Neurotransmitters

Tryptophan ⇒ **Serotonin** (mood) ⇒ **Melatonin** (sleep, regeneration, anti-cancer)



Tyrosine ⇒ **Dopamine** (focus, motivation)

These aromatic amino acids are the light sensitive, building blocks to very important biochemical functions. They consist of a unique Benzene Ring that are known to absorb and interact with UV light (280nm)



QUESTION: Are Humans Designed To Thrive Under The Sun?

The Basic Building Blocks Of Life

**Plant Blood
(Chlorophyll)**

Mg 12

**Human Blood
(Hemoglobin)**

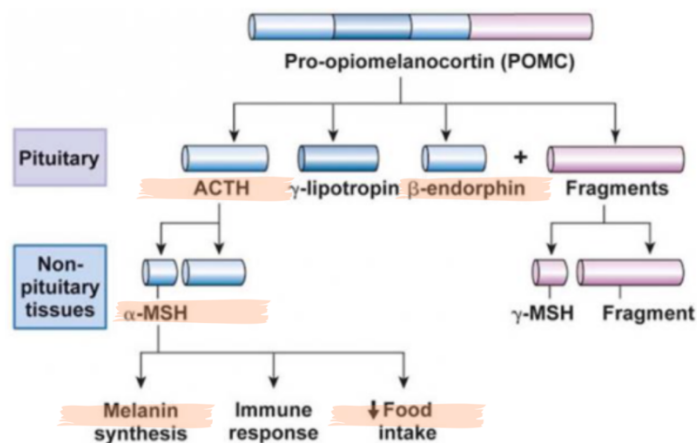
Fe 26

Plants and humans share remarkably similar biochemistry
Both molecules are powered via the Photoelectric Effect

Other Health Benefits

POMC (Pro-opiomelanocortin) is a precursor polypeptide that splits into 241 amino acids.

When sunlight hits our eyes and skin, **ultraviolet light upregulate the expression** of POMC to create the amino acids that **support important biological functions**.



Some of the notable benefits to your well-being include:

1) Pain and stress management, lower inflammation, boost sense of well-being

β -Endorphin

- reduce stress and maintain behavioural stability that includes, hunger, thrill, maternal care, sexual behaviour and reward cognition.

- also contains the same receptor to which opium, such as morphine, derive their pain management properties.

- increases during exercising (runner's high) and is linked to addiction

2) Stress and metabolism

ACTH

- cortisol can release stored glucose and influence insulin production

- weight and metabolism management (appetite suppression)

3) Weight management, sexual performance, protection from the sun

α -MSH

- weight management (appetite suppression)

- enhanced libido and erections in males and arousal in most female test subjects (nitric oxide)

- melanin (see below)

α -MSH \rightarrow Melanin

Melanocytes in skin increases synthesis of melanin in response to ultraviolet light exposure

Different types of melanin: apart from skin, melanin are found in hair, iris of the eye, inner ear, brain and adrenal gland

Eumelanin causes skin to darken (protecting skin cells from sun damage), allowing the body to absorb more light.

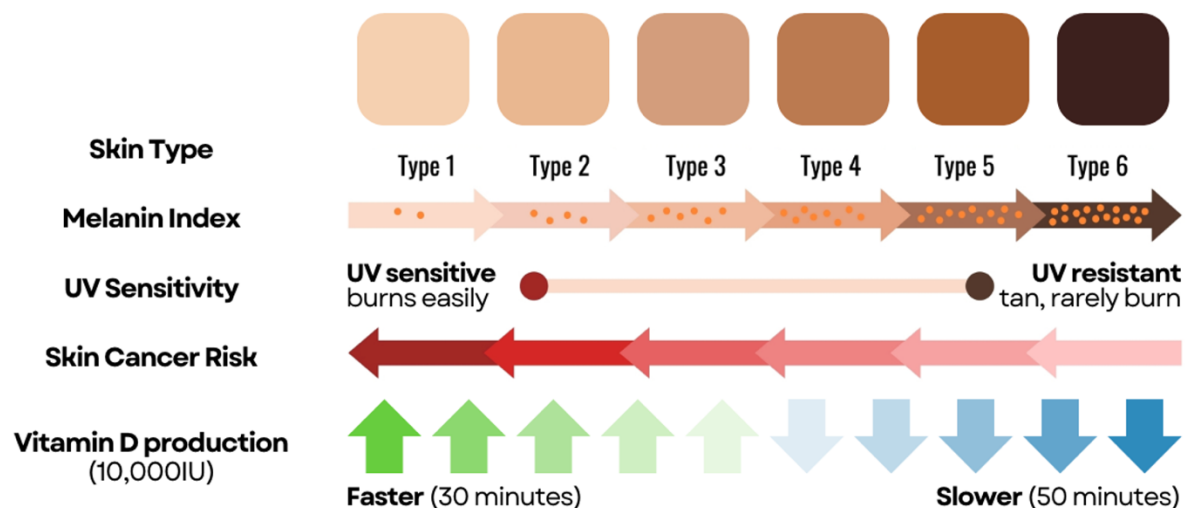
The Importance of Melanin Other Than Solar Protection?

Melanin absorbs all wavelengths of light and radiation. From a biophysics perspective, this captured energy is then used to harvest heat and boost electrical conductivity (DC electric current = enhance regeneration).

Melanin also offers:

- \rightarrow natural antioxidant properties that protects pigment cells from oxidative stress
- \rightarrow scavenging of reactive free radicals (against ionizing radiation)
- \rightarrow defend against microbial pathogens (fungi, bacteria)
- \rightarrow protective and chelating properties against heavy metals, chemical and oxidizing agents

Fitzpatrick Skin Type Chart

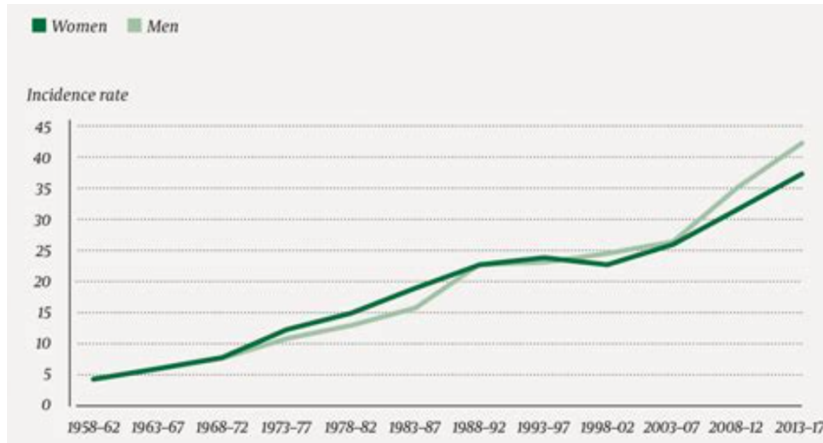


For people with Type 1 or 2 skin type, the goal is NOT sun avoidance, the goal is to build up your melanin.

RISK ASSESSMENT: SKIN CANCER

Does sunlight causes skin cancer?

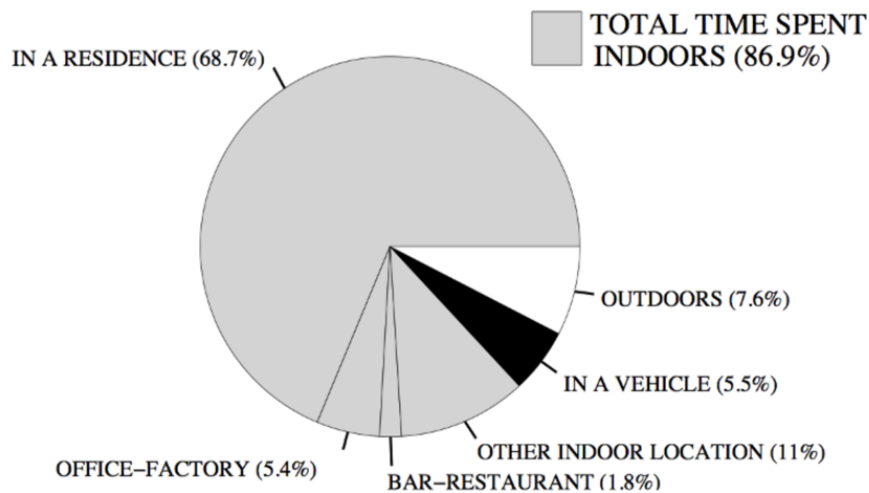
Incidence of melanoma is on the rise since 1970s.



BUT humans are spending 90% of their time indoors

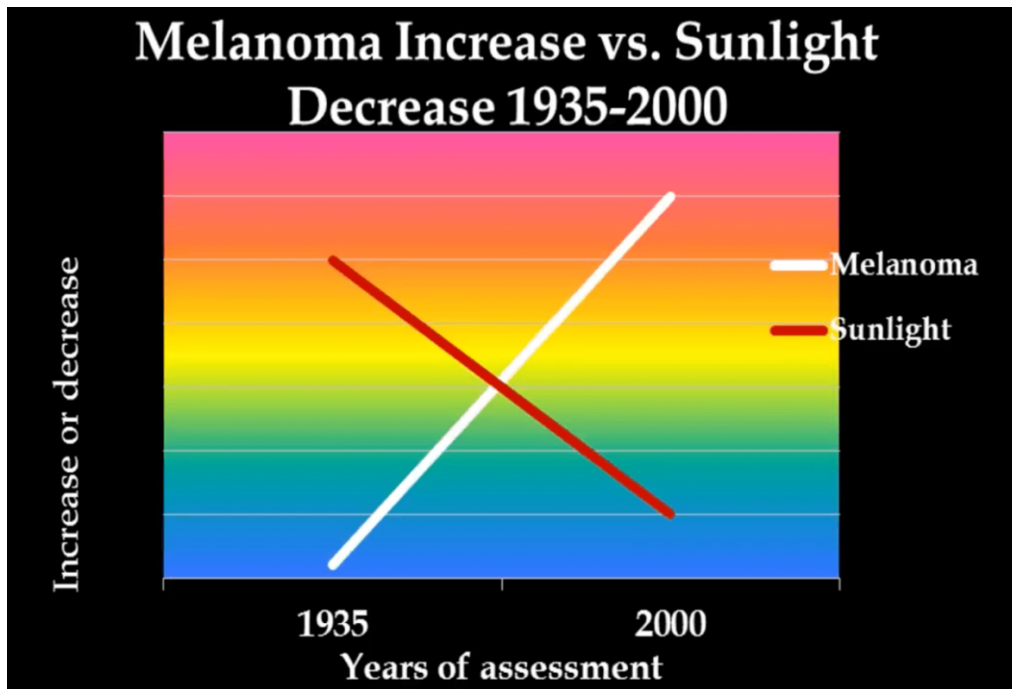
NHAPS – Nation, Percentage Time Spent

Total n = 9,196

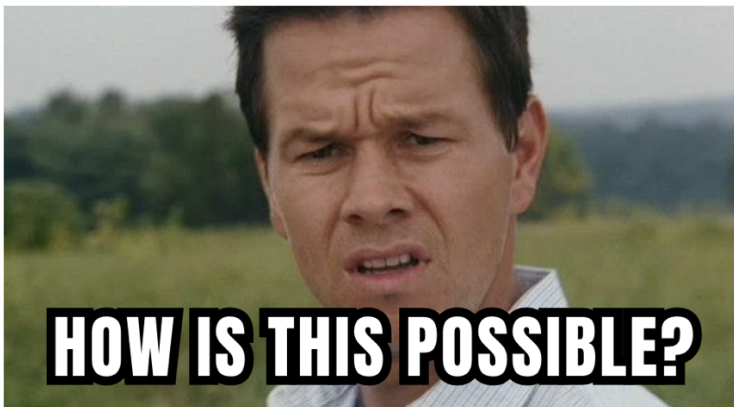


This pie chart from the NHAPS study shows that Americans spend 86.9% of time indoors, plus another 5.5% inside a vehicle.

In 2018, WHO and US Environmental Protection Agency (EPA) have estimated people in Northern Europe and North America to spend about 90% of their time indoors.



Humans were taught to avoid the sun for almost a century and spend majority of our time indoors, but yet melanoma is increasing year on year, despite sun avoidance.



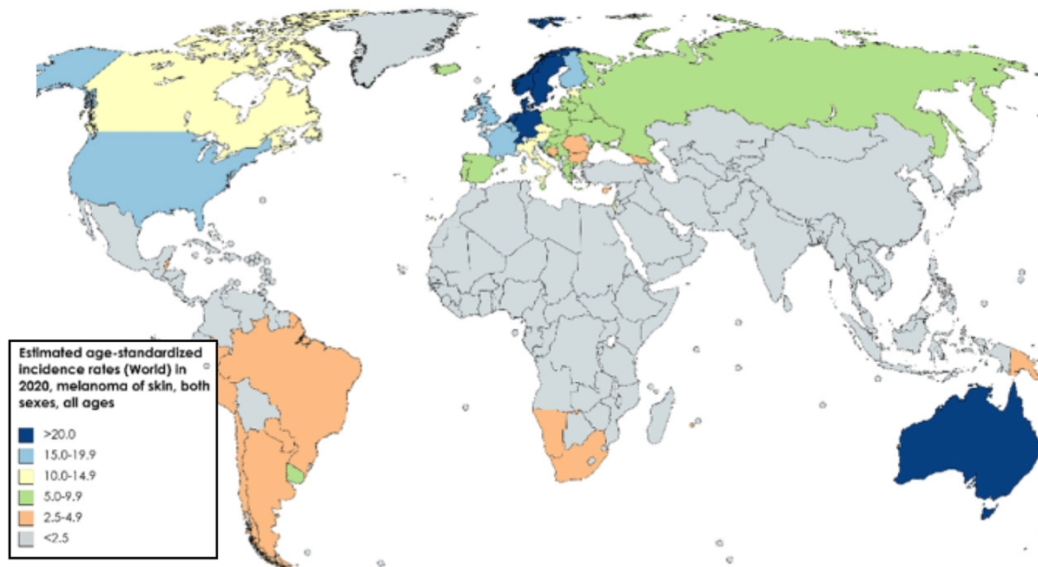
Is sunlight really the cause of skin cancer?

Incidence of melanoma are significantly higher **OUTSIDE** of the tropics

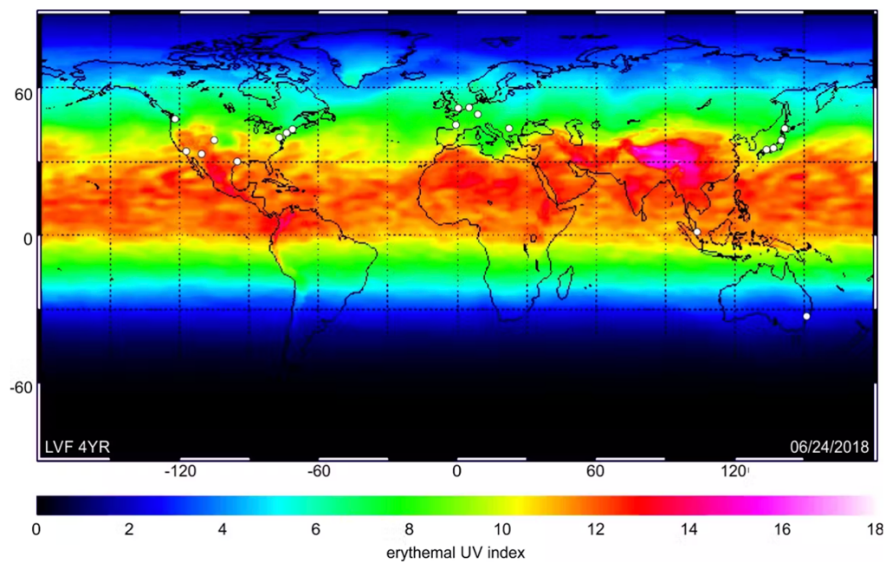
→ People with the **lowest** vitamin D has the **HIGHEST** risk of cancer

→ **Low vitamin D levels means:**

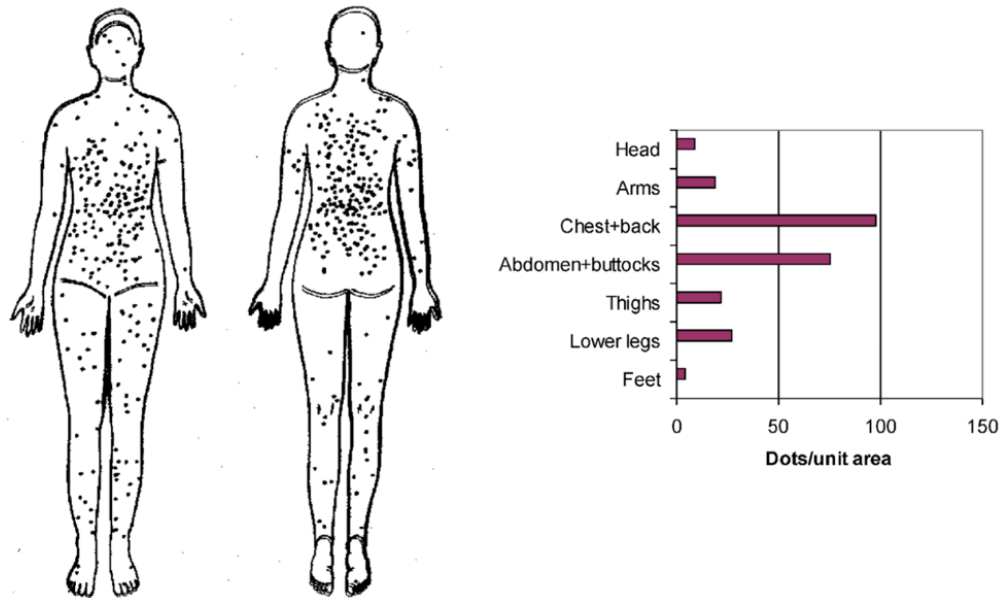
- a) you're not in the sun or
- b) you live in higher latitude where strong UV-B is not available.



The tropics are where sunlight (and UV-B radiation) are the **STRONGEST**.



If sunlight is the cause of skin cancer, then incidence of skin cancers and melanoma should be higher where there's stronger sun, **NOT** the other way round.



If sunlight causes cancer, melanoma would occur in areas where the skin is most exposed (face and arms) to sunlight, instead of areas covered away from the sun (chest, back abdomen and buttocks)

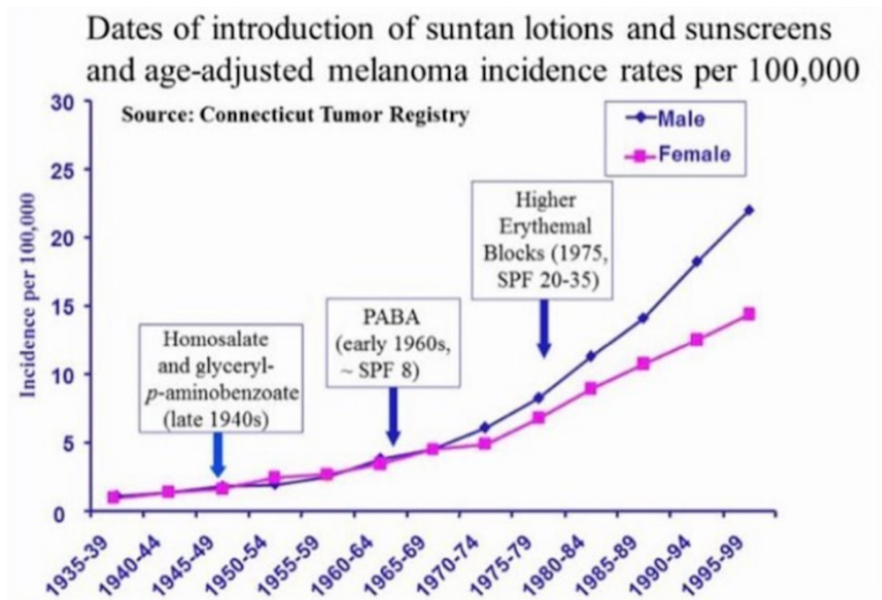


Homo sapiens have evolved under the sun for over 500,000 years.
If sun is truly harmful to our biology, could we have survived for so long?

Let's zoom out to 1930s, skin cancer was a rare condition.

The sun hasn't changed much.

What has changed?



Who do you trust?

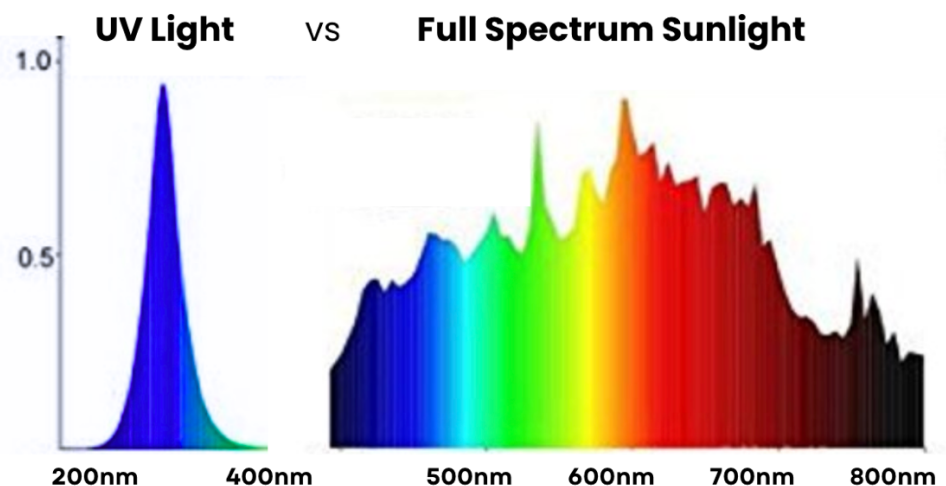
Your ancestor's track record for 500,000 years, or 80 years of clever marketing from the multi-billion dollar sunscreen industry?

Let's debunk one of the biggest lies in modern health history

Did you know that **NO** medical studies/research that concluded that “sunlight causes skin” cancer were conducted with sunlight?

ALL the “sunlight causes skin cancer” conclusion were drawn using artificial ultraviolet-B light (electric arch lamp)

This is NOT sunlight.



*Their premise were made on the basis that sunlight has UV light.
Therefore if UV light causes cancer, sunlight causes cancer.*

The Sunlight and Skin Cancer Conclusion

Overexposure and sun damage can increased your risk of skin cancer, but research shows that regular, moderate, healthy sun exposure is associated with a decreased risk of cancer.

This also means that limiting sun exposure **INCREASES** your rise of cancer (low vitamin D and low melatonin levels)

Not convinced?

Consider this:

Melanoma causes 9000 deaths a year...

Medical error is third leading cause of death (94,000 deaths)...

Is it worth investing a bit of time and effort to comprehend the risk/reward of sun exposure for your long term health and well-being?

I have presented all the information, you'll have to develop your First-Hand Experience and form your own conclusion.

P.S Sunlight is free (6 years without any issues)

Reasonable Sun Exposure Is Vital To Good Health!

Insufficient Sun Exposure Has Become a Real Public Health Problem

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Affiliations + expand

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Abstract

This article aims to alert the medical community and public health authorities to accumulating evidence on health benefits from sun exposure, which suggests that insufficient sun exposure is a significant public health problem. Studies in the past decade indicate that insufficient sun exposure may be responsible for 340,000 deaths in the United States and 480,000 deaths in Europe per year, and an increased incidence of breast cancer, colorectal cancer, hypertension, cardiovascular disease, metabolic syndrome, multiple sclerosis, Alzheimer's disease, autism, asthma, type 1 diabetes and myopia. Vitamin D has long been considered the principal mediator of beneficial effects of sun exposure. However, oral vitamin D supplementation has not been convincingly shown to prevent the above conditions; thus, serum 25(OH)D as an indicator of vitamin D status may be a proxy for and not a mediator of beneficial effects of sun exposure. New candidate mechanisms



The health benefits of the great outdoors: A systematic review and meta-analysis of greenspace exposure and health outcomes

Caoimhe Twohig-Bennett*, Andy Jones

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"We found that spending time in, or living close to, natural green spaces is associated with diverse and significant health benefits. It reduces the risk of type II diabetes, cardiovascular disease, premature death, and preterm birth, and increases sleep duration. "People living closer to nature also had reduced diastolic blood pressure, heart rate and stress. In fact, one of the really interesting things we found is that exposure to greenspace significantly reduces people's levels of salivary cortisol -- a physiological marker of stress.

SUMMER WITHOUT SUNBURN PROTOCOL

Health optimization and healing are all about gaining First-Hand Experiences.

If you are not used to sunlight on your skin, and if you have lighter skin (type 1-2) you will burn more easily, because your skin is not conditioned for strong sun exposure.

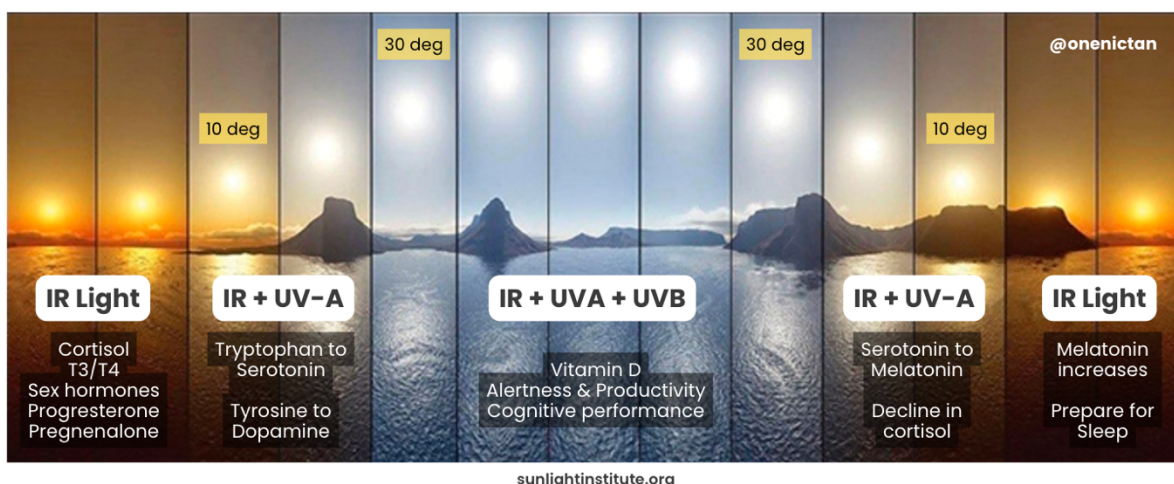
This process needs to be conditioned. As you build up the melanin in your skin, you will be able to tolerate stronger and longer sun exposure.

Step 1: Build Your Solar Callus

Get as naked as possible, go outside early AM and Late PM sun (first/last 90 mins of sunrise and sunset)

SUNLIGHT IN A DAY

The light information we get from the sun is always changing



Sunlight below 30 deg = IR light (solar callus)

Sunlight over 30 deg = Full spectrum + UV-B (vitamin D production)

PRO TIP: Observe the length of your shadows

Shadow 3 times length as your height = Rich in Infrared (solar callus)

Shadow shorter or same as your height = UV-B (vitamin D Production)

Altitude also impacts the level if UV-B radiation

Higher from sea level = stronger the UV = quicker to burn

DO NOT BURN

- Always listen to your body and skin
- Take cover when necessary
- Use sunbreaks

Advanced hack against prostate cancer and to boost testosterone levels

I will say the greatest skill Nic taught me was to sun my balls.

6:39 PM

Step 2: Build Your Vitamin D

After 4-6 weeks of AM/PM sun exposure, your **skin will darken** as you adapt and become **more tolerant** to stronger sun.

For noon exposure to product vitamin D, start with 5 minutes and gradually work your way up to 5,000 and 10,000IU of vitamin D. Keep in mind that you need to expose a large part of your skin to the sun. If you're only exposing your face and hands, you will produce much less vitamin D.

▮ USEFUL TOOLS & RECOMMENDATIONS

Track Your Vitamin D



DMinder App: <https://dminder.ontometrics.com/>

Tan Through Swimwear



Men: https://www.amazon.com/stores/page/6D9BCE4A-B27D-419A-AB2B-45C706645329?ingress=2&visitId=bbd4cbee-aade-47ca-b68d-c3f5a8b6d27d&store_ref=bl_ast_dp_brandLogo_sto&ref_ast_bln

Women: https://www.amazon.com/stores/page/B304EAB6-B6AF-4A7E-A90C-436DE6788186?ingress=2&visitId=bbd4cbee-aade-47ca-b68d-c3f5a8b6d27d&store_ref=bl_ast_dp_brandLogo_sto&ref_ast_bln

Optimal Bloodwork (Vitamin D)

25OHD – aim for 40-60ng/dL

1,25OH-D – hardly gets tested

Step 3: Skin Care For Optimal Well-Being

A) Prioritize good circadian rhythm and 7.5 hours of sleep
Protect your melatonin (autophagy + apoptosis)

Watch: [Sleep Workshop](#)

B) Avoid inflammatory food (food high in preservatives, glyphosate, seed oils etc)
Eat antioxidant rich food (polyphenols are photoprotective)

Watch: [Stop Leaky Gut Workshop](#)

C) Minimize/avoid sunblock (chemical toxicity)

Instead, use non-toxic moisturiser, beauty products – tallow, coconut oil

D) Apply fresh aloe vera (feels awesome when it's cold)

Highly regenerative for the skin.

E) Conduct quarterly detox (drainage pathway, sweating) – get rid of toxic junk in our body

Recommended Reading

Health and Light – John Ott

<https://www.amazon.com/Health-Light-extraordinary-Affects-emotional/dp/0898040981>

NEXT STEPS

- GutCare Clients - reach out for support
- Workshop Guests – attend the AMA to have your questions answered

UP AND COMING

- GutCare is full (email nic@onenictan.com if you like to be on the waitlist for the next intake)
- EMF Workshop (Q4 of 2024)