

Chapter 4

SUNLIGHT

God's Healing Way



God's Health Laws

- Ideal Diet
- Exercise
- Water
- **Sunlight**
- Temperance
- Fresh Air
- Rest
- Trust in Divine Power

Chapter 4: SUNLIGHT

"Truly the light is sweet, and a pleasant thing it is for the eyes to behold the sun" (Ecclesiastes 11:7).

Sunshine helps produce vitamin D. All would become ill without it. It is one of nature's most powerful healing agents.

Spiritual Sunlight

The Bible reveals the source of healing, spiritual sunlight.

"But unto you that fear My name shall the Sun of righteousness arise with healing in His wings" (Malachi 4:2).

BENEFITS OF SUNLIGHT

1. Sunlight improves the circulation of the blood.
2. It increases the cardiac output-
-the amount of blood that is pumped by the heart with each contraction.

BENEFITS OF SUNLIGHT

3. Sunlight increases the oxygen-carrying capacity of the blood.
4. Sunlight helps regulate the blood pressure toward a normal, healthy level.

BENEFITS OF SUNLIGHT

5. Sunlight increases the number of white blood cells and stimulates their ability to destroy both germs and cancer cells.
6. It increases gamma globulin-a protein that helps the body fight infection.

BENEFITS OF SUNLIGHT

7. Sunlight is effective treatment for jaundice in the newborn infant.
8. Sunlight improves liver function, and helps the body to eliminate toxic chemicals and environmental pollutants.

BENEFITS OF SUNLIGHT

9. Sunlight stabilizes blood sugar (glucose) levels.

Sunlight helps to *elevate* the blood sugar that is too low (in hypoglycemic persons).

BENEFITS OF SUNLIGHT

Sunlight helps to *lower* the blood sugar that is too high (in diabetic persons). Generally, sunlight does not reduce the blood sugar below a normal level. However, insulin-dependent diabetics may need to decrease their insulin dosage before sunbathing in order to avoid lowering the blood sugar to dangerous levels.

BENEFITS OF SUNLIGHT

10. It lowers cholesterol and triglycerides in the blood. Sunlight may decrease cholesterol by more than 30%.

BENEFITS OF SUNLIGHT

11. Sunlight converts cholesterol and ergosterol in the skin to vitamin D, but only to safe levels. Vitamin D plays a part in the metabolism of calcium and phosphorus, which are essential for bone and teeth, development. Adequate vitamin D can be obtained by exposing the face to the sun for a few minutes each midday.

BENEFITS OF SUNLIGHT

12. It improves muscle tone and endurance. Exercising outdoors in the sunlight develops the body muscles more than indoor exercise does.
13. Sunlight increases the body metabolism by stimulating thyroid gland function.

BENEFITS OF SUNLIGHT

14. Sunlight comes through the eyes to the pineal gland and affects the pituitary gland, which controls the hormone production of the other endocrine glands in a beneficial way.

BENEFITS OF SUNLIGHT

15. Sunlight enhances the mental outlook and a sense of well-being. It helps prevent or overcome mental depression.



BENEFITS OF SUNLIGHT

16. It lessens stress by working through the sensory receptors in the skin as well as through psychological factors.

17. It promotes healing. Expose infected parts of the body to sunlight. A short sun bath several times a day will destroy germs and promote wound healing.

BENEFITS OF SUNLIGHT

18. Sunlight helps keep the home free from disease-causing germs.



"Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to freedom from disease and to the cheerfulness and vigor of the inmates of the home." *E.G. White, Ministry of Healing, page 276.*

HOW TO AVOID SUN INJURY

Overexposure to sunlight can cause skin aging, skin cancer, and eye damage (cataracts). While skin cancer is increasing, there is no need to get it. Examine the skin periodically for any mole that changes shape, color, or size. Look for any sore that doesn't heal.

The following recommendations will prevent sun injury:

Get the sun in daily, small, graduated doses.
Avoid sunburn like poison!

Minimize summer sun exposure at midday
(between 10 a.m. and 3 p.m.).



When outdoors, wear protective clothing and a wide brimmed hat. Light cotton cloth allows the skin to absorb some of the sun's rays.

Eat a low fat diet-fruits, vegetables, whole grains, raw nuts and seeds. These foods are rich in cancer-preventing compounds. A high fat diet containing cholesterol, saturated fats, and polyunsaturated fats (*in refined* vegetable oils) promotes the development of skin cancer.

Cancer is not caused by sunlight—but by sunlight reacting on trans-fatty acids in the skin! People avoiding these fats rarely burn.

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