

# Sunlight

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*And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also." Gen 1:16.* God is a God of order and there is nothing that he has done or created that is the fruit of happenstance. On the fourth day of creation God created the sun and the moon. Creation week's order is a fascinating study, looking at the precise way that God ordered all things. All living things are dependent on sunlight, without sunlight, nothing could live. God, in his wisdom, providentially created the sun before the creation of animals (5th day) and man (6th day), ensuring that our health and liveliness were secure prior to our creation. What a wonderful God! Most believe that Vitamin D is the main and sometimes the only property that the sun is capable of providing, this is not true.

The benefits of sunlight are exhaustive and provides life giving properties for all. "Nutrition and sunlight are intimately related. By striking the skin, sunlight can produce certain hormones and nutrients like Vitamin D. Unless one has a proper diet, sunlight has an ill effect on the skin, This must be emphasized: Sunbathing is dangerous for those who are on the standard high-fat American diet or do not get an abundance of vegetables, whole grains, and fresh fruits. Those on the standard high-fat American diet should stay out of the sun and protect themselves from it ;but, at the same time, they will suffer the consequences of both the high fat diet and the deficiency of sunlight." (Zane Kime, Sunlight, p.117)

This statement is particularly accurate considering the fact that one of the main attributes of sunlight is increased circulation and blood flow. Although, on the surface, blood flow and circulation are essential functions for proper health, partaking of a flesh based diet and consuming an unhealthy diet, only nourishes the cells and blood with unhealthy matter, thus circulating nutrient deficient, unhealthy blood throughout the body. This, in itself, can quicken the aging and dying process.

The benefits of sunlight are:

- **Lowered blood pressure**- regular sunbaths alone will lower blood pressure by 8%, combined with exercise, 15%.
- **Decreased blood cholesterol**- sunlight changes cholesterol under the skin into Vitamin D, then the cholesterol from the blood is sent to replace it, thus lowering cholesterol levels. Then, when cholesterol is moved from the blood to replace the cholesterol under the skin, the cholesterol stored within the plaques deposited on the artery walls takes its place. This process of cholesterol exchange has the far reaching effect to also affect and



regulate the dangerous hardening of the arteries that lead to stroke, the fifth leading cause of death in the United States. Two hours of sunbathing, results in a 13% cholesterol reduction.

- **Diabetes-** - sun exposure lowers excessively high blood sugar. Sun exposure has an insulin like affect on the body, where sunlight on the body causes glycogen(stored sugar) to be increased throughout the body, thus enabling the blood sugar to be lowered.
- **Lowered stress-** sunlight on the body calms the nerves and increases adrenalin. It increases the brain's release of serotonin, a hormone responsible for boosting one's mood and helping a person feel calm and focused. Serotonin also regulates appetite and digestion, sleep, memory and sexual desire and function.
- **Streptococcal infections-** before the discovery of penicillin, sunbathing was the treatment for streptococcal infections of the skin.
- **Water purification-** chlorination kills many water-borne diseases but they also have certain carcinogenic (cancer-causing) effects. Irradiation with ultraviolet light is an effective water purifier without the side effects.
- **Killing bacteria-** sun exposure increases the skin's resistance to disease by killing the bacteria on the skin, also changing the body's natural oils on the skin into bactericidal agents.
- **Psoriasis** - sunlight keeps this condition under control.
- **Acne** - sunlight purifies and sterilizes acne, bringing it to more rapid healing.
- **Strengthened the immune system-** sunlight increases the white blood cell (infection and disease fighter cells) count ,especially the lymphocyte and neutrophils.
- **Arthritis** - Vitamin D for one strength
- **Gout-** sunlight increases uric acid excretion.
- **Healing wounds-** wounds heal more quickly and better with sun exposure.
- **Weight loss-** increased thyroid production and basal body metabolism is increased and more calories are burned. Sunlight also increases muscle tone thus using calories. This muscle tone is also beneficial in childbirth making the skin more flexible and less brittle at the time of delivery.
- **Air purifier-** sunlight provides air exchange in rooms

Start the day with exposing your face and body to the sun for 10 to 15 minutes. Gradually increase your time daily. **DO NOT GET A SUNBURN.** Do not use sun tan lotion, as this blocks the pores from receiving the sun's nutrients. It is not the sun's rays that are harmful, rather it is the overexposure to the rays."If too much sunlight is received, it can have a drying effect, and one may occasionally have flaking, dry skin. Exposure to the sun should be progressive, beginning with only a few minutes a day... If the tissues of the skin are saturated with the necessary vitamins, the sun will not age the sin, but enhance its beauty." (Sunlight, p.89)

"Christ is the wellspring of life. That which many need is to have a clearer knowledge of Him; they need to be patiently and kindly, yet earnestly, taught how the whole being may be thrown open to the healing agencies of heaven. When the sunlight of God's love illuminates the darkened chambers of the soul,



restless weariness and dissatisfaction will cease and satisfying joys will give vigor to the mind and health and energy to the body."(MH 247 )

*"But unto you that fear my name shall the Sun of righteousness arise with healing in his wings; and ye shall go forth, and grow up as calves of the stall." Malachi 4:2*

### References

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