



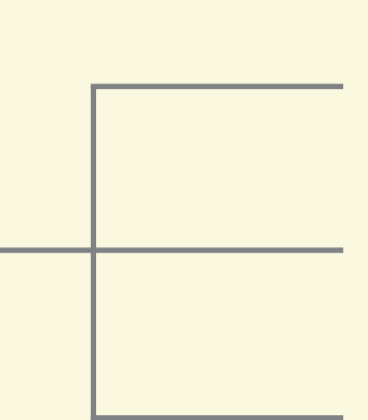
HARNESS THE POWER OF THE SUN FOR HEALTH



Sun avoidance is as **dangerous** to your health as smoking.

Source: 2016 study Lindqvist

Personalize Your Sun Exposure



Skin Type

UV Exposure

Duration

Sunshine has the Power to Heal



Finsen won the **Nobel Prize** in 1903 for his pioneering work in **curing tuberculosis using sunlight.**

Health Benefits of the Sun

- ✓ Natural vitamin D production
- ✓ Lowers blood pressure
- ✓ Protects against skin cancer
- ✓ Increases beta-endorphins
- ✓ Light and circadian rhythm regulation

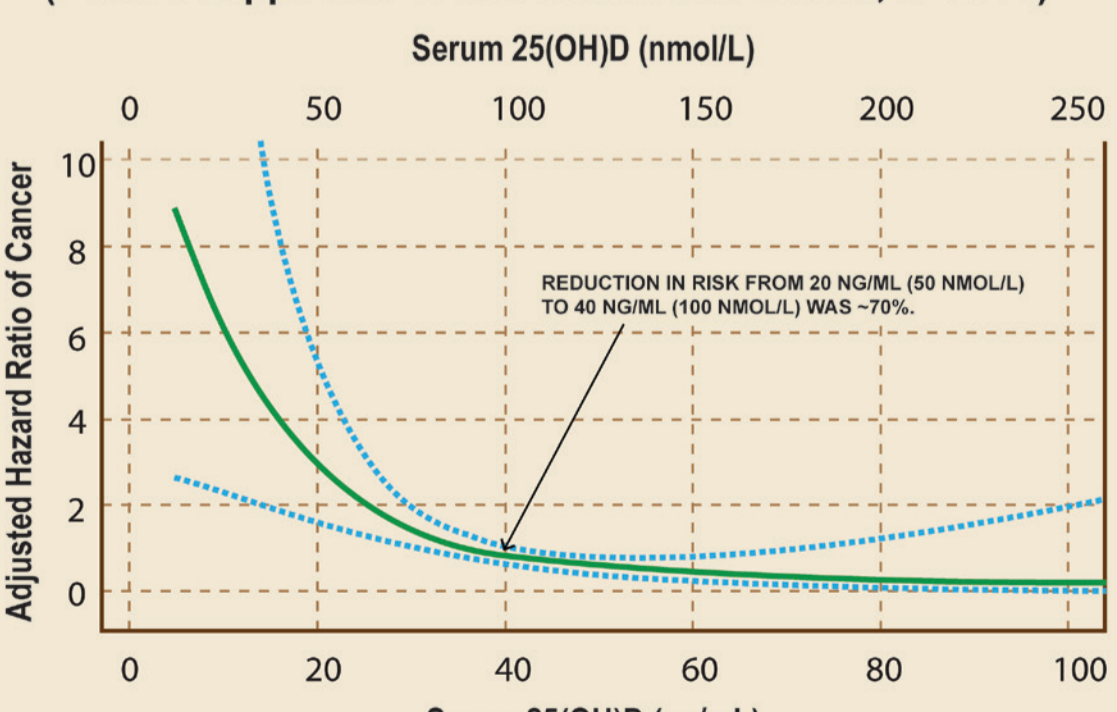


Ancestral Level of Vitamin D

Source: 2012 study Luxwolda

67% lower risk of all non-skin cancers combined with vitamin D serum levels ≥ 40 ng/ml when compared with those <20 ng/ml

Association Between Serum 25(OH)D and Risk of Cancer (Pooled Lappe and GrassrootsHealth Cohort, N=2304)



© GrassrootsHealth, McDonnell et al., PLOS ONE, 2016. www.grassrootshealth.net

Source: Study 2016 GrassrootsHealth

HARNESS THE POWER OF THE SUN FOR HEALTH



- Evaluate your vitamin D level
- Set new sun goals
- Measure sun exposure
- Record achievements

[Learn more](#)