

# Sunlight

**Helps improve one's spirit and fights depression.**

- **Health, love or money? Which one do you choose first?**
- **Lack of sunlight can lead to sleepless nights and grumpy disposition**
- **Cancer, osteoporosis, arthritic joints, weak hearts and many other illnesses result of not having enough sunlight**
- **Without the sun, life would not exist in any form**

**But the path of the just is as the shining light, that shineth more and more unto the perfect day. Proverbs 4:18**

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- Balances hormones
- Kills germs
- Immunity increased
- Bones strengthened
- Red blood cells function better
- Cholesterol lowered
- Sense of well-being
- Healing properties
- Less prone to cancers of the breast, colon & prostate

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- **Small amounts are wonderful**
- **Large amounts are dangerous!**
- **Wet skin burns faster – Never allow yourself to burn**
  - **Sunburn raises risk of skin cancer**
  - **Deadliest skin cancer is Malignant Melanoma; claims 7,000/yr**
- **Best times: 1st 4 hours in the AM (6-10) and last 2 to 3 hours (6-9)**

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