5 HEALTH BENEFITS OF SUNLIGHT

Everyone loves a sunny day, but safe sun exposure is essential to your health.



3. IMPROVED MOOD

Surlight helps boost serotonin, for a calmer, energized & more positive feel. Low levels of serotonin have been linked to seasonal offective disorder.

1. BETTER SLEEP

Sunlight helps regulate sleep hormones. Bright light in the morning can help you sleep better at night.



Stay safe in the sun.

Use sunscreen or
cover up if you're
going to be outside
longer than 15 minutes.



.....

4. CANCER DEFENSE

Too much sun can cause skin cancer, but too little sun can increase risk of other cancers.



2. STRONGER BONES

The body needs sunlight to produce vitamin D. Warmin D delicency contributes to reduced bone density & categorosis.



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5. SKIN RELIEF

Excessive sun can damage skin, but modest sunlight exposure may help ease skin conditions like eccema, protessis it vittore.

Same Communical Health Comparison.

Sunlight And Health

Laurie Winn Carlson, Laurie M. Carlson



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