



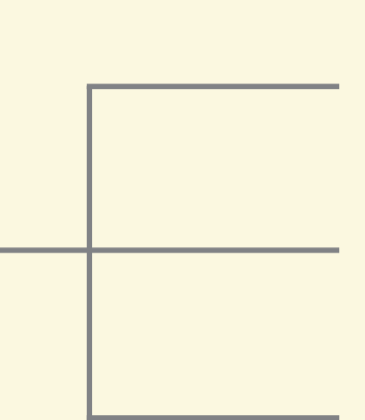
HARNESS THE POWER OF THE SUN FOR HEALTH



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

Source: 2016 study Lindqvist

Personalize Your Sun Exposure

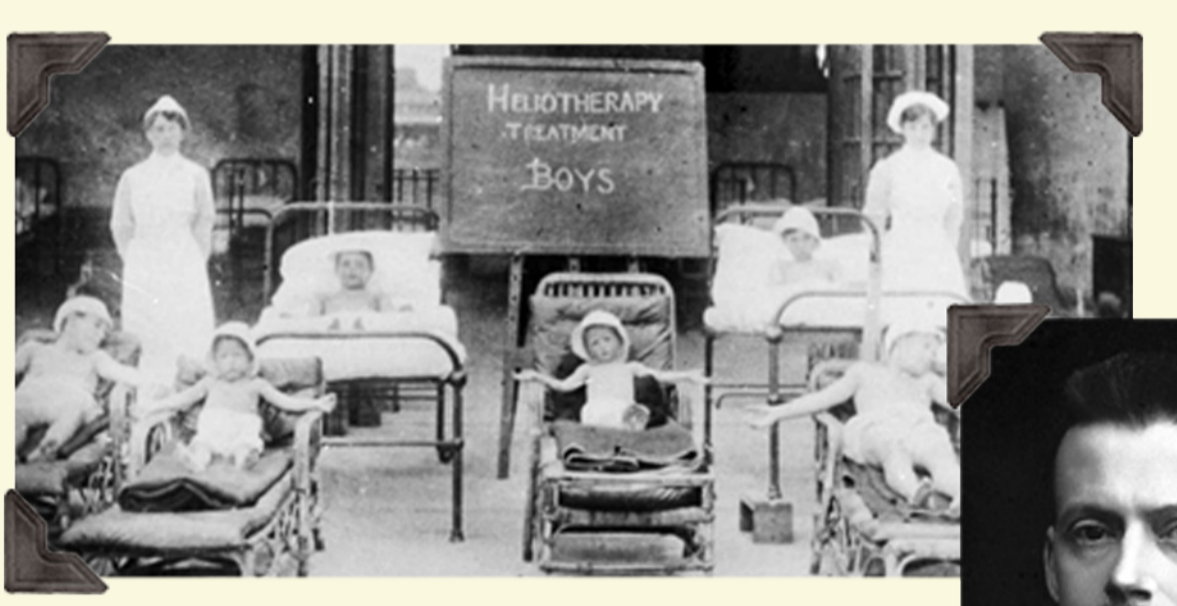


Skin Type

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

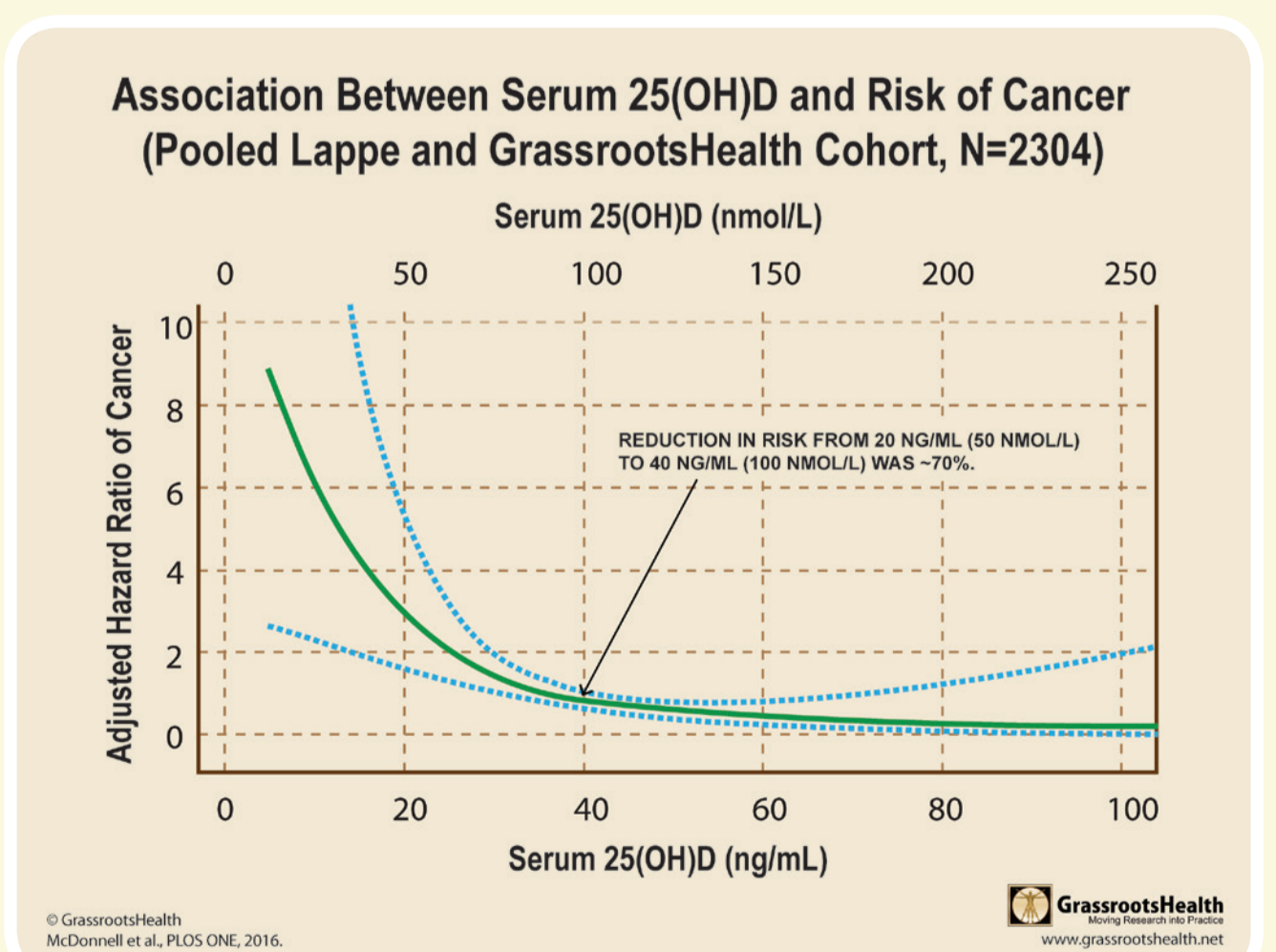
- Natural vitamin D production
- Lowers blood pressure
- Protects against skin cancer
- Increases beta-endorphins
- Light and circadian rhythm regulation



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



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](#)