



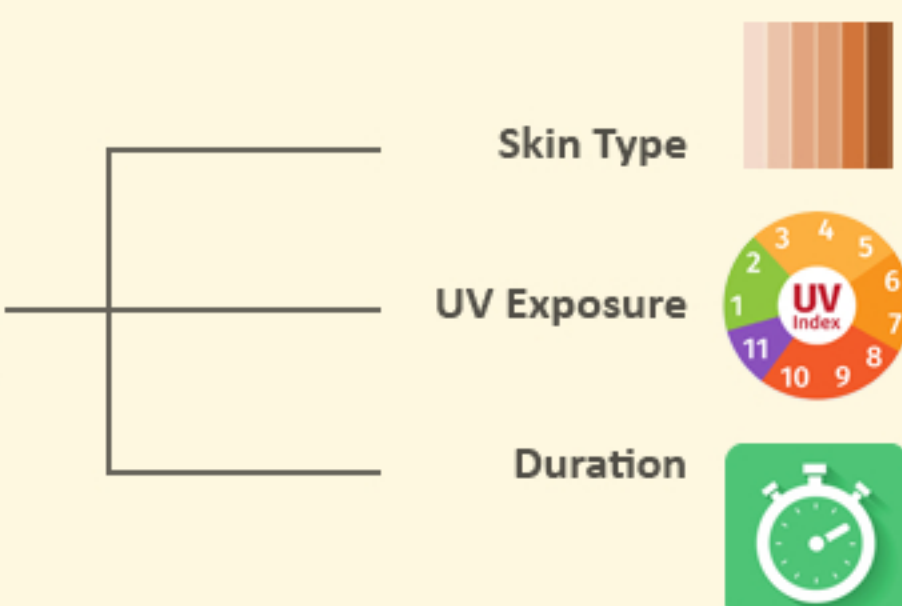
HARNESS THE POWER OF THE SUN FOR HEALTH



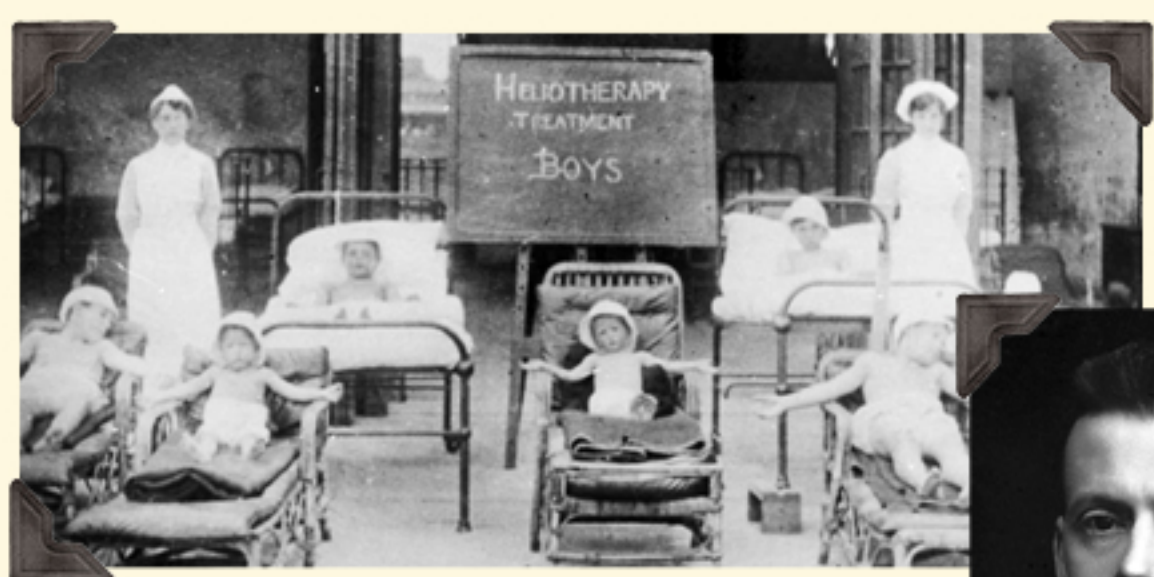
Sun avoidance is as **dangerous to your health** as smoking.

Source: 2016 study Lindqvist

Personalize Your Sun Exposure








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 



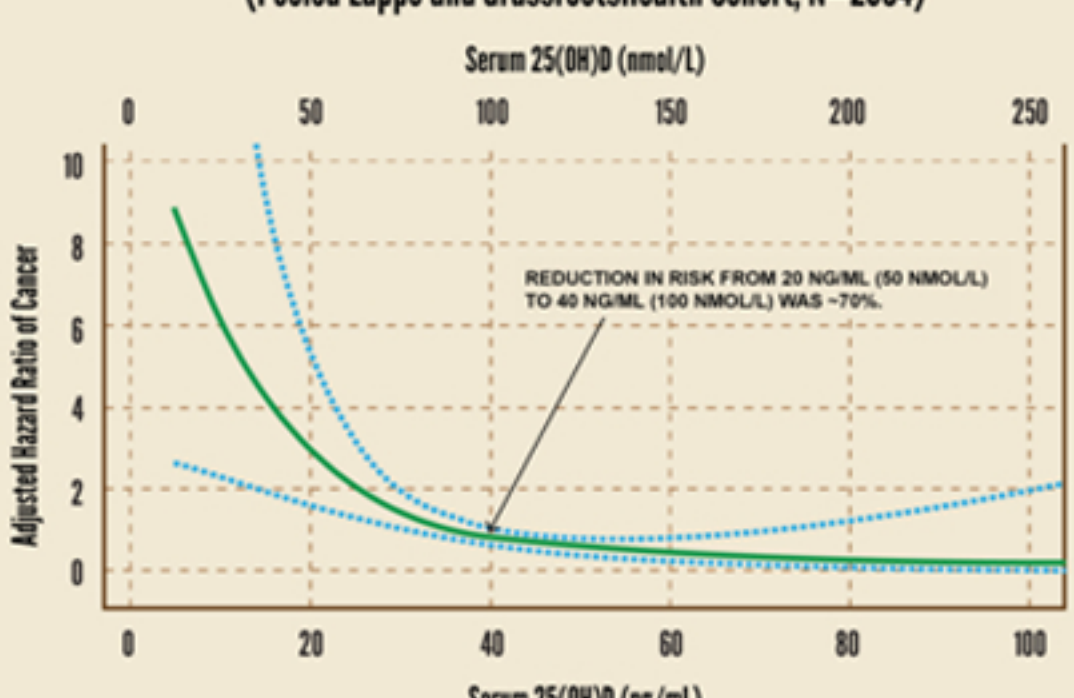
46 ng/ml

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)



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](#)