Healing Powers Of Sun

Researchers claim that the sun is the closest star to earth the only planet believed to be lived by the living-beings. Science explains that the earth is a planet and it revolves around the sun directing to a sequence of seasonal changes. Furthermore science makes clear that the gravity of the sun is the one important in persisting the earth in its circumstance. This sun and the seasonal changes caused by the revolt of the earth around it have created massive effects in the living-beings of the earth and its geography.

Seasons change because the earth is tilted on its axis in its orbit around the sun. When the northern half of the globe is tilted toward the sun, the land heats up, and it is summer there. When this hemisphere is tilted away from the sun, the land receives less sunlight. Then the air turns cold, and it is winter.

The cycle of life in green plants is called photosynthesis. Sunlight provides the power for the process. Sun is the main source of light that we, the humans and animals need to survive. The above point explains the fundamental power of sunlight whereas the earth is benefited by the sunlight in a number of ways. Speaking about the bright side, sun also provides vitamin D, which is essential to your body to absorb calcium and promote bone growth. Besides it is essential for the functions in the body. Rather than using supplements to get the required amount of vitamin D, one can expose oneself their bare skin to sunlight, the ultraviolet B rays and also this is a quick process. It is a faltering fact that sunlight caused skin cancer. Everything has its come and pros, likewise the sunlight. Too much of something can cause harm. Too little vitamin D can cause rickets and osteomalacia. Rickets a condition that affects the bone development of children and osteomalacia which is also known as soft bones in adults(misshapen bones). It’s not exposure to the sunlight but the lack of it causes cancer. By blocking the sun’s rays from reaching our skin, our body will not get the required amount of vitamin D, conducting to excessive impermanency, unfavorable illness conditions, mental health disorders and cancer itself.

Olden days people use to work outside for hours and hours before all the urbanization happened and before the industrial revolution took place. What’s fascinating is how many people getting sick today than they ever were a century ago. It was a life free from sunscreens, drugs and vaccines which block the sun’s rays from reaching their skin. And they were never victims of skin cancer. The most natural substance that creates vitamin D is the sun, blocking ourselves from it only creates unhealthy lives. Using all of these unnatural substances will not increase a healthy life but a maladive life.

For years, people have been advised by primary care providers to use sunscreen to avoid the risk of skin cancer. On the authority of a 2006 US Environmental Protection Agency Publication, it was stated that ‘there is no evidence that sunscreens protect you from malignant malanoma,’ which is a type of cancer that occurs in the skin. And further studies have also suggested when compared the sunscreen users with the non users, the users are more likely to develop sunburns and risk the skin cancer.

Studies also explain that sun exposure can play a significant role to prevent diabetes. The

easiest and the cheapest way to put a stop to diabetes is to spend some time under the sun. In producing insulin(the hormone that synchronizes blood sugar levels) vitamin D plays a major role. Many experts suggest that the people who are at risk at diabetes to spend time under the sun 30 minutes daily is safe and appropriate.

Depression is a serious illness that has a bad influence on how a person can feel and also alter their ways of thinking. Depression makes a person change their feelings toward sadness which in return leads to a downfall in the interest of activities which were once enjoyed by the same person. Depending on the persons mentality depression can lead to a cluster of emotional and physical problems .

On average , depression strikes are estimated 1 in 15 adults and 1 in 6 people in any given year where which they Well experience depression in different forms . Depression usually appears during the late mid 20s where women will experience it more than men .

Altogether there are 9 types of depression methods where as Seasonal Affective Depression takes a major place in it . In most cases , Seasonal Affective Disorder symptoms appear during the late fall or early winter and go away during the summer sunnier days . Therefore a conclusion can be finalised based on that facts that lack of sunlight causes depression .

SAD is likely to be diagnosed more often to women rather than men and also more frequently in younger adults than in any other adults . SAD patients are most likely to have blood relatives with the same type of depression or a different type . People who live in the far north and the south of the equator has a higher rate of SAD due the blackness of sunlight during the winter long days.

It is crystal clear that sunlight is of much importance for the existence of all living beings on planet earth. The solar system is both cheap and non-polluting. The most important discovery is that the sunlight is very effective in reducing such diseases as diabetes, skin cancer, high blood pressure and depression. If this is confirmed by researches it would be a great solace for human beings on planet earth.