

# Sun



The sun does not only provide warmth, enlightenment and pleasure, but also conveys a lot of amazing health effects, such as:

- Joy – the sun counteracts fatigue, depression and other mental disorders. Thanks to the sun's Vitamin D, you become both more alert, happier and get more energy.
- Health– the sun strengthens the immune system and fights viruses and bacteria. The sunlight also strengthens the liver's detoxification system and the body's ability to break down toxins.
- Vision – you get improved vision via vitamin D and fewer signs of age-related disorders in the eyes.
- Blood pressure – the sun also lowers blood pressure and helps reduce the risk of both heart attacks, blood clots and strokes.
- Stronger bones – vitamin D strengthens the bones and counteracts osteoporosis.
- Weight – Vitamin D increases fat loss.
- Diabetes – vitamin D also counteracts diabetes, both type 1 and type 2
- Cancer – Vitamin D counteracts several different types of cancer. However, you must be careful not to burn yourself.

Mm. Så det finns gott om anledningar till att på ett klokt och sunt sätt tillvarata solens alla goda hälsoeffekter.



Source: *European Sunlight Association, Mirror, Tidningen Land nr 32-33 2008.*

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