



Always towards the sun!

"In the depth of winter, I finally learned that within me there lay an invincible summer."

Albert Camus

There is one comforting certainty: after every night, the sun rises again. Without our sun, life on Earth would not be possible. It regulates the sleep-wake cycle through its light frequencies, which are perceived by your retina and transmitted to a specific brain structure. If this natural rhythm is disturbed, your pineal gland, the "consciousness gland," suffers [1, 2]. I will write a separate blog about this at a later date. Since body, mind, and soul form an inseparable unity, the well-being of each individual part depends on a natural light/dark rhythm.

Your "biological clock" not only controls healthy sleep by producing melatonin, a hormone that is only released in darkness, but also regulates the production of a variety of other hormones. The best known of these is vitamin D. When the sun's UVB rays hit your skin, a precursor to vitamin D is converted into vitamin D3. The liver and kidneys process this into the active form of vitamin D. Vitamin D is essential for your intestines to absorb calcium, which is an important ingredient for bones and the immune system. Vitamin D is involved in other metabolic processes, such as the formation of proteins and the regulation of a variety of genes.

You have probably noticed in yourself and others that people feel more energetic and cheerful when the sun is shining. It is a natural urge to go outside and enjoy the warmth and light of the sun's rays together with others. Sunlight stimulates the release of serotonin, dopamine, and other endorphins, neurotransmitters that create feelings of well-being and happiness, improve mood, relieve pain, prevent depression and anxiety, and support stress regulation and cognitive abilities. All of this indirectly reduces inflammation.

Sunlight can even prevent myopia [3]. This is partly because you can let your gaze wander over long distances when you are outdoors, but mainly because of the intensity of the light outside. The light intensity indoors is approximately 500 lux, while outdoors it is between 10,000 and 100,000 lux.

You have been made afraid of the harmful effects of sunlight. As with any medicine, it is the dose that makes the poison. Intense UV overexposure outdoors can lead to sunburn and, in the long term, skin cancer. Strangely enough, the most widely publicized form of skin cancer, malignant melanoma, has been increasing exponentially since 1940 among fair-skinned people who work indoors! Although people who work indoors are exposed to three to nine times less UV radiation (290–400 nm) than people who work outdoors, they develop the disease more frequently. The authors of the study [4] that discovered this suspect that UVA radiation (321–400 nm), which penetrates indoor spaces through windows, is a contributing factor that can cause mutations and break down vitamin D3 formed outdoors after UVB radiation (290–320 nm). Low vitamin D3 levels in the skin do not inhibit the growth of melanoma cells, causing them to die, and they can multiply unhindered.

Up to 90% of the vitamin is produced by the body when spending time outdoors. Only 10-20% of the vitamin is absorbed through food. Freshly harvested plants and fruits that have been grown outdoors contain stored solar energy.

Important: The production of previtamin D3 only takes place outdoors, where there is sufficient UVB radiation.

If you think that attempts to artificially darken our sun would be useful because it could reduce man-made global warming: since the causes of climate change are not where people would have you believe [5], this is utter nonsense and harms all life that needs unimpeded solar radiation. The sun's radiation has not changed, but our Earth's magnetic field, an invisible protective shield surrounding our planet, has weakened. As a result, more solar and cosmic particles are entering the Earth's atmosphere [6,7], the effects of which require further research.

Two audiobooks (in German language) deal extensively with the effect of the sun on our health [8,9] and also with the narrative of its dangers. Don't be put off by the esoteric presentation of the links mentioned and the often inaccurate script of what is said, which was probably generated by AI. Both audiobooks refer to the latest scientifically relevant research and point out practical exercises you can do yourself.

Conclusion: The sun is a great healer for body, mind, and soul. Its light symbolizes clarity and truth. Be grateful for these precious gifts and enjoy them every day, even when the sky is overcast.

References:

- [1] https://www.researchgate.net/publication/382264911_The_pineal_gland_a_global_review_of_its_functions_and_its_relationship_with_spiritual_practices
- [2] <https://www.rickstrassman.com/publications/the-spirit-molecule/>
- [3] https://www.naturalnews.com/051742_sunlight_nearsightedness_outdoor_activities.html
- [4] <https://greenmedinfo.com/article/increased-uva-exposures-indoor-light-and-decreased-cutaneous-vitamin-d3-levels#>
- [5] <https://clintel.org/>
- [6] <https://eike-klima-energie.eu/2024/12/19/magnetfeld-der-erde-sich-verschiebende-pole-und-eine-fragile-zukunft/>
- [7] <https://www.scinexx.de/news/geowissen/erdmagnetfeld-schwaechezone-weitert-sich-aus/>
- [8] <https://www.youtube.com/watch?v=lcaytUMPWaY> in German language
- [9] <https://www.youtube.com/watch?v=BX3BQ2WuFvw> in German language



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