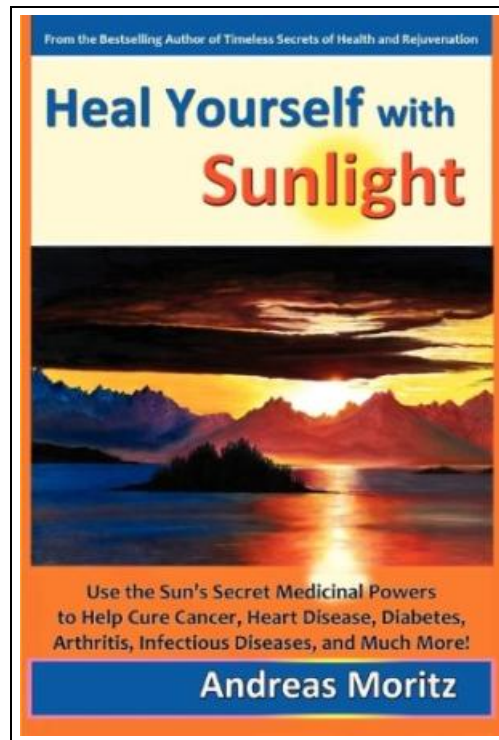


## Heal Yourself with Sunlight



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*(Ivy Pollich)*

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Ener-chi.com. Paperback. Book Condition: New. Paperback. 206 pages. Dimensions: 8.8in. x 6.0in. x 0.6in. In *Heal Yourself with Sunlight*, Andreas Moritz has provided scientific evidence that sunlight is essential for good health, and that a lack of sun exposure can be held responsible for many of today's ailments. Sunlight is a nutrient, a medicine, a remedy, all at once. It is not some bottled compound you can find at a drug store alone. It is naturally available to everyone. The dosage is under your control and your body easily tells you when you have had just about the right amount of it. Unfortunately, even though sunlight is readily available all through the day, many people fail to profit from it. Read this book to learn how you can harness sunlight, nature's most potent and curative powers, for maintaining good health. It is a misconception that the sun is the main culprit for causing skin cancer, certain cataracts leading to blindness, and aging. Research has actually shown that most skin cancers occur among those who rarely ever spend time in the sun or who use sunscreens filled with carcinogenic chemicals. It has been known for several decades that those living mostly in the outdoors, at high altitudes, or near the equator, have the lowest incidence of skin cancers and are among the healthiest people on the planet. Patients suffering from gout, rheumatoid arthritis, colitis, arteriosclerosis, diabetes, cancer, hypertension, tuberculosis, anemia, cystitis, eczema, acne, psoriasis, herpes, lupus, sciatica, kidney problems, asthma, as well as burns, have all shown to receive great benefit from the healing rays of the sun. *Heal Yourself With Sunlight* tells you, among other things, how Vitamin D, which the skin produces in response to sun exposure, keeps the body's immune system strong, prevents the bone-thinning disease osteoporosis, and reverses...



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