SAFE SUN EXPOSURE?

Is there such a thing as safe sun exposure? There really isn't a simple answer to that question, because there are both benefits and drawbacks to sun exposure. But the short answer for most people is probably "yes".

On the plus side, sun exposure stimulates the production of Vitamin D in your body, and the benefits of that are profound! It's a fact that approximately 70% of Americans are deficient in Vitamin D. Optimal Vitamin D levels are proven to provide numerous health benefits, including *decreased* risk of many forms of cancer (breast, ovarian, bladder, colon, prostate, and rectal), heart disease, diabetes, heart and kidney disease. Optimal Vitamin D levels also lead to stronger bones and teeth, better immune function, decrease blood pressure, decrease inflammation, and decrease stress and anxiety! And conversely, being deficient in Vitamin D leaves you much more at risk for all of those things.

But more is not better. Regular brief exposure is much better than long exposure. About 15 minutes a day is about right for most people, with dark-skinned people needing more, and fair-skinned people needing less.

Too much sun however, and a good thing quickly becomes a bad thing. It is well known that too much sun leads to premature and irreversible skin damage. It can also lead to cataracts, or clouding of your eyes' lens. And most seriously, it can lead to skin cancers, including melanoma.

So if you're going to be out in the sun for more than 15 minutes, you need to protect yourself with a hat, sunscreen, and sunglasses. And on days when you're not getting any sun, you should be supplementing with Vitamin D3. Most people will need about 3,000-5,000 IUs of VitaminD3 a day to achieve optimal blood levels…that's a lot more than you'll get from even the best multi-vitamin formulas.

Enjoy your summer!