

## Heal Yourself With Sunlight

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**Sunlight and Your Health: An EnLIGHTening Perspective** *How to Restore Your Body's Natural Healing Power (The Solar Body by Ilchi Lee)*

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Unfortunately, it is the ultraviolet portion of sunlight that is the most easily eliminated by windows, houses, spectacles, sunglasses, sun lotions, and clothing. Before antibiotic drugs were discovered in the 1930s – penicillin having been the first one – the healing power of sunlight was favored by the medical community, at least in Europe.

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This book by Andreas Moritz provides 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 diseases. Most people now believe that the sun is the main culprit for causing skin cancer, certain cataracts leading to blindness, and aging.

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