

# Sunshine Superman

New  
Horizon  
Fitness



The facts are now clear and amply documented that more sunlight reduces the overall incidence of fatal cancers dramatically (1,2,3).

Sunlight is the best way to achieve optimal levels of the established cancer fighter Vitamin D (4). Yes, sun exposure does raise the risk of an infrequent melanoma cancer, but it dramatically reduces the risk of far more frequent cancers of the colon, prostate, breast, and numerous digestive system cancers. Fortunately more and more physicians and even some dermatologists are now reversing the no sun advice.

The math goes like this. Excluding 160,000 annual lung cancer deaths, about 400,000 people die yearly of all other cancer causes. Fatal melanomas account for just 2% of this total (5). After lung cancer, the biggest cancers in order are colon, breast, pancreas and prostate, all reduced by high levels of Vitamin D. A recent randomized trial of vitamin D showed an all cancer risk reduction of 60% (6).

Eminent dermatologist and epidemiologist Dr. Michael Holick estimated that low vitamin D status contributes to 100 other cancers for each case of sun induced melanoma (7). Even if you get melanoma, survival INCREASES with more sun exposure and vitamin D (8).

Avoiding the sun completely to avoid cancer is like not fastening a safety belt so you can get out of the car in an accident – nonsense! Most dermatologists have a singular parochial focus on one fairly rare form of cancer and ignore the rest. This has led to a five billion dollar a year sunscreen industry that is happy to profit from your fears. The problem is sun screens **do not reduce** malignant melanomas (9).

If vitamin D could be patented you would see ads for a true miracle drug, instead of over-hyped marginally effective drugs like statins. You would gladly pay thousands for this wonder-drug, that has been shown to reduce osteoporosis, heart disease, type 1 diabetes and depression as well (10). We are not mushrooms suited to cave environments.

Sunlight is free and Vitamin D3 supplements are cheap. Get some controlled sun (don't burn) in the summer to build up stores and supplement with D3 in the winter. The RDA for vitamin D is way too low (11), evolving thinking is we need 2000 - 4000 IU daily to maintain optimal levels in the winter. Elderly are especially at risk since their skin can not produce as much natural vitamin D. Ask your physician to check your Vitamin D (25 OH) D level in the winter/spring when you have blood work done - aim for the higher end (115–128 nmol/l or 45-60 ng/ml) of the reference range.

## REFERENCES:

I strongly recommend Dr. Holick's book or check out this website

<http://www.vitamindcouncil.com/>

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