

Heal Yourself With Sunlight

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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.