



Sunbathing Tips

Begin the sun bath by exposing the entire body six to ten minutes a day and gradually increase the length of time of exposure until half an hour to an hour or more are consumed. Expose the front of the body for 3-5 minutes and then, expose the back for 3-5 minutes.

The maximum time to sunbathe depends on the time of the day, season, elevation, latitude and skin color. The closer to noon, the nearer to summer solstice, the higher the elevation, and the fairer your skin, the less time you need to spend sunbathing?

Never wear sunscreen or sunglasses when you're in the sun. There's evidence that sunscreen contributes to skin cancer as well as other diseases by preventing vitamin D production. It also traps toxins in the skin that would normally be eliminated through sweat. These toxins combined with the chemicals in the sunscreen form a carcinogenic soup.

Lastly, it gives people a false sense of security, encouraging them to sunbathe for too long hours which they can't handle. Thus they get sunburns, and the combination of lack of vitamin D and toxic chemicals from the sunscreen results in cancer. Our ancestors had less incidence of skin cancer yet they spent more time working outside.

The sun is amazing for your health. And if you don't go out when the sun is shining, you are missing out.

Understand the sun doesn't give cancer, it's toxicities within your body that gives you cancer, the sun simply exposes it.

How to stay out in the sun without sunscreen:

Stop consuming processed foods, junk foods, sugar, seed oils, alcohol. Stay hydrated with *electric water based fruits. Consume healthy whole foods. Stop wearing sunglasses, do grounding, reduce stress.

Build up your tolerance to sunlight with time.

You're a solar being.

Without sunlight, your hormones crash, your sleep suffers, and your energy tanks. Every system in your body runs on light.

Your skin is a solar panel. Sunlight is your power source. The sun is your best friend for health.

Stop fearing the sun. Fear the consequences of living without it.

'The cleaner you become, the more you will enjoy the sun and the longer you will remain under sunlight. You will also find that you can stand it much warmer.'

When people say "electric fruits," they're typically referring to:

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