

Sunlight Is More Than Vitamin D

Did you know that sunlight may do far more than help your body produce vitamin D? This health nugget is inspired by *The Diary of a CEO*, through an interview with Dr. Roger Seheult, titled “*Vitamin D Expert: The Fastest Way to Dementia & The Big Lie About Sunlight!*” According to Dr. Seheult, natural light also helps regulate our body clock, improve sleep patterns, and support healthy energy production in our cells.

Our bodies were designed to live in harmony with nature. Morning sunlight signals the body to be awake and active during the day, while helping prepare us for restful sleep at night. Spending too much time indoors and under artificial light may weaken this natural rhythm.

A simple habit can make a difference: spend a few minutes outdoors in the morning through a gentle walk, prayer time, or quiet reflection.

Sunlight is a gift, but it should be enjoyed wisely. Avoid sunburn and protect yourself by taking appropriate protective measures during periods of intense midday heat, particularly in regions with hot climates and high levels of ultraviolet radiation.

Step outside, receive the morning light, and reconnect with God’s beautiful design for healthy living.

