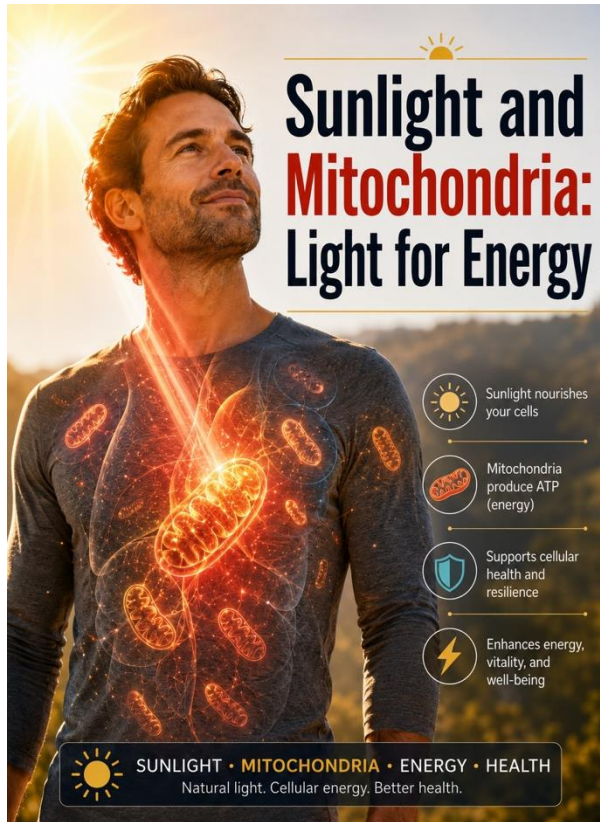




Sunlight and Mitochondria: Light for Energy

Did you know? According to Dr. Roger Seheult, in an interview on *The Diary of a CEO*, sunlight may support the body in ways that go beyond vitamin D.

Sunlight contains red and infrared wavelengths that can penetrate more deeply into the body. Dr. Seheult explained that these wavelengths may interact with the mitochondria, the tiny “powerhouses” inside our cells that produce energy.

Mitochondria Trivia: The energy produced by mitochondria is stored in a molecule called ATP (adenosine triphosphate), which works like a tiny battery that powers the activities of our cells.

Dr. Seheult compared mitochondria to engines. As they produce energy, they also create oxidative stress. Too much stress can damage mitochondria, causing cells to make less energy and increasing inflammation. Over time, mitochondrial dysfunction may contribute to diabetes, heart disease, Alzheimer’s disease, Parkinson’s disease, and other age-related conditions.

He also discussed research suggesting that mitochondria produce melatonin, which acts as an antioxidant. Red and infrared light may support this protective process and help mitochondria continue producing energy efficiently.

Health Tip: Spend time outdoors in natural daylight. Even on cloudy days, being outside may provide more infrared light than staying indoors.

Reference:

Seheult, R. (2025). *Vitamin D Expert: The Fastest Way to Dementia & the Big Lie About Sunlight!* Interview on *The Diary of a CEO*.

Disclaimer: This health nugget is for general health education only and does not replace professional medical advice.