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How To Heal Your Eyesight Naturally | Vishen Lakhiani

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- sunlight can help prevent and heal many common and often fatal diseases like breast cancer, heart disease, multiple sclerosis and osteoporosis
- before antibiotics, sunlight was used successfully to speed up the healing of wounds
- tanning moderately throughout the year is better than avoiding the sun altogether

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The Healing Power of the Sun - Sunlight Institute

Dermatologists have long recognised that exposure to sun and ultraviolet light can be beneficial for a variety of skin conditions and the use of ultraviolet light for treatment of skin conditions such as eczema and psoriasis is well established. What is much more contentious is the use of sunlight for the prevention and cure of internal conditions.

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However the sun is central to our well being and health. Did you know that: •

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The Healing Sun: Sunlight and Health in the 21st Century ...

The Healing Sun by Richard Hobday presents evidence showing an increase in disease with a decrease in sunlight exposure. This article discusses: Sunlight and Diabetes How Sunlight Can Prevent Serious Health Problems by Richard Hobday, taken from his book, The Healing Sun

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Healing Sun: Sunlight and Health in the 21st Century ...

Sun therapy has also been used to treat diseases of the skin, nervous system, musculoskeletal system, circulatory system, respiration, ear, nose, and throat It wasn't until the late 1920's that sun therapy lost popularity due to the discovery of penicillin, which was

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than avoiding the sun altogether

The Healing Benefits Of The Sun - Healing the Body

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