**Sunshine/Vitamin D**

**BIBLE:  
3 John 2** **–** “Beloved, **I wish above all things that thou mayest prosper and be in health**, even as thy soul prospereth."

**Precious, precious truths have been given to GOD'S last day church regarding health, and when adhered to, it truly saves lives.**

**SOP:**  
“Pure air, **SUNLIGHT**, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the **true remedies.** **Every person should have a knowledge of nature's remedial agencies AND HOW TO APPLY THEM.** It is **essential** both **to understand** the principles involved in the **treatment of the sick and to** **have a practical training** that will enable one rightly to use this knowledge.” {Ministry of Healing, 127.2}

Not only are we to **know what the remedies are for sickness and disease,** but we are to **know how to properly apply each one...**All it takes is for one misapplication of any of these remedies and the whole body can suffer.

Also, one thing to keep in mind whenever teaching **HEALTH REFORM IS** **IF THE POOR PEOPLE CANNOT AFFORD THE REMEDY, IT'S NOT GOD'S HEALTH PLAN/REFORM.** “...you cannot teach health reform unless you **present the most inexpensive methods** of living...” {Medical Ministry, 266.3}

**Today we will be touching on the subject of SUNSHINE/VITAMIN D and how to properly apply it...**

**Ecclesiastes 7:11 –** “...there is **profit** to them that **see the sun.”**

**Ecclesiastes 11:7 –** “Truly the light is **sweet,** and a **pleasant thing** it is for the eyes **to behold the sun.”**

**There are benefits in seeing the sun** (the rays of the sunshine penetrating the eye). **Medical Science has proven that those who wear sunglasses do not get the proper levels of Vitamin D** because the rays of the sun are not penetrating the eye...What happens is the **rays of the sunshine enter the eye,** which then **goes to the retina** of the eye which then **triggers the pineal gland** (located in the brain) to **release hormones** in the body. These functions will not take place unless the sunshine enters the eye.

**Matthew 6:22 –** **“The light of the body is the eye...”**

**ALSO:**

Wearing **face make-up** as well as **sun-screen** can also be a contributor of **preventing one from getting proper levels through the skin.** Vitamin D was discovered back in 1930's and was improperly named. It's not a Vitamin at all.

It's actually a hormonal system...**it is responsible for approx.. 2000+ functions in the body.** In just about every disease known to man, lab tests show a marked deficiency in Vitamin D levels. Proper levels should be 50 and above.

In **Autistic Children,** research/ studies found that **those with levels at 80 and above showed a 180º turnabout** in many patients ... The correct test to check for Vitamin D levels is called 25 Hydroxy...30% of Doctors have the wrong levels (125 Hydroxy) checked.

**During Winter months,** especially in states where there is a lack of sunshine, **supplementation may be necessary...**95% of the world's population do well with 5,000 IU's a day for just a couple of months...the other 5% do better with 10,000 IU's....D2 is known to be the most common form and is plant based...Word of mouth has it that there is now a plant based D3.

**SOMETHING TO REMEMBER:**

**For everything God has, Satan has a counterfeit. The very hours we have been told to avoid are the very hours most beneficial to our health.** Improper times can have an effect on the units of Vitamin D our bodies can make. The earlier hours of the sunshine are found to be more beneficial than the later hours...**If your shadow is shorter than you are, you're getting the wonderful levels needed...If your shadow is taller, you are going to get a great tan, but not the best levels.** When your shadow is shorter than you are (this usually takes place when the sun is mid high in the sky), for **every one minute in the sun, you get 1000 IU’s** of this vitamin.

**GET ALL THE SUNSHINE YOU CAN...IT'S A FALLACY THAT WE SHOULD AVOID IT:**

“I must become acquainted with myself, **I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health... I must get all the sunlight that it is possible for me to obtain.** **I must have wisdom to be a faithful guardian of my body.** {CD 302.3}

**Medical Science is proving that sunshine actually helps get rid of cancer** instead of causing cancer. If one is eating a plant based diet and following the laws of health, they need not worry about getting cancer from the sun.

**ONE MORE THING:**

**Sitting indoors in front of a window is not going to give you the proper levels of Vitamin D needed to maintain good health.** To learn more about Vitamin D and how it works in the body, please go to the following links and listen to Dr. Scott Grivas of Wildwood Lifestyle Center.

**Part 1:** <http://www.youtube.com/watch?v=ncl-Ljjh8k0>

**Part 2:** <http://www.youtube.com/watch?v=28SM2aVR85I&feature=related>

**Part 3:** <http://www.youtube.com/watch?v=LobJpnqFfIs&feature=related>

**Part 4:** <http://www.youtube.com/watch?v=hDARDfsyvrM&feature=related>

**Part 5:** <http://www.youtube.com/watch?v=zTlN-C3T0FU&feature=related>

**Part 6:** <http://www.youtube.com/watch?v=6lKPLY5vpjg&feature=related>

To learn the diseases that research areas have been done on, go to the Vitamin D Research website. <http://www.vitamindcouncil.org>

**Blog Links:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/06/sunshinevitamin-d.html>

<http://ravishingrecipesandhealthfacts.blogspot.com/2018/01/sunshinevitamin-d.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/sunshinevitamin-d.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/04/sunshinevitamin-d.html>