Sunlight's Dual Nature: Curative or Deadly? What TV's Dermatologists Do Not Mention.

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Twelve Lifestyle Tips for Vibrant Skin
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FOOD COURT

Fluffy Brown Rice

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Pumpkin-Orange-Raisin Bread

My husband is a raisin lover, and when it comes to bread—well, it just isn’t bread if it doesn’t have raisins in...
Elanor Now Needs Almost No Insulin

You have heard that good lifestyle strategies from Wildwood Lifestyle Center can reverse type 2 diabetes. Elanor’s story shows that they can help type 1 diabetes.

I’ve always known about Wildwood Lifestyle Center and I came hoping to improve my cardiovascular health. I couldn’t run anymore, I couldn’t walk, I was short of breath. I was on insulin four times a day and I hated it. I was also hoping to be able to stop taking so much insulin.

Now, having spent 11 days at Wildwood, I am on insulin once a day – a way lower dose than when I started the program. I’m on the lowest dose of insulin my doctor has ever seen for a Type 1 Diabetic! It’s hardly anything at all. Walking after each meal enables me to lower my blood sugar without having to take insulin. My cardiovascular health has improved, I’ve started running again. I feel healthy - I feel like the old me again!
I had never expected to make the friends that I’ve made here at Wildwood Lifestyle Center and I know that I’m going to keep in contact with a lot of them.

Would I recommend the program? Definitely! I was only here for 11 days and insulin once a day, for a type 1 diabetic? I think that’s just amazing.

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Sunlight’s Dual Nature: Curative or Deadly? What TV’s Dermatologists Do Not Mention.

By: Elizabeth J. Hall

You hear much about sunlight causing skin cancer. Indeed, solar ultraviolet radiation seems to account for approximately 93 percent of skin cancers and about half of lip cancers. However, there are many scientifically established physiological, cancer-protecting benefits of sunlight as well. A review of 8 studies from 100 countries shows strong inverse correlations with solar UVB for 15 types of cancer: bladder, breast, cervical, colon, endometrial, esophageal, gastric, lung, ovarian, pancreatic, rectal, renal, and vulvar cancer; and Hodgkin’s and non-Hodgkin’s lymphoma.

For example, individuals living in northern latitudes (and thus lower vitamin D production) have a substantial greater risk of getting 15 types of cancer such as breast, stomach, colon cancer, and lymphomas—just to name a few. For example, men living in Michigan, Connecticut, and Washington had colon cancer rates 50-80% higher than men living in New Mexico. Researchers from the University of California also found in their studies that individuals with optimal levels of serum vitamin D, generated through modest sunlight exposure, also had a 50% lower incidence of colorectal cancer. The Cleveland Clinic reports that men with high levels of vitamin D were half as likely to develop the aggressive form of prostate cancer than were those who had lower levels of vitamin D. So how does sunlight protect from cancer? As we shall later see the answer largely lies in vitamin D.

Stunning facts:

- Nutritional epidemiologists estimate that 50% of North Americans have an insufficient amount of vitamin D.
- Elderly people’s ability to get vitamin D from sun exposure is very greatly reduced. Therefore, they must get vitamin D from fortified foods or supplements.
- Although faiured-skin people can get enough vitamin D by being in the sun for 10-15 minutes a day, this is not true for dark-skinned individuals. They may need to be in sunlight for 30 to 45 minutes to obtain vitamin D.
- Studies show that dark-skinned individuals, breast fed babies, those with kidney disease, obesity, or those living in northern latitudes have significant risk for vitamin D deficiency.
- Sunscreen blocks our ability to get vitamin D through sunlight.

Sunlight Spawns Vitamin D Production

Individuals may get up to 90% of their vitamin D from the sunlight. The human body synthesizes Vitamin D from the ultraviolet rays in sunlight. These rays activate the cholesterol in our skin into a form of Vitamin D which is then absorbed into the blood through the capillaries and transported to the liver. It is then stored in the liver where it undergoes a biological change before it is transported to the kidneys where it is changed into its ‘supercharged’ form (calcitriol).
Cancer-Fighting D

Super-charged D fights cancer by several different biological mechanisms. First, it improves the efficiency of natural killer cells to destroy cancer cells and inhibits the proliferation of cancer cells. It also promotes apoptosis (programmed death) of cancer cells. This is amazing because cancer cells have a higher resistance to apoptosis. Additionally, vitamin D inhibits the development of new blood vessels (angiogenesis) that feed the tumor site, thus slowing the growth of the tumor. I am not saying that vitamin D can prevent or cure all cancers, but certainly individuals who have an increased risk of developing cancer should have their vitamin D levels monitored! If we have insufficient amounts of vitamin D in our serum, we need to build it up with adequate sunshine and wise supplementation.

Preserves Bone and Muscle Health

By giving us vitamin D, sunshine helps to strengthen our teeth and bones, especially important in today’s aging society because 90% of the elderly who fall break bone. Moderate amounts of Vitamin D can help protect against this by building bone density. Vitamin D promotes bone health also by maintaining Parathyroid Hormone (PTH). PTH stimulates bone building activity. Sufficient levels of vitamin D also help to maintain muscle mass and strength. Exercise, especially in the sunlight, increases the number and the volume of powerhouses in the muscle cells. On the other hand, vitamin D deficiency is associated with muscle weakness, diffuse muscle pain, and atrophy of fast-twitch muscle fibers that give us speed. Evidence suggests that sunbathing may reduce pain from fibromyalgia.

Rev Up Your Metabolism

You’ve heard of your thyroid hormone, so essential for the metabolism of each cell in your body. If you are low in thyroid, your energy and mental alertness decline and your weight often increases. Vitamin D needs to be present at sufficient levels in the cells in order for the thyroid hormone to actually affect that cell and keep your metabolism running smoothly.

More than Vitamin D

Immune Balancer

Sunlight kills germs but it does more than that. By exposing our skin to sunlight, our body becomes better able to resist infections. Studies show that just 10 minutes of sunshine two times a week is enough to help reduce the number and severity of colds we catch. Sunshine, via Vitamin D, increases the number of germ-killing compounds found in special white blood cells that destroy viruses. At the same time regular exposure to sunshine and vitamin D helps to balance the different components of the immune system so as to lower the risk of autoimmune diseases in which the immune system attacks the organs and tissues of the body. By balancing the different immune cells, Vitamin D also helps to protect us from allergies.

Circulation Boost

Resting heart rate, blood pressure, and respiration rates all drop after a mild sunbath. The sun’s infrared rays improve circulation to the skin while they help the blood vessels to dilate. Regular exposure to the sun and vitamin D helps to suppress a blood pressure elevating enzyme and helps to reduce serum cholesterol levels. Sunlight increases nitric oxide production. In moderation, this valuable molecule improves circulation by opening up blood vessels and consequently reduces the risk of undesirable clot formation.

The Connection between Sunshine, Mood, and Vitamin D

Sunlight increases endorphins, chemicals in our brain that make us feel good. Not only that but it helps the brain produce serotonin, a neurotransmitter important for self-control and positive outlook. No wonder that those patients...
with hospital beds by a sunny window had shorter stays than patients facing no window at all. When this exposure to sunlight is combined with regular aerobic exercise, the production of serotonin may be even better. One important caveat here: Vitamin D supplementation usually increases the blood plasma level of Vitamin D but cannot substitute for sunshine in increasing serotonin.

**Protect Your Skin**

According to the Skin Cancer Foundation, one out of every five Americans will develop skin cancer during his or her lifetime.¹⁰ There are more new cases of skin cancer each year than the combined yearly incidences of breast, prostate, lung, and colon cancers. Basal cell carcinoma is the most common form of skin cancer affecting 800,000 Americans each year. Individuals with fair skin, light hair, and blue, green, or gray eyes are at the highest risk. Those whose occupations require long hours outdoors or who spend extensive leisure time in the sun are also more likely to develop this type of cancer. Chronic exposure to sunlight is the cause of most basal cell carcinomas that occur most frequently on the exposed parts of the body: face, ears, neck, scalp, shoulders, and back. Basal cell carcinoma often shows itself as an open sore, a reddish patch, a shiny bump, a pink growth, or a scar-like area.

Melanoma is the most serious form of skin cancer. However, if diagnosed and removed while localized to the superficial layer of the skin, it is almost 100% curable. Once the cancer advances and metastasizes (spreads) to other parts of the body, treatment is difficult. Melanomas are usually black or brown and have irregular borders.

**Enjoying Sunlight—A Balanced Approach**

- Build up a tan gradually. Avoid getting too tanned and skip the tanning booths.
- Avoid exposure to sunlight during the hottest part of the day (10am – 5pm).
- Apply broad-spectrum sunscreen *after at least 15 minutes* of exposure to the sun’s rays—sunscreen blocks the absorption of vitamin D into the skin. If you are at risk for skin cancer, apply before you go out in the sunlight. Just take a vitamin D supplement. Your sunscreen should provide both uva and uvb protection. You do need to reapply it every couple of hours. Water, sand, and snow intensify the burning power of the sun.
- Wear a broad-rimmed hat.
- Wear sunglasses with good ultraviolet protection.
- Consider clothing with ultraviolet protection.
- Eat a diet rich in antioxidants. Dark green leafy vegetables and carotenoids found in orange fruits and vegetables protect the skin.
- Limit fat consumption. A high-fat diet encourages the development of cancer.
- Eat foods containing natural COX-2 inhibitors. Too much ultraviolet light (UVB) increases COX-2 activity in the skin which encourages inflammation and other abnormalities. Red grapes, blueberries, garlic, and turmeric possess natural COX-2 inhibitors.
- Don’t smoke. Smoking triples the risk of squamous cell carcinoma, a common skin cancer.¹¹
- Be able to identify potential skin cancer lesions.

If you are in the sun for long periods of time, have a thorough skin examination from your doctor at least twice a year to check for any skin abnormalities. Between times have your spouse or a friend check for any skin discoloration. We want to get the benefits of the sunlight without getting skin cancer!

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Twelve Lifestyle Tips for Vibrant Skin

Contributed by Wildwood's College of Health Evangelism

The skin is a vital organ. Indeed, with a total area of about 20 square feet, it is the largest organ of our bodies. We cannot live without it. One square inch of skin is composed of 19 million cells, 625 sweat glands, 90 oil glands, 65 hair follicles, 19,000 sensory cells, and 4 meters of blood vessels. The skin protects, provides immunity, excretes, breathes, and is involved in thermal balance. The outer part of the epidermis helps maintain fluid balance. How can we keep it healthy and slow down its aging?

1. **Don’t smoke.** Not only does nicotine reduce blood flow to the skin and thereby compromise the nutrition going to the skin, smoking cigarettes also decreases the efficiency with which the skin can regenerate itself. Smoking a single cigarette can reduce blood flow to the fingers by 24%. This constriction of the skin’s blood vessels can last up to 90 minutes. Smoking makes the skin more prone to wrinkles.

2. **Reduce your risk of type diabetes 2.** When blood glucose gets high, the body loses fluid, and consequently the skin becomes dry and itchy. If the skin becomes dry enough to crack, germs are liable to enter and cause infection. About one third of people with diabetes will develop skin problems sometime during their lives. In fact, some skin issues can actually be warning signs of diabetes. Diabetes increases the risk for fungal infections such as athlete’s foot, jock itch, and ringworm. Yeast infections of the skin and vagina are common in diabetic individuals. Poor circulation in the legs can make them very itchy and contribute to foot ulcers. If you do have diabetes, inspect your skin daily.

3. **Pay careful attention to your diet.** Flavonoids in berries and citrus have been associated with lower risk for skin damage and melanoma. Vitamin E from nuts, seeds, and greens helps to protect the cell membranes in skin from free radical damage. Carotenoids found in dark leafy greens and orange fruits and vegetables also provide antioxidant protection for the skin. Lycopene in tomatoes seems to be the most protective antioxidant for skin.

4. **Limit your sugar consumption.** Frequent consumption of sugar can damage skin by generating advanced glycation end-products (AGES). Glycation occurs as sugar attaches itself to proteins to form these harmful molecules. As AGES accumulate, they damage the collagen and elastin, the proteins in skin that make it elastic. AGES also transform the collagen fibers so they become more fragile. Consequently, the skin loses its elasticity and becomes more vulnerable to wrinkles.

5. **Prevent sunburn and skin cancer.** Sun exposure damages the skin’s collagen and leads to lines, freckles, wrinkles, and red, visible blood vessels in the skin. The average Caucasian needs about 20 minutes in early morning sunlight to generate vitamin D synthesis. Individuals with darker hues need more time to generate vitamin D. Sunburn occurs when excessive exposure of the skin to sunlight causes the lysosomal membranes in the skin cells to rupture. Free radicals from the lysosomes are then released and destroy skin cells. Exposure to intensive sun or tanning beds in childhood and youth is a risk factor for two skin cancers—melanoma and basal cell carcinoma.

A broad-spectrum sunscreen containing UVA and UVB protection with SPF 30 or higher applied after a short period of sun exposure can protect the skin from ultraviolet damage. Fair-skinned individuals or those at risk for skin cancer...
should apply it before they go outside and get their vitamin D from fortified foods or a supplement. Adults need to apply about 2 tablespoons of sunscreen every two hours when outside. Many sunscreens containing natural antioxidants help to slow down the skin’s aging.

6. Skip caffeine and alcohol. Both caffeine and alcohol dehydrate the skin. Alcohol depletes vitamin A which is so necessary for skin health. Excessive drinking causes the blood vessels in your skin to lose their tone.

7. Regular exercise improves blood flow to the skin. This is true even if the person has type 2 diabetes. As blood flow to the skin increases, more nutrients and oxygen are carried to the skin.

8. Get sufficient, regular sleep. Puffy eyes and more fine lines are obvious signs that we don’t get enough sleep. During deep sleep, the pituitary gland releases growth hormone. This valuable hormone improves protein synthesis in the skin and elsewhere in body. By promoting its premature aging, chronic sleep deprivation not only makes the skin more susceptible to bacterial infections, but also encourages skin disorders related to immune dysfunction. Accumulating deficit of sleep actually inhibits the production of collagen in the skin. Women who do not get enough sleep also experience greater water loss from the skin. Chronic insomnia can cause skin disorders related to immune dysfunction. Sleep deprivation itself has been shown to intensify both allergic and irritant contact dermatitis. One caveat: Sleep apnea is associated with increased risk of skin cancer.

9. Learn to manage stress. Stress compromises the ability of the skin to act as a needed barrier to harmful microorganisms and dehydration. The skin’s ability to heal wounds quickly and effectively is essential to good health. We now know that stress can slow the rate of wound healing. Stress creates frown lines and makes us look older. Prolonged stress, via excess cortisol, interferes with the ability of the skin to regenerate and also reduce collagen formation as well as breaking down collagen. Even perceived stress hurts the skin. For example, among healthy males, greater perceived stress 2 weeks before and on the day of getting a punch biopsy wound predicted slower healing from 7 to 21 days. Stress makes the skin more vulnerable to infections. Compounding the influence of stress, infected wounds heal more slowly and are more likely to result in scarring.

10. Learn how to manage conflict. Studies show that conflict slows wound healing in the skin.

11. Nurture and moisturize it. Good skin hygiene reduces the risk for infection and inflammation. Use gentle soap. Beware of ceramides in soaps and lotions that undesirably coat the skin.

Dry skin can come from natural aging. Dryness in the skin triggers the release of inflammatory chemicals in the skin. The natural pH of the skin also shifts. Consequently the skin’s antibacterial capacity is reduced. Dry air dries the skin. Hot showers or baths without applying a moisturizer or emollient dries the skin, especially in older individuals. If your skin is dry, you may apply a natural moisturizer after your bath or shower. Virgin olive oil is a good moisturizer. Be careful when you apply any oil or lotion to your feet— you don’t want to slide. Coconut oil helps to heal minor skin irritations.

12. Consult with your doctor. Deficiency in essential fatty acids promotes dryness in the skin. An “essential” fatty acid is one that the body does not make, so it is essential for us to eat foods that have them. If your skin is dry, check your intake of omega-3 fats. Low levels of the thyroid hormones, autoimmune disease, food allergies, chronic kidney disease are a few examples of medical conditions that can contribute to dry skin. Dry skin coupled by itching or a rash should be evaluated by a physician. Know the signs and symptoms of skin cancer. Report to a dermatologist any suspicious lesion or mole.

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www.quitsmokingsupport.com/skin.htm
Fluffy Brown Rice

Cristiano Sequeira

Rice is a staple food around the world, but most cultures have found a way to make white rice the preferred choice. Replacing white with brown rice is not hard to do—just hard for most people to get used to. Here are some secrets that will help you make a more painless transition:

Make the changes gradually if you have family members that need convincing.

Start by serving rice that is half white mixed with half brown.

Use long grain brown rice instead of short for a nicer appearance.

Cook no more than three cups of rice in a kettle. Larger amounts of rice (2 to 3 cups) do better in a wide kettle. Cooked rice at the bottom of a deep, narrow kettle will be gummy.

Follow this simple recipe when making brown rice, to keep it fluffy and not sticky and mushy:

2 cups water
1 cup rice
1 teaspoon salt

1. Bring water to a boil, then add salt and rice. Cover and cook on low heat for approximately 40 minutes. (If you live at an elevation of 4,000 feet or more, add ¼ cup more water and cook 10 minutes longer.)

2. When finished cooking, remove lid and fluff rice with a fork, or place in a shallow dish to let the steam escape so the rice doesn't get gummy on the bottom.

Makes 4 cups.

From the *Seven Secrets Cookbook*.
My husband is a raisin lover, and when it comes to bread—it just isn’t bread if it doesn’t have raisins in it. The orange not only gives a wonderful flavor, but the ascorbic acid in the orange makes lighter bread. I make it in a Bosch bread machine, but it can be made by hand. This recipe makes six or seven loaves: some to eat, some to freeze, and some to give away!

4 cups warm water
1 cup canned pumpkin (may use 1½ cups cooked squash)
¼ cup honey or scant ½ cup sugar
1 whole orange, including half the peel
3 tablespoons instant dry yeast
½ cup gluten flour
½ cup dough conditioner (optional)
10-12 cups whole wheat bread flour
1½ tablespoons salt
5 cups raisins

1. Place 2 cups water in a blender along with the pumpkin, honey, whole orange cut in several pieces, and with half of the orange peel. Blend for 1 minute. Add remaining water, as needed, to blend freely. Measure total amount of liquid, adding more water until there is 7 cups total mixture.

2. Place blended liquid in a mixing bowl and add yeast, gluten flour, dough conditioner (if you use it), and 6 cups of the flour. Beat with a wooden spoon for about 3 minutes or in a bread machine with a dough hook. Cover and let rise as a soft sponge until double.

3. Beat down and add the salt, raisins, and remaining flour in the amount needed to make a dough that can be kneaded by hand for about 15 minutes, or in your mixer for about 10 minutes.
4. Shape into six or seven loaves and let rise until double. Place in 400°F, preheated oven, Turn down to 350°F and bake for 40 minutes or until golden brown.

Variation: Orange Bread

Leave out the raisins and replace pumpkin with applesauce. Makes a delicious, moist, fragrant orange bread.

From the *Seven Secrets Cookbook*. 