Sun avoidance is as dangerous to your health as smoking.  
Source: 2015 study Limpoldt

Personalize Your Sun Exposure

Skin Type

UV Exposure

Duration

Sunshine has the Power to Heal

Finnern won the Nobel Prize in 1905 for his pioneering work in curing tuberculosis using sunlight.

Health Benefits of the Sun

- Natural vitamin D production
- Lowers blood pressure
- Protects against skin cancer
- Increases beta-endorphins
- Light and circadian rhythm regulation

Ancestral Level of Vitamin D
Source: 2012 study louisekida

67% lower risk of all non-skin cancers combined with vitamin D serum levels ≥ 40 ng/ml when compared with those <20 ng/ml

Source: Study 2016-GraseoteHealth

Harness the Power of the Sun for Health

Evaluate your vitamin D level
Set your sun goals
Measure sun exposure
Record achievements

Learn more