

NEWSTART +6 - Sunshine/Vitamin D

Website: [Healthy Christian Living - Living by the Blueprint](#)

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

“And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also. And God set them in the firmament of the heaven to give light upon the ear. And to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good.” (Genesis 1:14-18)

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

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

“Nature will want some assistance to bring things to their proper condition, which may be found in the simplest remedies, especially in the use of NATURE'S OWN furnished remedies--pure air, and with a precious knowledge of how to breathe; pure water, with a knowledge how to apply it; plenty of SUNLIGHT in every room in the house if possible, and with an intelligent knowledge of what advantages are to be gained by its use...” (MM 223.4)

“...Obtain a knowledge of how to care for the sick...the advantage of nature's wonderful resources? why should they not be most diligently taught to value and to use these resources?” {7T 79.3}

“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.” {MH 127.1-.2}

“We should educate ourselves, not only to live in harmony with the laws of health, but to teach others the better way...” (CG 361.2)

“...Become more intelligent in regard to the laws of life. . . .” {11MR 187.3}

EDUCATE IN REGARD TO THE LAWS OF LIFE:

“...Educate people in regard to the laws of life...” {GCDB, January 30, 1893 par. 2}

WHY?

“...Educate people in the laws of life so that they may know how to preserve health...” {MM 259.3}

“...Make the most of sunshine...” {SpM 137.2}

WHY?

“... Pure air, good water, SUNSHINE, the beautiful surroundings of nature--these are his means for restoring the sick to health in natural ways...” {CH 166.3}

- Precious, precious truths have been given to God's last day church regarding health, and when adhered to, it truly saves lives.

“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...” (MH 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.

TODAY WILL BE 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 benefits 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.
- **This is responsible for 2000+ hormonal functions 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 (seeing that the only parts of our body to be exposed is the face and hands)

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.
- Vitamin D experts today say that Proper levels should be 80 to 100.
In Autistic Children, research/studies found that those with levels at 80 and above showed a 180° turn about in many patients.
- **The correct test to check for Vitamin D levels is called a 25 Hydroxy**
30% of Doctors have the wrong levels checked... (125 Hydroxy...this is the incorrect test)
- Vitamin D is a fat soluble vitamin, so be sure to get the kind with Olive oil or some other plant fat
- During winter months, especially in states where there is a lack of sunshine, they say supplementation may be necessary. But remember what we have been counseled in the SOP about
*****Be sure Not to get the Vitamin D supplement from a pharmacy.**
- 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, but remember, **some science is now showing that Vitamin D supplementation may actually be toxic to the body...USE WITH CAUTION**
- 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:

- **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 who used to be with 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=LobJpngFfls&feature=related>

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

ONE MORE THING: FOR EVERYTHING GOD HAS, SATAN HAS A COUNTERFEIT.

The very hours we have been told to avoid are the very hours that are 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 IUs of this vitamin.

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

HOW MUCH SUNSHINE SHOULD A PERSON GET EACH DAY?

"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 really don't need to worry about getting cancer from the sun.

SUNSHINE IS GOOD FOR HEALTH:

"**NATURE IS GOD'S PHYSICIAN.** The pure air, **the glad SUNSHINE,** the beautiful flowers and trees, the orchards and vineyards, and outdoor exercise amid these surroundings, **are health-giving--the elixir of life...**" {CH 170.1}

"**...How glad would they be to sit in the open air, REJOICE IN SUNSHINE,** and breathe the fragrance of tree and flower!" {MH 264.2}

"**...Nothing short of nature's invigorating air and SUNSHINE will fully meet the demands of the system...**" (FE 73.3)

"**...The occupations requiring sedentary habits are the most dangerous, for they take men away from the open air and sunshine...**" {FE 319.2}

GET SUNSHINE IN SPITE OF THE COLD AND SNOW:

"Meanwhile **we enjoy all the sunshine that comes to us, and find much comfort, in spite of the cold and snow,** while we are waiting for nature to put on her fresh, bright garments of rejoicing." {HP 274.2}

***The sun is still in the sky even though we can't see it in cold weather/cloudy days. Be sure to bundle up and go outdoors.

- See the following video to see the facts behind this:

https://www.youtube.com/watch?v=2xvbT1UStoM&list=PLRFk7TfKlodyQmr-M80f3ZxHTv_6r3C&index=3

CHILDREN SHOULD RUN AND PLAY OUT IN THE SUNSHINE:

“Little children should be permitted to run and play out of doors, enjoying the fresh, pure air, and the life-giving sunshine...” (FE 60.3)

“Your habit of riding out in the open air and **SUNSHINE** has been very beneficial. Your life out of doors has sustained you so that you have the measure of physical strength that you now enjoy...” {3T 75.1}

SUNSHINE IS A REMEDY FOR THE SICK:

“Fresh air and **SUNSHINE**, cheerfulness within and without the institution, pleasant words and kindly acts--these are the remedies that the sick need...” {2SM 298.3}

“...Pure air, good water, **SUNSHINE**, the beautiful surroundings of nature--these are His means for restoring the sick to health in ways. To the sick it is worth more than silver or gold to **LIE IN THE SUNSHINE** or in the shade of the trees.” {CH 166.3}

“The sick should be educated to have confidence in nature's great blessings which God has provided; and the most effective remedies for disease are pure soft water, the blessed God-given sunshine coming into the rooms of the invalids, living outdoors as much as possible, having healthful exercise, eating and drinking foods that are prepared in the most healthful manner...” {MM 225.1}

“I will do my utmost to show the life-giving power of **SUNSHINE** and fresh air. How much better it is for the sick to be in the open air than within four walls...” 1902. {MM 232.1-2}

“It is worth more than silver or gold to sick people to lie in the **SUNSHINE** or in the shade of the trees...” {MM 233.4}

“The Lord has provided antidotes for diseases...by using the blessings provided by God for our benefit we are cooperating with Him. He can use water and **SUNSHINE**...in healing maladies brought on by indiscretion or accident...” {2SM 289.2}

“Make use of the remedies that God has provided. Pure air, **SUNSHINE**, and the intelligent use of water are beneficial agents in the restoration of health...” {HL 247.3}

“To refuse the remedies which they may as well have as not without paying a doctor's fee, to neglect to let into every room in the house God's pure air and **SUNSHINE**, shows a lack of faith in him...” 1897 {MM 262.2}

Note: Jesus asked if He would find faith when He returns to the earth.

Remember what **Hebrews 11:6 tells us...**” But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.”

SUNSHINE HELPS WITH THE FOLLOWING:

- Improves sleep
- Decreases cholesterol levels
- Decreases blood sugar levels
- Helps lower High Blood pressure
- Decreases depression
- Helps with blood clots

- Elevates mood levels
- Improves digestion
- Helps with circulation
- Helps Alzheimer's
- Improves heart rate
- Improves appetite
- Helps the Liver to Detoxify
- Helps in the fight of cancer
- Gives strength to the weak
- Improves memory
- Improves eyesight
- Helps in detoxification
- Reduces stress
- Improves Lung problems like Asthma, Pneumonia, Bronchitis, etc.
- Helps reverse colds and flu
- Helps in the removal of plaque from the arteries
- Gives tone to the skin
- Helps prevent skin cancer and other types of cancer
- Helps with over 2000+ hormonal functions in the body
- Helps improve thyroid function
- Strengthens the Immune system
- Helps with bones
- Helps with the Reduction of Pain
- **And Many Other Things**

OTHER THINGS ABOUT SUNSHINE:

WHEN BUILDING OR PURCHASING HOUSES, BE SURE TO HAVE WINDOWS IN EVERY ROOM FOR SUNLIGHT:

"In the building of houses it is especially important to secure thorough ventilation and plenty of SUNLIGHT..." {MH 274.4/AH 148.3}

"If you would have your homes sweet and inviting, make them bright with air and SUNSHINE. Remove your heavy curtains, open the windows, throw back the blinds, and enjoy the rich SUNLIGHT, even if it be at the expense of the colors of your carpets. The precious sunlight may fade your carpets, but it will give a healthful color to the cheeks of your children..." (2T 527.1)

"When God had made our world, and darkness was upon the face of the deep, he said, Let there be light, and there was light. And God saw the light that it was good. Shall we close our houses, and exclude from them the light which God has pronounced good?" {ML 138.6}

"Some houses are furnished expensively, more to gratify pride than for the comfort, convenience, or health of the family. The best rooms are kept closed and dark, lest the light might injure the rich furniture, fade the carpets, or tarnish the picture frames. When visitors are permitted to be seated in these precious rooms, they are in danger of taking cold because of the damp atmosphere pervading them...whoever occupies beds which have not been freely exposed to the air and sunlight, does so at the risk of health, and often even of life itself..." {CTBH 106.3}

“The guestchamber should have equal care with the rooms intended for constant use. Like the other bedrooms, it should have air and SUNSHINE and should be provided with some means of heating to dry out the dampness that always accumulates in a room not in constant use. Whoever sleeps in a sunless room or occupies a bed that has not been thoroughly dried and aired does so at the risk of health, and often of life...” {RY 130.3}

“Every room in your dwelling should be daily thrown open to the healthful rays of the sun, and the purifying air should be invited in. This will be a preventive of disease. . . . If all would appreciate the SUNSHINE, and expose every article of clothing to its drying, purifying rays, mildew and mold would be prevented...” {HL 142.2}

“...An ounce of prevention is worth a pound of cure.” {20MR 1.5}

“Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted...” (MH 128.1)

NO ROOM FIT TO BE SLEPT IN UNLESS IT HAS SEVERAL HOURS EACH DAY OF SUNLIGHT:

“No room is fit to be occupied as a sleeping room unless it can be thrown open daily to the air and SUNSHINE.” {CCh 149.2}

HOW MANY ROOMS OF THE HOUSE SHOULD HAVE SUNSHINE IN THEM?

“...Let there be a current of air and an abundance of light in every room in the house...” {CCh 149.2}

HOW OFTEN SHOULD EACH ROOM BE EXPOSED TO SUNSHINE?

“There should be a circulation of air and an ABUNDANCE of light through every apartment of the house for several hours each day...” {CTBH 106.3}

WHAT ABOUT GETTING SUN BURNED?

To prevent sunburn, don't wear sunscreen, put on more clothes according to new research.

<http://www.skincancer.org/prevention/sun-protection/clothing>

http://www.cdc.gov/cancer/skin/basic_info/prevention.htm

http://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm#clothing

WHAT ABOUT A SUNBURNED FACE AND HANDS?

“...The Lord provided the face with an immense circulation, because it must be exposed...” {2T 531.3}

“...What if the sun does burn the face and hands brown? The sun and the air will do them more good than water baths can do without these blessings.” {HR, July 1, 1868 par. 2}

WHAT WILL HELP PREVENT HEAT EXHAUSTION?

“The LESS SUGAR introduced into the food in its preparation, THE LESS DIFFICULTY will be experienced because of the heat of the climate.” {CD 95.2}

WHAT IS A PALATABLE DRINK FOR HOT WEATHER?

“...We have pressed out the juice from the lemons also, in order that we may furnish palatable drink for hot weather. . . .” {6MR 135.2}

“STUDY AND TEACH LAWS OF PREVENTIVE MEDICINE. --There is now positive need even with physicians, reformers in the line of treatment of disease...to interestedly instruct those who look to them for medical skill to ascertain the cause of their infirmities. They should call their attention in a special manner to the laws which God has established, which cannot be violated with impunity. They dwell much on the working of disease, but do not, as a general rule, arouse the attention to the laws which must be sacredly and intelligently obeyed, to prevent disease.” --Medical Ministry, page 223.

NEWSTART +6 - Sunshine/Vitamin D

(Questions)

1. Truly the _____ is sweet, and a _____ thing it is for the _____ to behold the _____.
2. There should be plenty of _____ in every room in the house.
3. Should we know and understand, and have an intelligent knowledge on what advantages are to be gained by the use of Sunshine? YES or NO
4. Are we to become more intelligent regarding sunshine? YES or NO
5. Are we to make the most of Sunshine? YES or NO
6. Is Sunshine one of God's means for restoring the sick to health? YES or NO
7. It is a _____ thing for the eyes to behold the sun.
8. Are there benefits in seeing the sun? YES or NO
9. Should people wear sunglasses when outside trying to get the benefits of the sun?
10. When should they wear sunglasses? _____
11. Does the sunshine convert into Vitamin D? YES or NO
12. Over how many hormonal functions is Vitamin D responsible for?
13. The light of the body is the _____.
14. Does wearing face make-up as well as sun-screen prevent one from getting proper levels of Vitamin D? YES or NO
15. Is Vitamin D a vitamin? YES or NO
16. If not, what is it? _____
17. In just about every _____ known to man, lab tests show a marked deficiency in Vitamin D levels.
18. What do experts say the Vitamin D levels should be? From ___ to ___
19. Is there seen a 180 ° turn in those who have Autism when the Vitamin D levels rise to at least 80 ng/ml? YES or NO
20. What is the name of the correct Vitamin D test? 25 _____ test.
21. What is the name of the incorrect Vitamin D test? _____ Hydroxy test
22. What percentage of doctors do the incorrect Vitamin D test? ___%
23. Vitamin D is a _____ soluble vitamin.
24. In what time of the year may it be necessary to supplement Vitamin D? _____
25. 95% of the world's population would do well with _____ IU's a day for just a couple of months.
26. The other 5% would do better with _____ IUs
27. Should the Vitamin D be the kind that Doctor's prescribe? YES or NO
28. If not, please explain: _____
29. What is considered to be the best Vitamin D supplement? _____
30. Should people rely on Vitamin D supplementation? YES or NO
31. Please explain your answer
32. What is Medical Science now showing about Supplementation? _____
33. Is sitting indoors in front of a window is going to give you the proper levels of Vitamin D need to maintain good health? YES or NO
34. How much sunshine should a person get each day? _____
35. To get proper levels of Vitamin D, should a person's shadow be shorter or taller than themselves? _____

35. Does sunshine help in the prevention and reversal of cancer? YES or NO
36. Should a person get all the Sunshine they can? YES or NO
37. Is Sunshine a health giving elixir? YES or NO
38. We are to rejoice in the _____.

39. Will Nature's Sunshine fully meet the demands of the system? YES or NO
40. We should get Sunshine in spite of the _____ and _____.
41. Who should run and play out in the sunshine? _____
42. Sunshine is a _____ for the sick.
43. Should the sick be educated to have confidence in the Sunshine as one of the means for healing?
YES or NO
44. Should God's people teach others about the life-giving power of the Sunshine? YES or NO
45. Sunshine is worth more than silver or _____.
46. Are we to refuse to sit in the sunshine when we are sick? YES or NO
47. When renting or purchasing a home, should we be sure there are windows in all the rooms of the house?
YES or NO
48. Bringing the sunshine into our homes will make them sweet and _____.
49. Should we close our houses and exclude the light from them? YES or NO
50. Should the guest rooms have sunshine in them every day? YES or NO
51. How often should the rooms be thrown open to the healthful rays of the sun? _____
52. What would prevent mildew and mold in our homes and on our clothing? _____
53. Does a person risk health if they sleep in a room/bed that hasn't been exposed to the sunshine daily?
YES or NO
54. An _____ of prevention is worth a _____ of cure.
55. How does one prevent getting sun burned? _____
56. What parts of the body are meant to be exposed to the sun more than any other parts? _____ and

57. Was the face meant to be exposed to the sun? YES or NO
58. Is Sunshine important for everyone? YES or NO

59. List the 28 things Sunshine is good for.

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| 1. _____ | 15. _____ |
| 2. _____ | 16. _____ |
| 3. _____ | 17. _____ |
| 4. _____ | 18. _____ |
| 5. _____ | 19. _____ |
| 6. _____ | 20. _____ |
| 7. _____ | 21. _____ |
| 8. _____ | 22. _____ |
| 9. _____ | 23. _____ |
| 10. _____ | 24. _____ |
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| 12. _____ | 26. _____ |
| 13. _____ | 27. _____ |
| 14. _____ | 28. _____ |