

# Health Awareness

## Exposing The Benefits Of Ultraviolet Light

(NAPSA)—Make no bones about it—getting enough vitamin D is key to maintaining healthy bones and can help to prevent other health problems.

Unfortunately, a Harvard Medical School study published in *The New England Journal of Medicine* has reported that 60 percent of Americans are vitamin D deficient.

This is particularly troublesome since vitamin D is proven to ward off many types of cancer, including colon, prostate and breast cancer and is further shown to guard against heart disease, MS and other chronic health problems.

Experts say that moderate exposure to sunlight or UV light is thought to be the best way to help the body manufacture the vitamin D it needs.

However, during the bleak winter months it becomes harder to get the necessary amount of vitamin D. In fact, getting the requisite amount in cities north of 37 degrees latitude for as many as six months out of the year can be a real challenge. That includes cities such as Richmond, Va., St. Louis, Mo., and Sacramento, Calif., and all cities farther north.

While it is true that too much exposure to UV (ultraviolet) light may lead to various health problems, extreme avoidance of UV light can be dangerous as well.

When it comes to sunlight, the old adage holds true: Everything in moderation.

“More and more science is emerging every day confirming the enormous health benefits of



**Moderate exposure to sunlight or UV light is thought to be the best way to help the body manufacture the vitamin D it needs.**

vitamin D and the significant health consequences of not getting enough of it,” said Tim Miller, Communications Director for the UV Foundation.

For those concerned about vitamin D deficiency and who find it difficult to get the necessary amount of sunlight, there are other ways to get your dose of the “sunshine vitamin.”

Vitamin D supplements, moderate exposure to UV light from a tanning bed, and a diet rich in vitamin D-fortified foods will all help fight against vitamin D deficiency.

However, experts agree that the easiest and best way to get the requisite amount of vitamin D is through sunlight and UV light. Founded in 2004, the UV Foundation is dedicated to funding research to explore the effects of ultraviolet light on the human body.

For more information, visit [www.TrustTanning.com](http://www.TrustTanning.com).