

# THE SUNLIGHT RX

*How to use sunlight to  
support your health*

2022 2ND EDITION

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## Health disorders linked to

# SUNLIGHT DEFICIENCY

- TBI (traumatic brain injury)
- Cancer
- Diabetes type I, 1.5 and II
- Autoimmunity (MS, lupus, psoriasis)
- Gut disorders (leaky gut, *Candida*, co-infections, IBS, Crohn's, colitis)
- Insomnia
- Depression & Anxiety
- Infertility
- Hormonal imbalances
- Obesity
- Low Energy

Hi, I'm Heathar - classical homeopathic practitioner, homesteader, chef and sun gazer. 16 years ago, I was in a car accident and experienced a TBI (Traumatic Brain Injury). This single event transformed my life from a super active, energetic and adventurous type A kind-of-person to my worst nightmare, a couch potato. My new daily norm consisted of anxiety, dizziness, tingling sensations in my head, migraine headaches, low energy and poor digestion. Ugh.

For years, I tried every conventional and alternative modality under the sun (except the sun!) to try and remedy my physical and emotional discomfort. Some modalities provided short-term relief but zero offered full recovery.

After a decade of questing for my cure, I was ready to throw in the towel. Nothing helped me. Eventually, I felt like my symptoms were something I was just going to have to learn to live with.

And then...I saw the light. Literally.

I stumbled upon literature that talked about the various different light frequencies contained within our native sun and how not only plants, but humans too, rely on sunlight as physiological food.

This sent me on a quest to explore sunlight as a healing modality - - I wanted to know, *Was sunlight the missing link to healing my TBI and the symptoms that tagged along with it?* The answer still shocks me today, and is a resounding, *YES!*

## Sunlight, Our Biggest Healing Ally

As I began to implement sunlight as a therapeutic modality into my self-care, health-care routine, I made huge jumps with my well-being in a very short period of time. It took me six months of Sunlight Rx work to feel 75% recovered, and another four months until I overcame all of my physical symptoms related to the TBI.

Through scientific research and trial-and-error experience with my personal healing path, I learned that in order to obtain the full healing benefits of sunlight, I had to be in sunlight starting from sunrise to sundown for several hours per day - as naked as a baby, sans sunglasses, contact lenses, glasses and absolutely NO sunscreen.

The human body, including but not limited to our metabolic and endocrine system, brain, nervous system and mitochondria all rely on sunlight to perform crucial physiological tasks. These tasks cannot be successfully completed when the eyes are blocked by glasses, contact lenses or sunglasses nor when sunscreen, lotions or oils are applied to the skin.

I know some of you might be thinking, *But, I thought sunlight causes skin cancer and melanoma?!?* Actually, just the opposite is true and I'll talk about the science and ancestral facts behind this later in the eBook! And, I'll teach you *why* sunlight actually *prevents* these diseases as well as other disease epidemics throughout this eBook.

**Sunlight Rx Fact Check:** Since the introduction of sunscreen in the early 1970's, rates of skin cancer have risen 2-7% per year and continue to do so.



## Ancient Medicine

# SUNLIGHT

**Sunlight therapy AKA Heliotherapy was a primary medicine and therapy used to treat over 150+ conditions including:**

- Infectious disease
- Wound healing & increase bone healing
- Anemia
- High blood pressure, heart disease
- Osteoporosis, osteopenia, rickets
- Autoimmunity: psoriasis, MS, RA, Crohn's colitis,
- IBS, constipation & gut co-infections
- Asthma & respiratory disorders
- Migraine headaches
- Cancer
- Anxiety & Depression
- Hormonal imbalances & infertility
- Increase production of anti-inflammatory cytokines

Sunbathing and UV therapy was known in the not-so-distant-past as an effective treatment for many infectious and chronic diseases. Throughout various parts of the world, there were Solariums or sun hospitals where those suffering from infectious or chronic disease or those needing wound healing, could reside to improve their condition.

The sun has always played a central role in our lifestyles, work, food culture and even healing practices. Ancient cultures worshiped Sun Gods - the Egyptians worshiped Ra, the Aztecs worshipped Huitzilopochtli and Tonatihu. Even without access to newfound scientific studies and without fully comprehending the intricate linear, scientific details on how the human body functions in the presence of sunlight - the ancients inherently knew the importance of sunlight for health and healing.

The human body relies on sunlight for thousands upon thousands of physiological and biochemical processes - from energy production, immunity, detoxification and hormone balancing to metabolism, gut health, mood and heart health - the human body needs sunlight to function optimally.

Yet, this ancient, inherent wisdom of sunlight and its role in human health has not only been forgotten but unfortunately condemned. Modern humans have been feared into thinking that sunlight is bad, dangerous and even cancer causing. In 1938 the invention of penicillin - a powerful prescription drug that destroys both beneficial and some pathogenic bacteria - was seen as far superior to sunlight as a healing resource.

From then on, sunlight's therapeutic properties have been shunned and even considered "snake oil" in the eyes of mainstream medicine. *The Sunlight Rx eBook* is an attempt to bring back this ancient, powerful form of natural medicine to support your path to optimal health.

## The key to health: your mitochondrial function

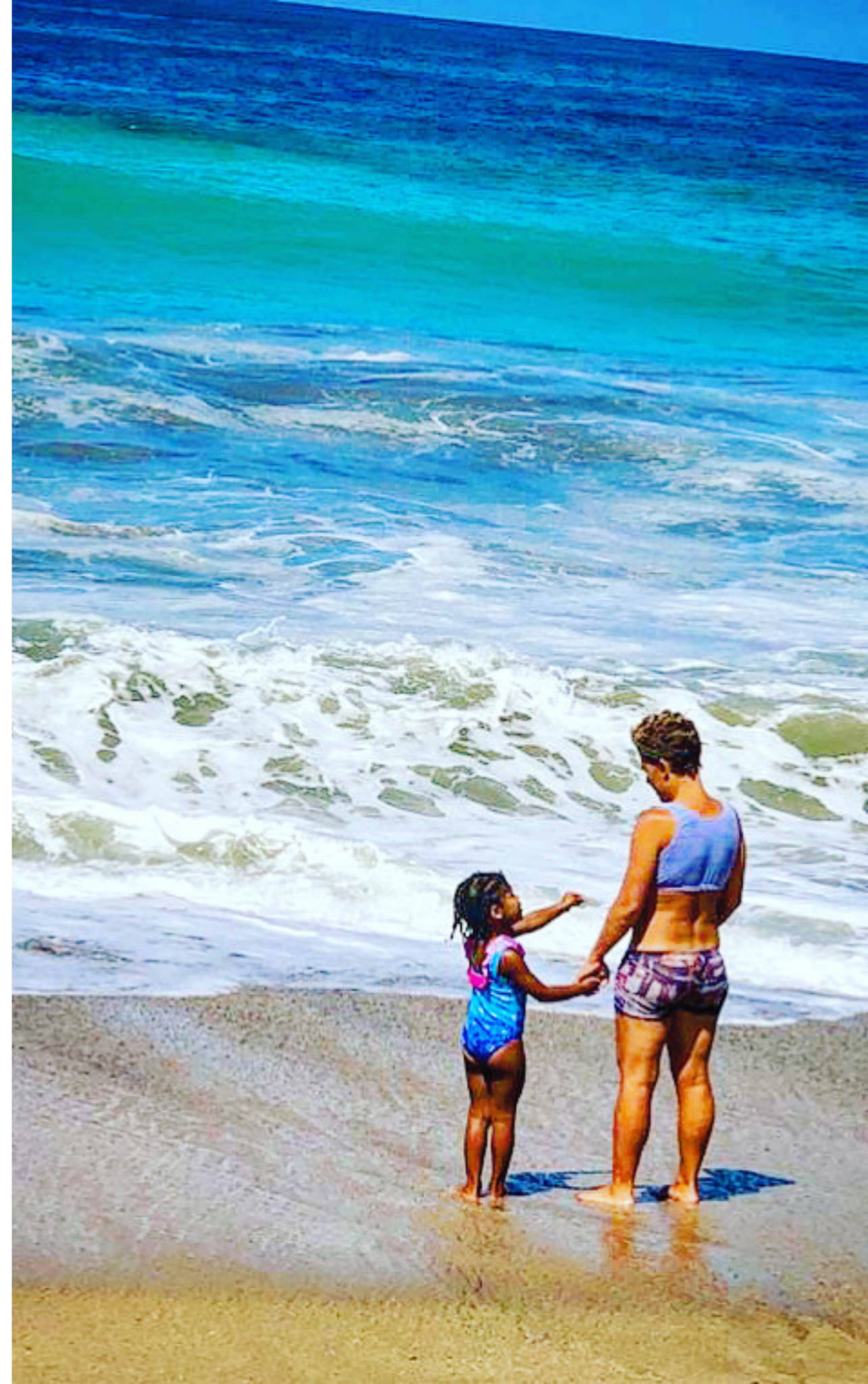
Throughout this eBook, I discuss the mitochondria and their importance to health and longevity.

Your mitochondria are your body's engine - this is where you burn fuel to produce ATP energy, triplet state oxygen and structured water.

You have hundreds-to-thousands of mitochondria inside each one of your cells (you have roughly 37.2 trillion cells so just think about how many mitochondria you have!) and the health of your mitochondria determine your energy levels, genetic expression (DNA), metabolic status, detox capabilities, how well you age and also determine what diseases you are most prone to.

One of the greatest predictors of your susceptibility to infectious and chronic disease rely on the status of your mitochondria (as well as [your ability to get high fever](#)). The healthier your mitochondria (the more ATP, oxygen and water they produce), the healthier you will be. The more compromised your mitochondria are at achieving these 3 tasks, the sicker you will be and the more prone you'll be to acquiring a chronic disease. If you want to get to the heart of your health struggles, one core way is by improving your mitochondrial health.

Your mitochondria function optimally when you're in sunlight! When sunlight hits your skin and eyes, your mitochondria are able to heal, repair and even multiply in number (this is a very desirable thing!). All this made possible as the light frequencies found in sunlight allow proteins in your mitochondria to perform the 3 vital tasks: ATP, water and oxygen production. This is how and why practicing *The Sunlight Rx* will improve your mitochondrial health helping you prevent and overcome all chronic disease.



## Circadian Biology - Your Internal Clock System

Many modern diseases occur when your body can no longer tell time accurately. This too, is the driving force behind poor mitochondrial health. The way your body tells time is referred to as your circadian biology. When your circadian biology goes awry this is referred to as, *circadian mismatch*.

Most people are currently in a circadian mismatched state. This occurs when the light outside (sunlight) does not align with the light frequencies you interact with throughout your day. Today, our biology primarily interacts with artificial light from LED's, fluorescent's and our modern technology devices (anything with a screen emits artificial light).

Since the invention of the light bulb in 1879, we humans have decided when to access light. Up until this invention, nature determined our light exposure - this occurred via sunlight as well as firelight and moonlight. These natural light forms support healthy circadian rhythms, healthy metabolism, healthy hormones and optimal mitochondrial function.

Many of our health woes can be summed up to this: *We're exposed to the wrong kind of light and we turn light on at the wrong time of day.*

3.5 billion years ago, our mitochondria were hardwired to function optimally via sunlight exposure. However, since the incandescent light bulb entered our homes, we've been able to break all of nature's laws around our light exposure.

The invention of the light bulb has been one of the most destructive to our circadian biology. Every single chronic disease, including

cancer, type II diabetes (T2D), heart disease and autoimmunity have all sky rocketed since this single invention ([as well as the invention of suppressive therapies such as antibiotics, vaccinations, Rx medications and cortisone steroids](#)). These diseases are all related to and made worse by artificial light exposure throughout the day, especially at night, after sunset.

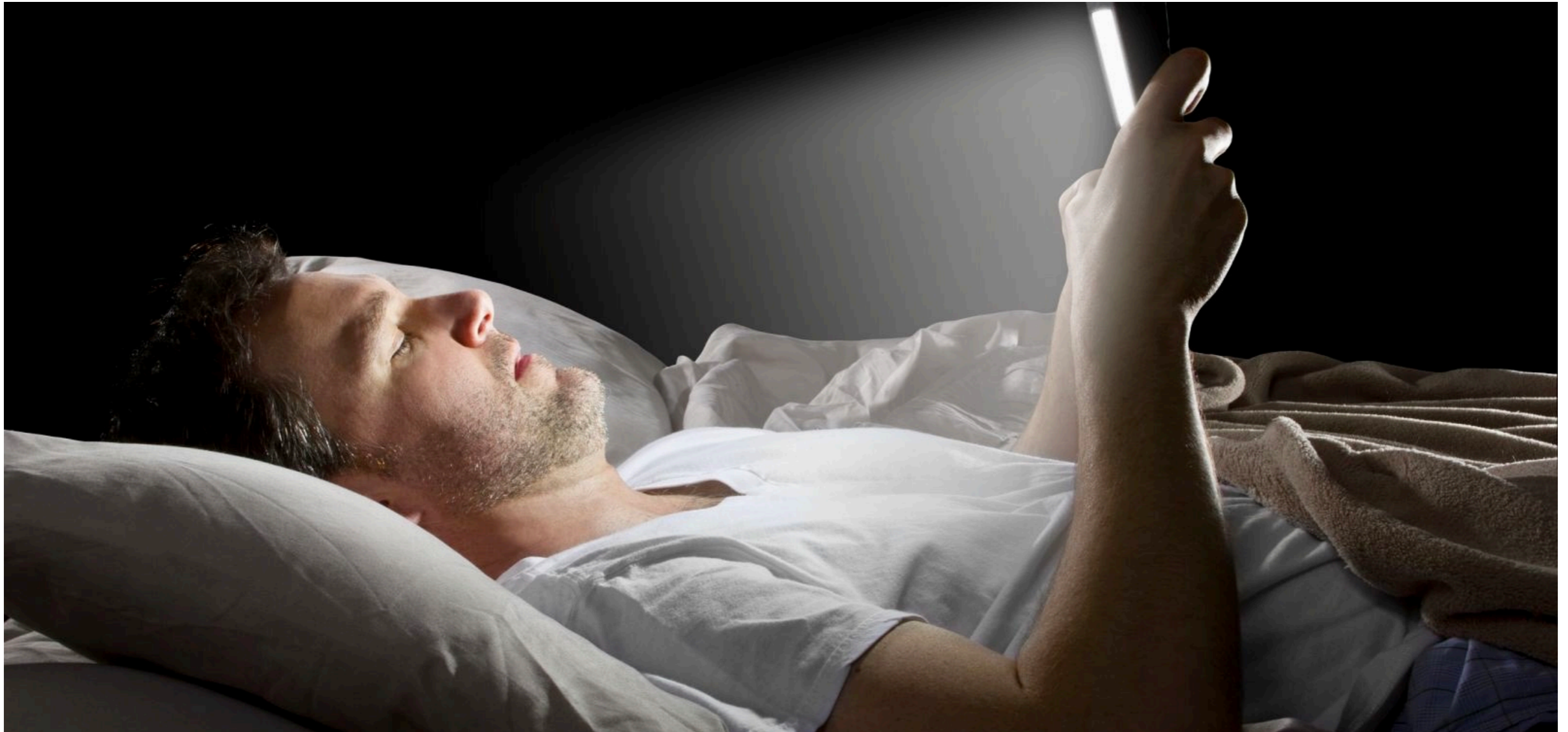
Your cells are optimized - on an evolutionary basis - to function based on the multiple frequency variations occurring in sunlight throughout the day. For example, as you will see in *The Sunlight Rx* protocol, sunrise, late morning, afternoon and late afternoon sun all contain different light frequencies. These varied frequencies are the primary firing arm for different physiological responses and chemical signaling throughout your body. Sunlights varying frequencies allow your body's signaling systems and communication networks to occur at exactly the right time.

Here's an example of how various sunlight frequencies influence physiological and biochemical signaling processes in your body:

**Sunrise light:** Stimulates the release of cortisol, regenerates your cells, optimizes energy production at the mitochondrial level and pre-programs your cells to absorb UV-A & UV-B light later in the day.

**Late morning sunlight:** Activates and replenishes stores of dopamine, serotonin and melatonin and preprograms your skin and cells to absorb UV-B light in afternoon sun.

**Afternoon sunlight:** Stimulates storage vitamin D production, rebuilds and restores steroid hormone levels, improves carbohydrate metabolism and supports diversifies the gut microbiome.



*Manmade blue light from cell phones and other wireless devices emit manmade blue light. Exposure to manmade blue light disturbs metabolic and hormonal function, depresses energy levels and is a major source of inflammation*

Today, most people's job and lifestyle choices place them in an artificial environment completely dismantling their mitochondrial health and circadian biology. Today, we live, work and play under artificial light and we interact with artificial frequencies (radio frequencies and microwave frequencies) emitted by *WiFi*, wireless/bluetooth devices, cell phones, cell towers, TV and anything with a screen. This artificial lifestyle is in complete misalignment with how humans are designed to function.

People think diet is the most important step to improving health. But, consider this...Why do you think overweight people have so much trouble keeping weight off? Why do infectious diseases wipe out big cities & locations where manmade EMF exposure is highest? Why do people get cancer reoccurrences even when they've done all the right things? Why can't people sleep after taking over-the-counter sleeping pills or herbal sleep aids? Why are more babies now getting cancer?

Why is suicide among the leading cause of death in ages 15-25? Why do infertility rates continue to rise amidst a time of innovative fertility therapies? Why have Crohn's, colitis and IBD (irritable bowel disease) grown at exponential rates over the past 50 years? There are 2 reasons for this:

1. We use too many suppressive therapies which significantly weakens the immune system.
2. We spend most of our time in an artificial light environment.

## Light, a Major Food Group for Humans

When light hits your eye and your skin over 100,000 biochemical signals, messages and tasks are completed at the mitochondrial (intracellular) level. When sunlight hits your retina (located in your eye) it regulates and controls your physiology including, endocrine function, metabolism and weight and appetite control. You've likely been told that diet is the key to healthy metabolism and endocrine/hormone function. However, the key to efficient metabolism and healthy hormones is not entirely based on diet - like you and I have been told for decades - but is largely dependent on the type of light that hits your retina. Of course, diet is an important part of a healthy lifestyle. However, it is not the core influencing factor to health modern day.

When non-native blue light, non-native meaning not from our native light frequency source: sunlight, but from your computer, iPhone, television, iPad or other devices with a screen hits your eye, your metabolism, endocrine function and mitochondrial health become compromised. This is why studies are now linking

excessive non-native blue light exposure from tech devices to inflammation, obesity, T2D, cancer and chronic disease.

Studies also link malignant melanoma to excessive blue light exposure, NOT to sunlight as we have all been falsely led to believe. In fact, the more sunlight you get before or after a melanoma diagnosis, the more positive the prognosis. Sunlight has actually proven time and time again to be a very important part of the melanoma prevention and treatment plan.

## Eyes + Skin in the Game = Your New Health Mantra

Your eyes and your skin have built-in circadian clock systems. In the eye, this is known as the suprachiasmatic nucleus (SCN). The retina receives light signals from the environment and communicates this information to the SCN. This light communication system (known as the retinohypothalamic Tract) regulates hormone, endocrine and metabolic function. Your skin also has a built-in circadian clock network, this is known as your melanopsin system. When light interacts with your skin, this also drives healthy hormone, endocrine and metabolic signaling.

These clock systems are destroyed by non-native/manmade EMF and artificial light frequencies. When this occurs, appetite regulation becomes erratic and compromised. Sleep is poor. Mitochondrial health worsens, creating a B-line to chronic illness. This disruption can happen in a very short period of time. Progression of chronic diseases can however, be delayed, paused and/or reversed by committing to your Sunlight Rx practice.



## Root Causes of Poor Gut Health

If you struggle with poor gut health, including histamine response and/or multiple food sensitivities, changing your diet, adding supplements or spending heaps of money on food sensitivity tests, genetic tests or other lab testing is never the answer. Why? Because none of these approaches address the root cause of poor gut health. Yet, this is the approach that almost every health practitioner on the planet calls on to treat the gut. **The root of poor gut health is a the result of excessive reliance on suppressive therapies.** As previously introduced, suppressive therapies include antibiotics, cortisone, prescription drugs, chemotherapy and radiation, over-the-counter drugs and vaccinations. These therapies destroy the gut microbiome, weaken the GALT (gut associated lymphatic tissue) and compromise immune health in huge ways.

While sunlight and *The Sunlight Diet* are paramount to attaining optimal health, these modalities alone cannot heal a compromised gut microbiome or other chronic health condition modern day (but *The Sunlight Rx* can help slow and even halt the advancement of chronic health issues which I'll explain on the following pages).

I have found, however, homeopathic medicine to be remarkable with regard to its ability to remove the damaging effects of suppressive therapies. Correct homeopathic care, combined with *The Sunlight Rx* and *The Sunlight Diet*, are among nature's most powerful healing elements. As a homeopathic practitioner, I help many people who struggle with gut disorders from colitis, IBD, leaky gut and *candida* overgrowth to *C.diff*, amoebas and parasites using homeopathy. *A healthy gut is not susceptible to disease or pathogenic invasion* - just as healthy soil that our fruits and vegetables grow in naturally resist invasion by bugs, pests and disease. Until the damaging effects caused by suppressive therapies are cleared from the body using homeopathy, it'll be impossible for the gut to fully heal. Because of this core connection between suppressive therapies, poor gut health, and homeopathy, I have provided links to several of my *Primal Pioneer Podcast* episodes in the *Resource* section so you can deep dive into this topic.



## How to Use Sunlight to Support Gut Health

While sunlight cannot 100% cure chronic gut disorders by itself, it's still absolutely foundational to gut health. In fact, without adequate sunlight exposure, the gut microbiome will lack bacterial diversity. This not only compromises gut health but overall health as well. Your gut contains multiple, diverse strains of bacteria each responsible for performing different physiological functions throughout the body. For example, there are bacterial strains in the gut that improve blood sugar regulation, others are responsible for hormone production and others immune function, there are even beneficial fungi in the gut designed to remove toxins and heavy metals from the gut and body. Many (if not all) of the bacteria in your gut are governed by the combination of red, blue and UV light. Modern research is slacking (to say the least) with regard to what truly drives gut microbiome diversity and function. But, nature continues to reveal that solid gut health is undoubtably connected to sunlight exposure to the eyes, skin and abdomen.

If you struggle with poor gut health, one of the most important, foundational and effective practices you can do for your gut is to practice *The Sunlight Rx* while simultaneously mitigating your exposure to artificial light. Studies have shown that an indoor, screen-dominant and/or LED light dominant lifestyle wipes out colonies of beneficial gut microbes responsible for metabolic health, including blood sugar regulation.

The skin is the biggest organ in your body covering around 20 square feet depending on your height and weight. Your skin is also a huge, yet often overlooked, part of your immune system.

The skin also contains a molecule called, cholesterol sulfate. When sunlight interacts with this molecule, you produce vitamin D and other important chemicals such as lumisterol (anti-cancer), For anyone with gut autoimmunity or an autoimmune-related condition, the single most effective dose of holistic medicine you can give yourself is committing to *The Sunlight Rx* like its your job.

## Using the Sun to Support Health & Healing

The sun emits different light frequencies (spectrums) throughout the day. Each spectrum has a very different yet exceptionally crucial impact on your physiology and biology.

There are 7 main frequencies contained in sunlight and these range from 260nm to around 800nm. Each one of these frequencies, and their sub-frequencies, are what allow your mitochondria and circadian clock systems to function at optimal capacity.

To help people utilize the healing power sunlight offers, I have created *The Sunlight Rx*. *The Sunlight Rx* teaches you how to use hybrid tanning so your mitochondria, biology and physiology function optimally. By doing so, you will reduce your risk of all infectious and chronic disease exponentially. I mention to all my clients and Sunlight Rx aficionados that this is actually a case when more is better - the more you practice *The Sunlight Rx*, the more beneficial health transformations you will see.

When practicing *The Sunlight Rx*, it is absolutely essential that you go about it in sequential order as each step builds upon the next. There are very specific biochemical signals that occur at each step - like a track runner handing the baton to their teammate - this order of operations is essential to success.

There are 4 main steps to *The Sunlight Rx*: Step 1: Sunrise, Step 2: UV-A Light, Step 3: UV-B light and Step 4: Sunset. Each step occurs at a different time of day and emits a different set of light frequencies.

To obtain the health benefits sunlight offers, you have to follow some basic instructions when practicing your Sunlight Rx. Let's now dive into *The Sunlight Rx* practice so you can get started with nature's most vital, accessible and affordable source of health-care, sunlight.



## Guidelines for Practicing your

# SUNLIGHT RX

- Get your skin in the game! The Sunlight Rx encourages you to be as naked as you can in sunlight!
- Just say NO to sunglasses, contact lenses and glasses
- Look directly at the sun for several seconds during sunrise (the sun must be just ascending the horizon for you to safely and healthily look directly at it)
- Look in the direction of the sun, 20°-50° below the sun

### Skin in the Game

It's crucial that you get as naked as you can when practicing your Sunlight Rx. You need to get your skin in sunlight to stimulate the melanopsin circadian clock system in your skin. A healthy melanopsin system - influenced by sunlight exposure - allows for balanced hormone and metabolic signaling, increases storage vitamin D - 25 (OH) D - and prevents and allows for recovery from circadian mismatch-related conditions (i.e. insomnia, depression, anxiety, poor sleep, poor energy levels, obesity & chronic disease).

### Sunlight Rx & Eyewear

It's important to remove eyewear - glasses, contact lenses and even sunglasses should all be removed when practicing your Sunlight Rx. This is because your main circadian clock system is located in your retina and SCN and if you're wearing eyewear, the health benefits of sunlight will be blocked. Interestingly, **studies reveal that even when your skin is in sunlight, if you're wearing sunglasses, the health benefits of sunlight do not occur.** The dark sunglass lens blocks metabolic and hormonal signaling as well as vitamin D production. Your ability to tan, a key goal of *The Sunlight Rx*, is also comprised when sunglasses are worn.

### Sun Gazing

It's important to look 20°-50° below the sun when practicing your Sunlight Rx head on. You never want to look directly at the sun - - the exception is during the first few seconds-to-minutes of sunrise and the final minutes-to-seconds of sunset. Sunrise and sunset are your time to sun gaze and this is actually a very healthy practice with regard to eye health, hormone regulation, cortisol-melatonin release allowing your circadian biology to synchronize with the natural environment.

When first starting your Sunlight Rx practice, you will likely notice that you cannot look in the direction of the sun for very long. Your eyes might start to water or the sun will be too bright for your eyes. This is normal and is a side effect of a sunlight deficiency and a non-native blue light and artificial light toxicity. This will soon clear the more you consistently practice your Sunlight Rx.

## Hybrid Tanning AKA

# THE SUNLIGHT RX

**Tan skin allows you to absorb more UV light and produce more vitamin D**

**Looking in the direction of UV light improves your ability to tan, improves metabolic health and glucose metabolism (PS remember, never look directly at UV light)**

I cannot tell you how many times I've been on a hiking trail or in a grocery store and someone comes up to me and says, *I can't believe how tan you are, I wish I could tan like that!*

Here's the thing...you can! Despite your skin color, haplotype, Fitzpatrick skin type, how pale you are or your genetics - - i.e. even if you're super pale, have red hair, freckles and live in British Columbia, Ireland or Nova Scotia - you can tan by following *The Sunlight Rx!*

While many people tan for aesthetics, I tan and recommend that you tan first and foremost for the health benefits.

Here are a mere few of the benefits of sun tanned skin (not to be confused with tanning bed skin - a practice I highly discourage): improved mood, decreased risk of cancer, storage vitamin D production, improved immunity [the epidermis is your body's first line of defense against pathogens!], improved fat metabolism, reduced risk of rheumatoid arthritis (and likely other sun-deficient related diseases such as MS, malignant melanoma, psoriasis and cancer) and protection against sunburn.

Also, when you tan, your skin actually becomes thicker. When this happens, it's like adding serious ammunition (in a good way) to your immune system. This improves B & T cell activity and function and enhances your ability to defend against pathogens.

However, it's important to note that you can't just expect to go out in afternoon sunlight and get a wicked good tan. This is where 99% of sun bathers fail, meaning they don't reap the benefits of sunlight by simply going out in afternoon sunlight. To tan your skin, as you'll learn throughout Step 1: Sunrise, you must first precondition your skin with red light present during sunrise.

A tan is not a sign of sun damage - - it's a natural shield against skin cancer, melanoma and chronic disease. This is because, the more tan your skin and the darker your skin, the less susceptible you are to UV light toxicity (sunburn). Using *The Sunlight Rx/Hybrid Tanning* throughout your day actually prevents against UV toxicity and prevents chronic disease.

So, if you're one of those people who *oh, so wishes for tan skin*, know that all it takes is consistent Sunlight Rx practice beginning with 30-60 minutes in sunrise sun - despite your Fitzpatrick skin type.

## Getting to know your skin type & mtDNA

# FITZPATRICK SKIN TYPING & MTDNA

- Your halpotype depends on your ancestry and their geographical movement throughout time
- There are many different halpotypes - - your halpotype is a snapshot of your mitochondrial energy needs
- mtDNA & Fitzpatrick skin type go hand-in-hand and determine individual sunlight requirements

200,000 years ago, humans arose from Africa. Hold up: this may seem unrelated to your Sunlight Rx practice but actually, has everything to do with how you tailor and individuate your Sunlight Rx practice to meet your body's health needs.

In order for humans to survive on this planet, they needed a highly functional and efficient energy system. This is known as, the mitochondria. The mitochondria have their own set of DNA known as, mitochondrial DNA (mtDNA). And, everyone has a different set of mtDNA (known as halpogroup or halpotype). Like a family tree, we typically see clusters of similar mtDNA (halpotypes) in certain geographical regions and can also map migration patterns overtime in this way.

Our main physiological goal as humans is to pump out energy. Your mtDNA (which you inherit from BOTH of your parents and ancestral lineage) determines how much energy you can create and determines how efficient your mitochondria are at producing energy. Some halpotypes are more energy efficient than others - meaning, some people have the ability to produce more ATP, oxygen and water at the mitochondrial level much more effectively than others. And, for very good reason.

200,000 years ago, we all had tightly coupled mtDNA. This is a fancy way of saying, our mitochondria were packed into our cells like sardines. Having tightly coupled mtDNA allows you to produce energy very quickly. Thousands of years ago, this was necessary for the survival and continuation of human life - we needed an efficient engine to escape predators for survival and ultimately, to reproduce.

About 65,000 years ago, humans began to migrate from Africa to other continents. As we began to migrate into Siberia, Asia and Northern Europe, our mitochondria required different energy needs. No longer did we have to run from predators, now we had to survive cold temperatures and adapt to a new environment. As a result, those that migrated began to develop uncoupled mtDNA. Uncoupled mtDNA offer the mitochondria more space between proteins allowing for greater heat production. The tradeoff however, is they become less energy efficient.

## Halpotype + Fitzpatrick Skin Typing

As humans migrated from Africa to colder climates, energy production was swapped for heat production which altered one's halotype as well as skin type. This was nature's way of supporting mitochondrial needs, energy requirements and the continuation of life.

The Fitzpatrick skin type is a system that classifies the skin by its reaction to sunlight. I use the Fitzpatrick skin type system to determine individual sunlight needs and energy requirements.

Fitzpatrick skin typing is classified based on the amount of melanin in the skin. Those with lighter skin naturally have lower levels of melanin compared to those with darker skin. The Fitzpatrick skin type system has 6 different categories: Fitzpatrick I pale white skin; type II fair skin; type III darker white skin; IV light brown skin; V brown skin; VI dark brown or black skin. **The Fitzpatrick theory is, Fitzpatrick types I-III should avoid sun because they burn easily. However, this is a complete misnomer and is easily rectified by practicing The Sunlight Rx** - especially during sunrise and sunset and when UV-B light dominates the solar spectrum.

I want to make an important note, that despite your skin type, practicing *The Sunlight Rx* is absolutely crucial to your health. And, we know that **the higher the melanin levels in the skin, the more sunlight you need to meet your body's health and mitochondrial needs.**

For example, individuals whose ancestral origin reside in tropical climates, extremely cold climates such as Alaska and Russia and those living at high altitude have Fitzpatrick IV-VI skin type and, thereby, have much more melanin in their skin than those of Northern Europe decent.

The more melanin you have in your skin, the less you'll burn in afternoon UV-B light. This is nature's ingenious design as Fitzpatrick IV-VI skin types need a lot of melanin in their skin to protect themselves from the strong UV

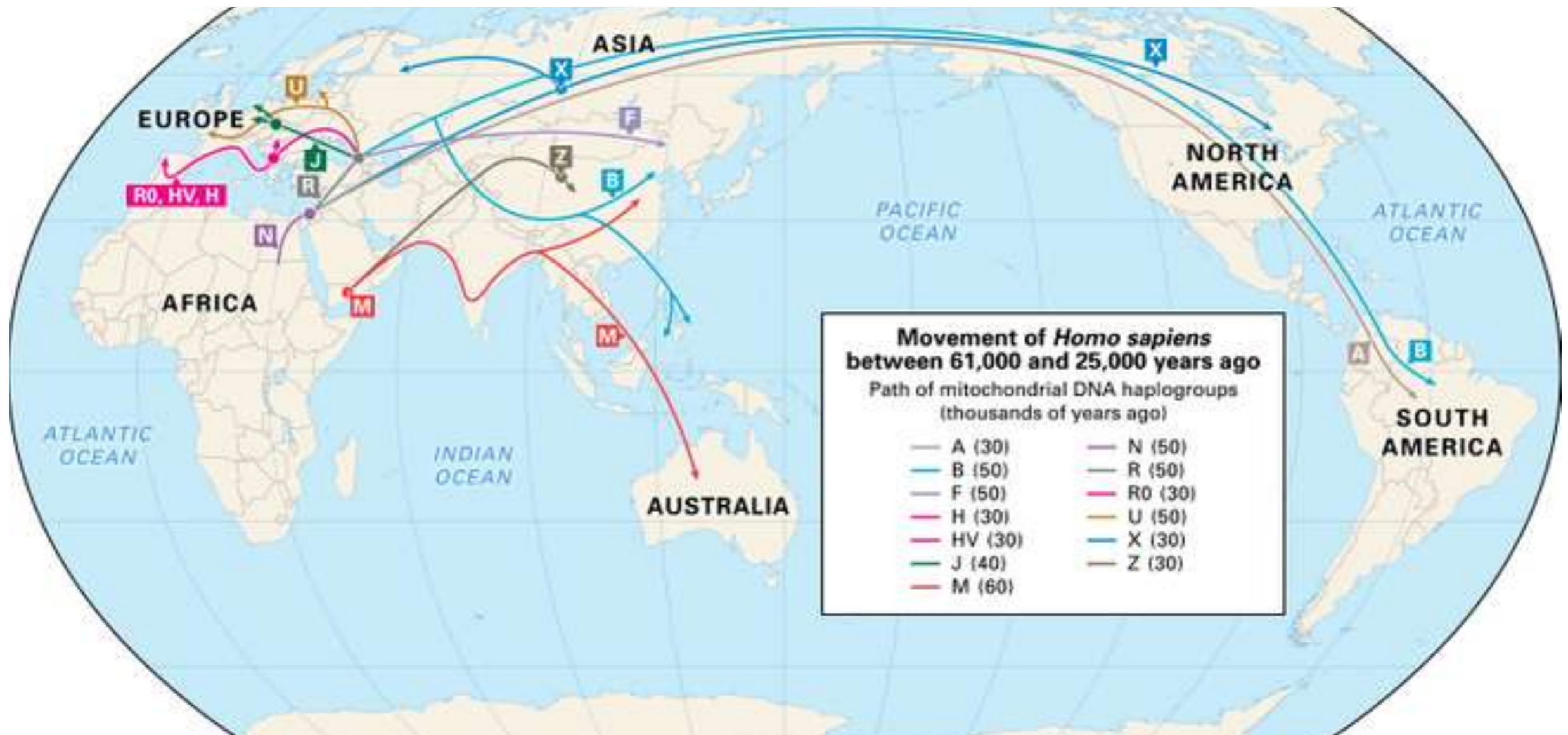
light environment they lived in 200,000 years ago as well as those living in the tropics present day. While those living in the tropics have UV-B light available to them 365 per year (Africa, Southern India, Southern Florida), those living at or above the 29° parallel, all have a shorter window of UV light availability throughout the year. From an evolutionary perspective, this allows Fitzpatrick I-III types to be less energy efficient so they can produce more heat to stay warm and survive the cold.

Energy needs and requirements vary greatly depending on the type of mtDNA you inherited. Energy production needs of those with darker skin are much different than energy production needs of those with lighter skin. And, this is because those with lighter skin have loosely coupled mtDNA vs those with darker skin having tightly coupled mtDNA.

The energy production needs of Kenyans for example, who have very dark skin, is far greater than Irish with light skin. 200,000 years ago, those of African decent, were given a primo engine consisting of tightly coupled mtDNA allowing them to outrun predators - their survival depends on generating more energy and less heat. While Northern Europeans developed loosely coupled mtDNA to survive cold, harsh winter climates - their survival depends on generating more heat and less energy.

This is why those with darker skin tend to be exceptionally fast and athletic - their mtDNA are tightly coupled allowing them quicker, efficient bursts of energy.

Coupled haplotypes evolved inside the tropics and they tend to have lower basal metabolic rates and they tend to live longest. However, to do so, they have to be exposed to sunlight and disconnected from manmade EMF's. So if you fall in the Fitzpatrick IV-VI category, know that you need more sunlight to reap the energy production and health benefits offered by sunlight. And, when these types become disconnected from the sun, their health quickly fails and chronic disease soon follows.



The interpretation of mtDNA divergence shows the *H. sapiens* branch of the family tree to be rooted in Africa. As humans began migrating to other parts of the world, their mtDNA shifted to support energy requirements and needs.

Despite your skin type, we know that tightly coupled haplotypes tend to have optimal metabolic function and tend to live longest - when living in a strong sunlight and low EMF environment. Practicing *The Sunlight Rx* will help your mtDNA become more tightly coupled, allowing you improved metabolic health and improved ATP energy production. When your mtDNA are tightly

coupled, you are less susceptible to modern disease, or, if you have a modern disease your prognosis is far better and you live a much longer life without the need for prescription drugs and the debilitating side effects that can come along with modern day aging.

## Step 1

# SUNRISE

**Time: Sunrise-8am**

**Predominant Light Present: IR-A  
with moderate amounts of blue  
light**

### **SUNLIGHT RX PRACTICE SEASONAL TIP**

**If you live at the 29° latitude or above,  
sunlight will vary depending on the  
season.**

**Sunlight Rx times are given based on  
sunlight from April-August in the  
Northern Hemisphere and reverse  
months for those in the Southern  
Hemisphere.**

You've likely heard of the term, *sun gazer*. Sun gazers are people who watch the sunrise as it first comes over the horizon. This was a daily practice in many ancient cultures - they inherently knew sunrise sun to provide extremely potent health benefits including enhanced energy levels and stamina. My first-hand experience with sun gazing was beyond mind-blowing. It was the single most effective practice that helped me heal my TBI, improve my sleep, clear photosensitivity, clear migraine headaches and improve energy levels.

Sunrise light is very unique in the sense that it is the only time of day (as well as a shorter time period during sunset) that doesn't contain UV light. The predominant light present at sunrise is IR-A and blue light.

This combination of red and blue light is very important for your health on many levels. One major benefit of this red-blue combo is that it signals the release of hormones from your anterior pituitary gland particularly, cortisol. This is the optimal time of day to begin cortisol release as it helps you feel energized, awake and ready to tackle your day and... BONUS it prevents sunburn later in the day!

Most people have low AM cortisol levels and one main reason is due to excessive artificial light exposure and a deficiency in sunrise light. For anyone with breast cancer, (hormonal insufficiencies play a HUGE role in breast cancer), all of the breast cancer clients I've worked with actually have substantially low steroid hormone levels, not high. Watching the sunrise is absolutely essential to rebuilding healthy hormone levels (even for those who don't have breast cancer).

I regularly speak of the health dangers of excessive non-native blue light exposure. This blue light is not the same as the blue light found in sunrise light. Your tech devices don't contain any red light, but are dominant in the blue spectrum. And, the blue light emitted from your devices is at a much lower frequency than the blue light found in sunlight. This color temperature difference is very disruptive and confusing to your circadian biology when coming from artificial sources. Artificial blue light dominance has a huge draining effect on your adrenals, hormones and their release patterns. This is one reason why artificial light is problematic to hormone health and why sunrise light helps to rectify hormone imbalances.

You will never find blue light without red light in sunlight! And there are very important physiological reasons for this, particularly when it comes to cortisol release and hormonal health. Red light is the antidote to blue - we never want to have blue light without red present - this is a very important step to protecting your hormones, metabolism and neurotransmitter production (which is what Step 2: UV-A Light of *The Sunlight Rx* is all about).

The benefits of red light are so vast that it's truly a panacea. Some of its main benefits include: joint and arthritis relief, reducing inflammation levels, improved collagen production (optimal collagen levels are HUGE for bone and joint health and is also a HUGE way you stay hydrated and energized at the mitochondrial level!), improved brain function and enhanced vitamin D absorption and production are all beneficial side effects of sunrise light.

Getting as naked as a baby in sunrise light is also the very best way to prevent sunburn in afternoon UV-B light. This is where the continuity of your Sunlight Rx practice really starts to become clear.

Red light at sunrise preconditions your skin to absorb more UV-B light in the afternoon. Additionally, as the angle of the sun increases at sunrise and throughout the day, the amount of blue light also increases. Blue light contained in sunlight stimulates the release of cortisol, another solar frequency designed to prevent sunburn.

The research pointing to sunburns leading to cancer is inconsistent and unreliable; studies on this topic are primarily done inside and under UV-B bulbs, not actual sunlight. These studies also fail to precondition the skin with red light. Personally, I'm not concerned about sunburns causing cancer - even if you are pale as a ghost, have red hair and freckles, live in Iceland, Canada or Oregon - following *The Sunlight Rx* will help you tan and prevent sunburn. However, you

must be in sunrise sun, with your skin in sunlight, for a **minimum** of 30 minutes each day.

When I first started my Sunlight Rx practice, I was super pale and still, never burned - even after spending hours in all spectrums of sunlight per day. Initially, I spent 2 hours in sunrise sun (6am-8am), 1-2 hours in UV-A sun and 1-2 hours throughout the day in UV-B sunlight. And, I never burned once, I tanned better than I had in my entire life and my health symptoms cleared up rapidly as a result.

One of the main reasons I want you to precondition your skin with sunrise red light is because I want you to prevent sunburn later in the day. By doing so, you improve blood sugar levels, glucose metabolism, balance hormones and energy levels improve as well. If you skip Sunrise and simply go outside at 11am or Noon, you'll burn and will miss out on the panacea health benefits of UV light.

Ultimately, the more time you spend in Step 1: Sunrise, the more benefit you'll experience with your health when practicing *The Sunlight Rx*.

Red light at sunrise also helps to improve memory, clear brain fog, decreases migraines, burns fat, improves energy levels and stamina, improves mitochondrial function, improves sex drive and increases healthy testosterone levels.

Today, a lot of men have low sperm count and imbalanced testosterone levels. This is often a result of resting their *iPhones* in their lap, setting their lap tops on their lap or carrying their cell phone in their front or back pocket. This significantly diminishes sperm count in as little as 2-3 hours of radio frequency (RF) and microwave frequency (MF) exposure to the area. So men, get your package into sunrise sun to help bring healing to this area!



## A Word on Photobiomodulation AKA Red Light Therapy

Today, there are many photobiomodulation devices on the market. These are devices that contain different spectrums of red light bulbs designed to produce the benefits of red light naturally contained within the sun. Most people today suffer from a red light deficiency - cancer, T2D, obesity, autoimmunity (such as lupus and rheumatoid arthritis) as well as gut health struggles can all be caused or made worse by a lack of red light exposure (red light in sunlight allows your ATP production to occur at 100% efficiency).

While I'm not a fan of substituting photobiomodulation for sunrise red light (you cannot biohack the sun folks), I do recommend photobiomodulation to *some* of my clients on a case-by-case basis.

Not everyone requires the same dosage of red light supplied by red light devices. While the sun naturally provides you with the correct dosage of red light throughout the day (42% of all sunlight is IR-A light), photobiomodulation provides 100% red light. And, while this is very helpful for some recovering from injury and chronic disease, usage must be tailored to your personal mitochondrial needs to prevent overdose.

If you do purchase a red light device please consult with me, or another expert in the field of mitochondrial health, to learn how to best tailor the device to your personal needs. Please do not rely on a User Manual or Google to guide you. When it comes to red light devices, everyone's red light needs are unique, and this is based on your current state of health. **Also, I NEVER recommend red light therapy from a device for those with cancer as the literature has shown an adverse affect in such cases.**

If you're someone exploring a red light device, please keep in mind that there are several considerations to make before purchasing. Some of these include: flicker rate, EMF levels and personal need. I have listed my favorite red light device in the *Resources Library* on page 34 in the back of this eBook for those interested in purchasing a reputable device.





*Sunrise & sunset sunlight contain red light - exposing your eyes and skin to red light allows your body to perform crucial physiological tasks such as adequate energy production & healthy metabolism.*

For those of you interested in nature's most optimal form of red light therapy, sunrise is *the cream of the crop*.

When your skin and eyes connect with IR-A light at sunrise, this sets your circadian biology on track for the entire day. ***Watching the sunrise is the single greatest health-care practice you can give***

***yourself each day*** and the optimal time to do this is from sunrise-8am.

The sicker you are, the more compromised your health, the more you struggle with sleep, depression, anxiety, weight, EMF sensitivities, headache, or, if recovering from a TBI, Step 1: Sunrise, is your new best friend.

## Step 2

# UV-A LIGHT

**Time: 8am-10am**

**Predominant Light Present: UV-A**

### SUNLIGHT RX PRACTICE TIP

**Pre-conditioning your skin with red light present at sunrise is key to obtaining the health benefits of UV-A light!**

UV-A light is the spectrum of light that appears from 8am-10am during summer months. The benefits of UV-A light are vast. However, to obtain all the benefits of UV-A light, your skin and SCN have to first be programmed by sunrise light! So, please do not expect to obtain the same health benefits if you consistently skip Step 1: Sunrise.

UV-A light has astounding effects on multiple aspects of your physiology including neurotransmitter activation and production, T-3 (active thyroid) production, melatonin recycling and support around cellular repair and enhanced longevity. If you struggle with depression, insomnia, sleep apnea, constipation, cancer, high viral load, multiple co-infections or a chronic health condition, then basking in UV-A light will be an incredibly supportive practice to supporting your health.

UV-A light activates and produces important neurotransmitters including, dopamine and serotonin. Adequate dopamine levels are crucial for preventing and overcoming depression, mood disorders and brain fog. Dopamine is a neurochemical responsible for helping you feel good, upbeat and positive about life.

Today, many people have low dopamine levels, and this happens for two main reasons: a sunlight deficiency and a non-native blue light toxicity (from artificial light and from looking at cell phone and/or computer screen for much of the day). Gamers, on-line entrepreneurs, those working in front of a screen and those working under artificial light such as grocery workers, postal workers, bankers, professional athletes, those working on Wall Street, musicians, doctors, actresses and actors are at some of the greatest risk for low dopamine levels (this is a main reason why musicians, Hollywood stars and doctors have some of the highest suicide and addiction rates).

The side effects of low dopamine levels can include all or some of the following: depression, addictive behaviors, constipation, fatigue, moodiness and poor decision making. Getting your Sunlight Rx on, and learning how to mitigate artificial light, has been an absolute game changer for my clients struggling with low dopamine levels. You can drastically improve dopamine levels by committing to your Sunlight Rx practice!

# UV-A LIGHT: SEROTONIN

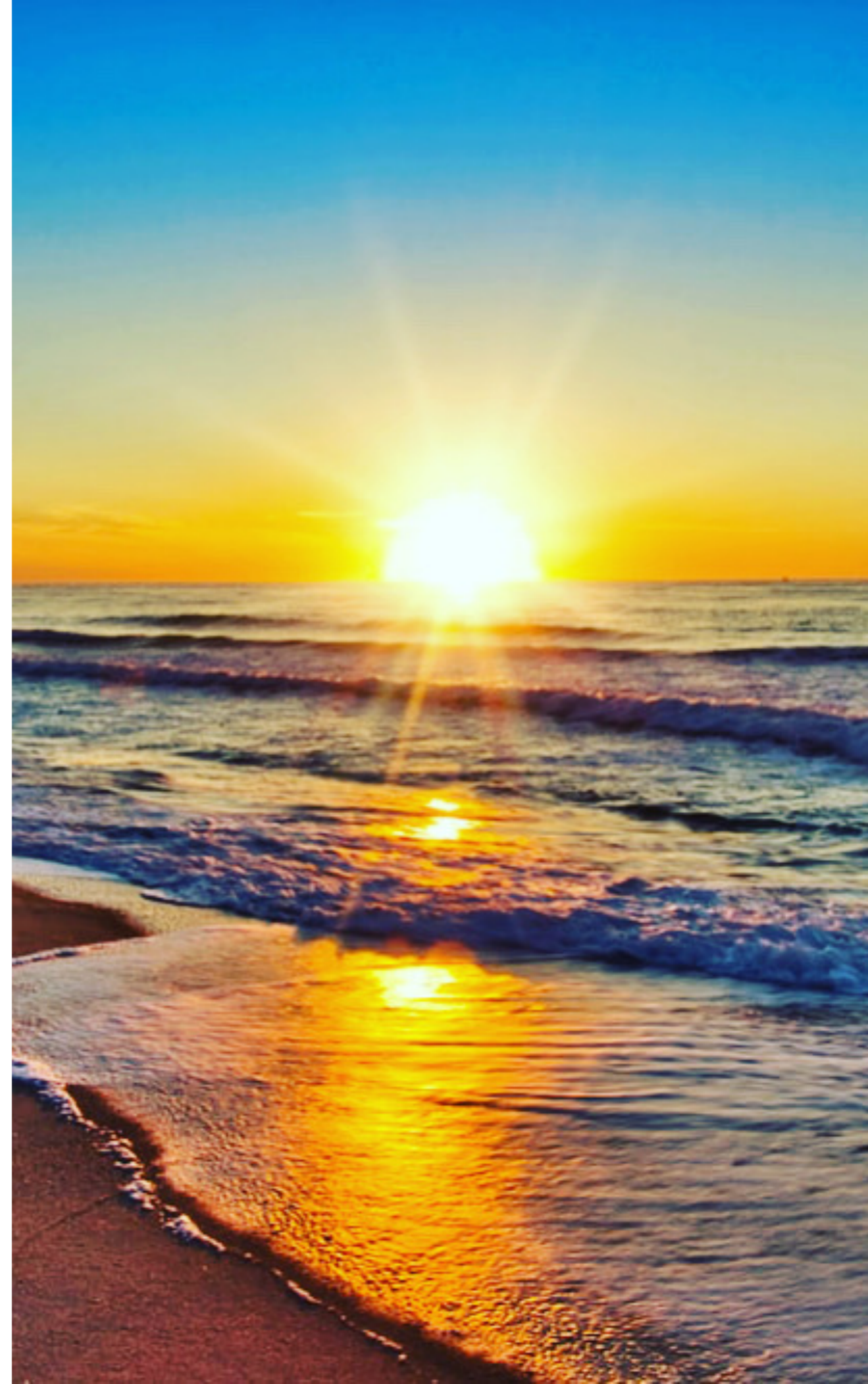
Like dopamine, serotonin is a neurochemical crucial for brain, gut and emotional health. One main role serotonin plays involves communication and regulation of the gut-brain axis.

The gut and brain communicate with one another by way of the vagus nerve. The vagus nerve is like the telephone wire between the gut and the brain relaying information between the two. This is why, when serotonin levels are low, you often experience disharmony in the gut as well as the brain.

Constipation or irregular bowel is a main side effect of low serotonin levels as is brain fog, moodiness, fatigue, depression and even psychiatric disorders. Additionally, I often find the Epstein Barr virus (EBV) goes hand-in-hand with low serotonin levels. The science clearly shows a strong link between low UV light exposure and increased susceptibility to viral infection.

Serotonin also plays a major role in peristalsis - the micro movements in your gut that propels your food down the track. Constipation is often a result of low dopamine and low serotonin levels (as well as past reliance on suppressive therapies) as these two neurotransmitters are key players in peristalsis. Healthy peristaltic function is what allows you to have stellar BM's each day (Woo Hoo!).

Engaging in *The Sunlight Rx* will help to access root causes of constipation, brain and mood disorders, stubborn health conditions as well as improved overall digestive health.



# Melatonin: The Ultimate Panacea

There are over 165 documented diseases (including colitis, tuberculosis, lupus, rheumatoid arthritis, arteriosclerosis, herpes, eczema, acne) that have been healed using UV-A light. And, much of this credit must go to the powerhouse molecule of them all, melatonin.

Most people think of melatonin as the nighttime hormone. While melatonin is released 3-4 hours after dark from your pineal gland, you recycle and replenish your melatonin stores in UV-A light!

The molecular structure of melatonin is composed of a benzene ring (tryptophan→melatonin). Any molecule containing a benzene ring configuration is designed to absorb UV light. So, guess what? The more UV-A light you get, the more melatonin you make!

Why is this a vital aspect to health?

Melatonin has several key health-regulating roles including: autophagy, mitophagy and apoptosis. If you're a cancer patient or have a history of cancer, or if you struggle with chronic fatigue or insomnia, this should be music to your ears! Melatonin recycling via *The Sunlight Rx* = free medicine that carries only beneficial side effects.

Autophagy is a process that renews your cells. And, those who have cancer, insomnia and/or chronic fatigue struggle with autophagy protein repair and recycling - a task made possible by solar-induced melatonin production. When your cells cannot be renewed, you live off of old, broken, worn-out proteins - - a main contributing cause of cancer, cancer reoccurrence and advanced chronic diseases.

Yet, here's some more great news for cancer patients and those looking to prevent the disease...

Cancer occurs when the mitochondria become impaired - they can no longer produce energy, oxygen and structured water - a pillar to optimal health. When the mitochondria become damaged and dysfunctional, DNA then become broken and impaired as well. The good news is, your mitochondria and DNA can be repaired - you do not have to live with these issues!

Studies show that DNA and mitochondrial repair occurs when exposed to UV-A light on a regular basis. And, UV-A light extends the life span of cells up to 50%!

Melatonin is also the key circadian regulating hormone in your body. When melatonin levels are adequate, you sleep well, your cells regenerate and renew themselves, your detox capabilities improve and energy levels improve.

Keep in mind, the key to improving your melatonin levels from a long-term perspective, is not found in a pill or UV-A light alone, but depends largely on first pre-programming your cells with red light from sunrise light.

## Step 3

# UV-B LIGHT

**Time: 11am-3pm**

**Predominant Light Present: UV-B, violet light; storage vitamin D synthesis; blood sugar regulation; metabolic health**

### SUNLIGHT RX PRACTICE TIP

**Pre-conditioning your skin with red light present at sunrise is key to preventing sunburn in UV-B afternoon light.**

Government and medical establishments the world over have declared for decades that UV-B light is dangerous, cancer causing and thereby should be avoided at all cost. Skin cancer rates, including non-melanoma skin cancers and skin pigmentation diseases, such as vitiligo, have all been blamed on excessive UV-B light exposure. When in reality, the opposite is true. These issues are in part due to **a lack** of UV-B light, not an overdose. While our ancient ancestors lived primarily outdoors in sunlight, the majority of people today spend over 90% of their time indoors. History clearly shows that our ancient ancestors were free of skin cancer issues while modern people struggle immensely (which could also be due to excessive and unnecessary testing for skin cancers). The more technologically advanced the world becomes, the less people go outside and the more their face and skin are exposed to artificial light through a screen and LED lighting and the less these surfaces are exposed to sunlight. Yet, skin cancer rates are increasing, not decreasing. Simply by using commonsense, it's pretty easy to conclude that our increased rates of skin cancer are due to the following: a) excessive artificial light b) sunlight deficiency (there is solid research to back these commonsense claims in the *References* section).

I always encourage people to question the message that's being portrayed to the masses, including the proclaimed dangers concerning UV-B sunlight, for one simple reason: the powers at be are trained to use a tunnel vision approach to keep you dependent on their system. By 2028, it's projected that the skin cancer diagnostics market will net \$5.4 billion annually. This number doesn't include the additional \$14.5 billion that the USA medical system alone banks from skin cancer treatment. Such hefty amounts of cash made by the industry should cause you to question their words of wisdom around sunlight exposure. Additionally, anytime someone blames nature for a disease, something that nature isn't capable of achieving, you should be very skeptical. Only man and man's manipulation of nature can harbor disease.

Technically, skin cancer shouldn't be considered cancer because squamous and basal cell "carcinomas" (especially on the face) are incapable of metastasizing. Cancer, by definition, has the ability to metastasize and invade other tissues, cells and organs. Skin cancers, particularly of the face, are not capable of metastasis. However, everyone on the planet has been trained to enter an anxiety-panic state simply upon hearing the word *cancer*. Like Pavlov's dog, when stepping outside of our homes into the great outdoors, sunglasses quickly cover our eyes and sunscreen is slathered over our skin. And, these practices make us more sick, less healthy and they block the light that our body depends on for multiple physiological functions.

# UV LIGHT & LIFE EXPECTANCY

Malignant melanoma, in comparison to other skin cancers, is a type of skin cancer that people more commonly can lose their life to. While your dermatologist or medical doctor will blame melanoma on excessive sunlight exposure, likely shaming you and making you feel bad for spending time outside in nature and in sunlight, studies actually show that **the people most susceptible to malignant melanoma are those who spend less time, not more time, outside in sunlight.**

Roughly 8,000 people die of melanoma each year. While this number is exceptionally low in comparison to other causes of death (non-skin cancers 600,000/year US; heart disease 800,000/year US; car accidents 46,000/year US, drug overdose 100,000/year US; **medication error 9,000/US**), it is always recommended to take measures to prevent chronic diseases such as, malignant melanoma. Hands-down, melanoma prevention involves spending more time in sunlight and less time indoors. Studies show that

those with melanoma more frequently work indoor jobs [in an environment inundated with artificial light] and, when these individuals actually go outside, they typically burn easily [because they've failed to precondition their skin with AM sunlight].

In addition to malignant melanoma, the top 10 causes of death are all linked to a lack of sunlight exposure.

When looking at the cold, hard facts (and when reflecting on the health of our ancient ancestors who spent hours of "unprotected" time each day in sunlight) the verdict is out: **the more sun you get, the less likely you are to die prematurely or of a chronic disease.** The key to reaping the health benefits of sunlight is contained in AM sunlight. The more time you spend watching the sunrise and preconditioning your skin with red light, the more UV-B light your surfaces will be able to receive later in the day. This is vital as UV-B light has incredibly, supportive effects on multiple aspects of your health.



# VITAMIN D FACT CHECK

There are many different forms of vitamin D synthesized by the human body. However, not all forms of vitamin D are sunlight dependent. 25(OH)D (storage form vitamin D) is sunlight dependent and relies on UV-B light exposure for its production. You cannot make 25(OH)D in any other light frequency. Many people are under the misconception that simply by going outside, they'll make vitamin D. This is inaccurate. You will only make 25(OH)D in UV-B light. Additionally, UV-B light has many other supportive effects on physiology including: blood sugar regulation, improved glucose metabolism, improved detoxification in the liver, blood pressure regulation, ATP energy production, improved energy levels and decreased risk of cataracts and macular degeneration.

The government and medical professionals burry this part of the UV-B light story, however. When in reality UV-B light has the ability to play an effective preventative role in chronic disease (especially when you first pre-condition your skin with AM and UV-A

sunlight before entering UV-B light - this is particularly true for those on the lower end of the Fitzpatrick scale).

For the past decade medical professionals, both allopathic and natural, have been recommending vitamin D supplementation to their patients. In my homeopathic practice, I make a strong point to get people off of supplements, including supplemental vitamin D. With regard to vitamin D supplementation I am particularly adamant about removing this in those suffering from autoimmunity, co-infections, Lyme, EBV (Epstein Barr virus), cancer, bone diseases, thyroid disorders and other chronic health issues.

When it comes to health, vitamin D supplementation creates far more problems, specifically regarding the above conditions, than good. I have posted a well researched podcast I recorded, in *The Resource Library*, that deep dives into scientific detail as to why vitamin D supplementation is not only a bad idea, but is actually dangerous.



## Benefits of UV-B Light

Almost 100% of my clients have physical and/or emotional imbalances related to a deficiency in UV sunlight. And, once they learn and commit to *The Sunlight Rx*, they see HUGE improvements in their health. Here are some of the amazing benefits of UV-B Light.

### Cholesterol Sulfate + Vitamin D Production

Cholesterol sulfate is a molecule found on the skin. When it's protective against sunburns - especially when the skin is preprogrammed with red light from sunrise. Cholesterol sulfate allows you to turn sunlight into vitamin D! We know that the higher your vitamin D levels are from sunlight (not a pill), the less prone you are to every single chronic disease today.

Vitamin D should more accurately be referred to as a hormone as it plays many important roles in hormonal health. For example, vitamin D is a precursor to T-3 thyroid hormone production - this is why those struggling with thyroid disorders also tend to suffer from vitamin D deficiency.

With regard to cancer, the #1 self-care suggestion I give my clients with cancer is to practice *The Sunlight Rx* everyday with their chest and abdomen exposed to the sun. There are extremely strong links between cancer and low vitamin D levels making *The Sunlight Rx* nature's antidote to breast cancer - and all cancers!

### UV Light Lowers Blood Pressure

UV Light is highly effective at lowering blood pressure. This is due to the ability of UV light to deplete glucose from the liver (chronic high

blood pressure can be traced back to blood sugar instabilities 100% of the time). When UV light hits your skin, it stimulates the release of NO (nitric oxide); NO is how we're naturally designed to keep our blood pressure levels stable.

Additionally, UV-B light increases Vitamin D3 production in the skin and blood plasma. This stimulates the inhibition of renin activity in the kidney which allows for healthy blood pressure levels. Remember, these effects are lost if you are wearing clothes, sunscreen, lotions or sunglasses.

### Constipation & Gut Autoimmunity

All digestive issues have 2 commonalities: 1) Long standing history of suppressive therapies (such as antibiotics) 2) Inadequate sunlight exposure. The majority of your immune system is located in your gut and along your skin. The gut is lined with immune cells (including B & T cells) which play major roles in immunity and health. We destroy these cells with the use of antibiotics and Rx drugs. Additionally, the skin contains the largest collection of B & T cells - sunlight is the *food* that activates your B & T cells. We wreck additional havoc on our surface (skin) immune system with the use of sunscreen, chemical lotions and lack of sunlight exposure. When sunlight hits your skin, B & T cells are activated on your skin and when sunlight hits your eyes, the immune cells are activated in your gut (think gut-brain-axis). Improving UV-B exposure via *The Sunlight Rx* significantly decreases common digestive flare-up symptoms such as diarrhea, cramping, constipation, blood in the stool, IBS symptoms, leaky gut and multiple co-infections as well as the need for digestive-related surgical procedures. Such conditions however often need homeopathic care to make a full recovery.



## **Benefits of UV-B Sunlight Exposure to the Skin**

- Cholecalciferol (pre-vitamin D production)
- CYP11A1 activation; this one of the body's main hormone pathways that specifically influence the production of pregnenolone and vitamin D hormones
- Lumisterol L3 Production; L3 is a photo-induced sterol that acts as a natural sunscreen, anti-cancer agent, anti-inflammatory agent, immune-supportive molecule, repairs damaged DNA and scavenges detrimental free radicals

## More Benefits of UV Light

### Weight Loss

Many studies continue to demonstrate the connection between non-native—blue light and weight gain and obesity. While artificial light is one primary cause of weight issues, improving UV light exposure via *The Sunlight Rx* is an incredible way to rectify root causes of obesity and overweight conditions. UV light improves the efficiency of the heart, speeds metabolism, improves thyroid function, normalizes blood pressure and allows you to burn more calories - all major concerns for those struggling with their weight.

### Psoriasis

Over 3 million people in the US alone struggle with Psoriasis - an uncomfortable skin condition that produces itchy dry patches on the skin. Psoriasis goes hand-in-hand with a compromised immune system; both stem from a long history of suppressive therapies (antibiotics, Rx medications, vaccinations), compromised hormones and a sunlight deficiency. Those with psoriasis tend to experience exacerbated symptoms during winter months when the angle of sunlight drops out of UV-B range. As the sun angle lowers, UV-B light gradually becomes absent providing longer hours of darkness. UV-B light has shown to improve symptoms of psoriasis in over 80% of those struggling with this uncomfortable skin condition.

### Lung Diseases & Asthma

Before the discovery of penicillin, sun therapy (AKA heliotherapy) was a highly effective and popular treatment for tuberculosis, asthma and was even utilized to improve compromised lung health in miners. When UV light hits the skin and enters the bloodstream, it has shown to successfully remove particles, dust and pathogens from the lungs - a common occurrence in miner workers, chimney sweepers and construction workers. Many studies have also shown those struggling with asthma breathe much more deeply and efficiently after UV sunlight therapy.

### Improved Estrogen Metabolism

Estrogen metabolism, often compromised in those with breast cancer and PCOS (polycystic ovarian syndrome), is rapidly and effectively improved with UV-B light. Unlike Tamoxifen, a common estrogen blocking drug prescribed by western doctors to those with breast cancer, improving UV-B light exposure rectifies one root cause of estrogen metabolism by supporting natural hormone production. Other root causes of hormone imbalances include birth control use, cortisone, cortisone creams, steroid medications and creams all of which I use homeopathic medicine combined with *The Sunlight Rx* to restore hormone health.

Additionally, improper timing release of cortisol and melatonin are common in those with breast cancer. Committing to your Sunlight Rx practice is an incredibly invaluable, efficient and affordable way to boost melatonin levels, cortisol release, hormone health, circadian biology - all vital and necessary measures to overcoming cancer.

# UV INDEX: THE KEY TO OPTIMIZING UV-B LIGHT

Despite your geographical location, sunlight varies throughout the year. The biggest variation in sunlight revolves around UV-B light availability. Outside of the tropics, UV-B light varies drastically throughout the year.

During the late spring-early fall months UV-B light is strong. However, UV-B light is completely absent from the sky during the winter months (there are some exceptions to this such as living at high altitude and living in the tropics).

There's a foolproof way to detect if UV-B light is available in your area known as, the UV index (UV-I). When the UV-I is 5 or greater, this confirms UV-B availability. When the UV-I is below 5, this indicates the absence of UV-B light. The higher the UV-I, the stronger the UV-B rays. You will notice that during summer months the UV-I can climb to 10 or higher depending on your geographical location.

Knowing the UV-I is foundational not only to your sunlight rx practice and

also determines: dietary choices, local food availability, sleep wake cycles and hormone release patterns. All of which should vary throughout the year as sunlight availability shifts. I go into great detail about the importance of this seasonal transition and how it influences your dietary choices in, [\*The Sunlight Diet\*](#).

With regard to *The Sunlight Rx*, when UV-B light is absent from the sky, *The Sunlight Rx Step 3: UV-B Light* isn't possible. If/when this happens in your geographical region, it is of course still recommended to get sunlight exposure. However, you will simply omit Step 3 of *The Sunlight Rx* and focus on Steps 1, 2 and 4.

There are a few great resources for tracking the UV-I in your area: the farmers almanac, D Minder app and the SunSense app, to name a few. I personally find the D Minder app the most helpful.



## Step 4

# SUNSET

**Time 6pm-Sunset**

**Predominant light present:**

**Red Light**

### **Sunlight Rx Practice Tip:**

**By accessing the D-Minder App, you can determine when UV light begins to disappear for the day. When UV light disappears, this is your time to soak up the benefits of sunset light.**

Sunlight is your body's time keeper. When you live in harmony with the natural light environment, you will be healthier and much less prone to diseases of aging because your circadian clock system will function flawlessly.

Watching the sunset is an incredible way to support your circadian biology. Every time you watch the sunset, it's like hitting the reset button on your physiology. Sunset light, predominant in red light, synchronizes your circadian biology with the natural rhythms of nature and prepares your hormones for repair and regeneration tasks.

3-4 hours after dark - assuming you're not exposed to artificial light after dark - melatonin begins to be released from your pineal gland. This prepares your body for rest, regeneration and healing - via mitophagy, autophagy and apoptosis - all made possible by melatonin. Watching the sunset allows your body to turn on the melatonin switch so your body can heal and repair as you sleep.

Cortisol and melatonin work together in an inverse relationship. When cortisol is high, as you're in AM sunlight and increasingly throughout your day, melatonin levels are lowest.

Oppositely, when melatonin levels are highest throughout the night, cortisol is at its lowest. This is the natural hormone cycle that allows for hundreds-to-thousands of physiological processes to occur in synchronized fashion. When this single relationship between melatonin and cortisol is disrupted, which occurs from a sunlight deficiency, excessive manmade EMF exposure and turning artificial light on after sunset, cancer, hormonal imbalances, infertility and other chronic diseases quickly follow.

Like Step 1: Sunrise, Step 4: Sunset also contains a big dose of red light. This is incredibly healing to your mitochondria. However, sunset should never be replaced with sunrise. This is because watching the sunrise allows you to align your circadian biology with daytime energies that drive intracellular communication, hormone release and metabolic signaling. Watching the sun rise also signals your physiology to 'flip the switch' from melatonin-to-cortisol release allowing you to have vibrant energy and stamina throughout the day as well as deep, regenerative and restful sleep during the night.

# HEALTH: IT'S ALL ABOUT LIGHT

We tend to think of our modern ills in terms of nutrient, diet and exercise issues (while these factors can be related to our health struggles, they are not the only causes of our modern disease struggles). "If I just exercise more or if I just tweak my diet more and commit to eating clean, then I'll have the health I desire." This is the typical thought process we've adopted around improving our health.

However, if we look at illness from an even deeper place - from an atomic and subatomic level - it becomes clear that all chronic and infectious diseases can be traced back to a deficiency in sunlight [and excessive reliance on suppressive therapies]. The health of your mitochondria is a key determining factor of your overall health including, how well you age. The good news for all you Sunlight Rx'ers, looking to prevent and overcome root causes of your health struggles, is that your mitochondrial function is largely dependent on the sunlight exposure you obtain throughout your day.

In order to rectify root causes of our modern diseases, we must learn how to utilize the healing powers contained in sunlight, as our ancestors inherently knew, in order to improve mitochondrial health and enhance longevity.

I created *The Sunlight Rx* to help people improve their health using nature's most potent, affordable and effective form of medicine, sunlight.

Committing to *The Sunlight Rx* will change your life, your health and will help you reconnect with nature and your body in very healing ways. Enjoy your Sunlight Rx practice and I look forward to hearing about your health and wellness breakthroughs as you embark upon this journey.

For the love of light,

Heathar





# ABOUT HEATHAR

Heathar is a classical homeopathic practitioner, author and homesteader. For the past 15 years, she has been leading people to optimal health using [classical homeopathy](#), [The Sunlight Diet](#) and [The Sunlight Rx](#).

Her approach to healing is natural and undoubtably effective. Her healing protocols accessible and attainable emphasizing removing root causes of illness, a reconnection with the nature and eating foods of the earth.

Heathar's approach to healing and food will make you feel vibrant and wild. Whether you work 1-on-1 with Heathar, practice The Sunlight Diet or indulge in her weekly Primal Pioneer podcast, your health, food choices and way of life will improve for the better.

Heathar has a BA in science, a degree in nutrition & biology, masters in acupuncture and Chinese medicine and a masters in classical homeopathy. You can study classical homeopathy, nutrition and healing with Heathar by visiting [www.studyclassicalhomeopathy.com](http://www.studyclassicalhomeopathy.com)

You can learn more about Heathar, including her classical homeopathy practice and The Sunlight Diet, by visiting her at [www.heatharshepard.com](http://www.heatharshepard.com).

Heathar also has a weekly podcast, [The Primal Pioneer](#), that you can tune into wherever you listen to your favorite podcasts.



# THE SUNLIGHT RX

## RESOURCE LIBRARY

**Red Light Therapy Device** Use the code sunlightrx at checkout to receive a discount on your purchase

If you are new to the world of photobiomodulation & mitochondrial health, I highly recommend [contacting me](#) - or a trained mitochondrial expert - to schedule a consultation regarding your photobiomodulation practice. This way, you can individually tailor your red light practice to your mitochondrial needs.

**Blue Blocking Glasses** Use the code sunlightrx at checkout to receive a discount on your purchase. I suggest wearing the Night Prowler orange lenses during the day when on a device/screen and the red lenses after sunset.

**The Sunlight Diet:** A diet created by nature proven for generations to prevent chronic disease

**Homeopathic Medicine:** [Book a homeopathic session with Heathar](#)

**The Primal Pioneer Podcast**

**The Vitamin D Autoimmune Connection (dangers and concerns with vitamin D supplementation)**

**Quantum Biology Collective: Deep Dive: What we get wrong about vitamin D with Jim Stephenson**

### BOOKS

Light, Medicine of the Future by Jacob Liberman, O.D., Ph.D

Health & Light By John N. Ott

The Influence of Ocular Light Perception on Metabolism in Man & in Animal by F. Hollwich

Embrace the Sun By Marc B Sorenson

Light in Shaping Life: Biophotons in biology and medicine by Roeland van Wijk

Mitochondria by Douglas C. Wallace & Richard J. Youle

# NOTES

## Page 2

Benefits of Sunlight: A Bright Spot for Human Health: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2290997/>

Sunscreen reduces vitamin D levels: <https://www.sciencedaily.com/releases/2017/05/170501102258.htm>

## Page 3

Sunglasses increase cancer risk and diminish health: <https://amzn.to/2KMNRG9>

Sunscreen use doesn't protect against melanomas: <https://www.sciencedirect.com/science/article/pii/S0027510794903107>

## Page 4

Solariums & Heliotherapy & antibiotics: <https://tanla.la/heliotherapy/>

## Page 5

For information regarding mitochondrial function and its central role in human health and healing, please review the work of Dr Doug Wallace

Sunlight more effective than vitamin D supplement: <https://academic.oup.com/ajcn/article/105/5/1031/4569875>

IR-A light for improved mitochondrial health & energy levels:

Tiina Karu Red Light/Photobiomodulation Expert: <https://www.youtube.com/watch?v=VoTvySabiHc>

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