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used for treatment of osteoporosis.

In Australia, young children are developing rickets due to lack of vitamin D. This is a tragedy, as these kids grow up with a bone structure that is permanently compromised. They are short in stature and have bow legs.

Another case, is that of one 32-year-old marathon runner who broke her femur (thigh bone) while running a marathon and fell down. She had been applying sunscreen to every exposed piece of her skin since her teenage years. She did this to prevent skin cancer developing, as her mother had been diagnosed with carcinoma of the skin when the patient was in her teens. Developing a fracture due to vitamin D deficiency is, however, a rare occurrence - but it does illustrate the importance of checking your vitamin D status.

The Sun Bath

It may be prudent to expose your whole skin (without sunscreen) for very short periods of time (about 10 minutes only), for around 2-3 times per week. This is equivalent to taking a sun "bath". It may be necessary to protect your most vulnerable areas of skin though, like the face and back of the hands against the sun. However, individuals need to first overcome their fear of the sun.

Open any medical textbook and you will see that 80% of melanomas (potentially the most aggressive form of skin cancer)

develop on the sun protected areas of the skin - and only 20% develop on the sun exposed areas.

Yet it's quite a different matter altogether when you look at the distribution of the carcinomas of the skin. There, the sun exposed areas are very vulnerable in developing skin cancer.

Remember that no sunscreen has been tested to be applied to the whole body for weeks at a time from a very young age!

We may have to re-think our attitude to sun exposure...

I am NOT advocating going back to tanning our skins, as was fashionable just two decades ago. Sunburn and overexposure will damage your DNA!

Do not forget that when we look at our aged skins, by the time we are in our seventies or eighties, 80% of the damage that we see (the wrinkles, the spots, the skin cancers, the uneven skin tone, and the redness) is caused by the sun. Only 20 % of ageing of the skin is due to the passage of time.

The sun is in a way, like oxygen: without it, we die quickly; with it, we die slowly... over eighty years! ☹️



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4

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