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Spend 10 minutes in the sun for a healthier you



BENEFITS OF SOAKING UP SOME SUN:

- Improves bone health
- Helps strengthen your immune system
- Prevents cancer
- Helps reduce fat
- Helps heal minor hormonal problems

the sun for five-ten minutes in the morning. In the long run, soaking some morning sun lowers the chances of osteopenia as well," says dermatologist Dr Sama Rais.

"I was suffering from severe hormonal problems, which caused irregular menstruation, acne and hair-loss. My doctor said one of the reasons for my health condition is an acute deficiency of Vitamin D," adds Nadar.

Another dermatologist Dr. Geeta Oberoi says sunlight can benefit the body in not one, but many ways. "I generally ask my patients to expose the lower part of their body to the morning sun. Soaking sun from head to toe is not really necessary. People suffering from vitiligo and white patches can benefit from sitting under the sun by inducing some pigmentation around the area," she says.

MYTH BUSTED

Not many realise that it's only the early morning sun — that is, from 7 am to 9 am — that helps generate Vitamin D. After 10 am, exposure to sunlight is harmful for the body.

Hair loss, proximal muscle pain and aching joints and bones are some of its major symptoms. We advise such patients to sit under

Srishti.Shinde@timesgroup.com

Last week, when I went to my doctor for a check-up, he advised me to sit under the early morning sun for 10 minutes," says Preeti Nadar, an accountant. These days, 'sitting under the morning sun' has become a common health advice. Here's why:

The precursors of Vitamin D — that is, molecules that produce the vitamin — present in your skin are activated by the sun; so soaking some morning sun is a good idea, health-wise.

"Weak bones, lack of calcium and various skin and hair issues are triggered by Vitamin D deficiency. Lately, the problem has reached epidemic proportions.