

# 10 GOOD REASONS FOR ENJOYING THE SUN

- SUNLIGHT HELPS YOU LOSE WEIGHT
- THE UVB PART FORMS VITAMIN D
- SUNLIGHT NORMALIZES BLOOD PRESSURE
- BLOOD SUGAR LEVEL IS REGULATED BY SUNLIGHT
- THE BLUE LIGHT HAS AN ACTIVATING EFFECT
- SUNLIGHT IMPROVES OUR MOOD
- A SHORT TANNING SESSION REDUCES STRESS
- SUNLIGHT TRAINS THE SKIN
- SUNLIGHT INCREASES PERFORMANCE
- THE BLUE LIGHT MAKES US FEEL AWAKE

Source: Dr. med. Alexander Wunsch.

Book Tip: „Die Kraft des Lichts“ from Dr. med. Alexander Wunsch.



TIP: THE RIGHT DOSE IS IMPORTANT!  
HERE YOU WILL RECEIVE EXPERT ADVICE.

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