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Healthy Sun takes us through the real facts about the sun, using peer-reviewed research and the latest science. In Healthy Sun, we find the history of ancient sun therapies combined with the science of solar radiation and solar storms. Here we also find the latest medical research on skin cancer, and the newest information on maintaining sufficient vitamin D. Healthy Sun goes deeper, revealing some of the sun's more mysterious effects, including biomagnetism, light, color and rhythmicity.

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~~Healing Sunshine~~

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