

Understanding Your Body's Largest Organ

by Denie Hiestand

For more than 30 years we have been told by governments and publicity machines to keep our skin out of the sun.

Of course, this propaganda was driven by the manufacturers of the pharmaceutical chemicals and thus the medical industry which profited from the resulting disease chaos. We were told the sun damages our skin and causes cancer, yet never before in human history, have we applied so many sun-blocking and other skin creams that deaden the biological life of our skin.

In the past five decades more people in the Western world have moved from an outdoor rural life to an indoor urban life – resulting in the lowest levels of sun exposure ever in human history. Hasn't anybody ever thought it strange that with this reduction in sun exposure, increased use of sunblock, anti-wrinkle cream and anti-aging lotions, that we have the highest level of skin problems and cancers in human history? ⇒

SKIN

Why hasn't anybody figured out that as we reduce our skin's sun exposure our diseases have increased? So the question must be asked, is the sun the problem on our skin?

Let's have another biology lesson shall we? Our skin is the body's largest organ. It is a biologically alive farm – well it's meant to be – home to many bacteria, enzymes and other compounds that actually convert sunlight into our biological life. We have evolved for three billion years in the sun. To think that God got it wrong and to think we should be screened from the sun at all times, is stupidity personified. In fact, the skin needs full spectrum sunlight to produce the bio-active form of vitamin D which is scientifically referred to as 1,25D. This bio-active form of vitamin D is completely generated by the skin cells' exposure to sunlight. There are at least 1000 different genes regulated by 1,25D including several involved in the body's calcium production necessary for bone formation.

Since the 1980s, a large amount of scientific evidence has shown vitamin D's protective ability against cancer. Many studies have shown a strong inverse relation between exposure to sunlight and the incidence of cancers. In fact, the correct amount of bio-available vitamin D (1,25D as produced by the skin), reduced tumour growth by 80 per cent. These results have also been obtained in breast and prostate cancers.

When we realise that most female cancers are centred in areas of the body that seldom get exposure to direct sunlight, e.g. the breasts and reproductive organs. Perhaps to fortify the body to protect it against cancer, every woman should sunbathe topless as full spectrum sunlight has been shown to have a dramatic positive effect in reducing the incidence of cancers.

When we apply sunscreen and skin creams that contain non-biological chemical compounds, we destroy the ability of the skin to manufacture bio-available 1,25D (vitamin D). In fact, vitamin D should really be renamed a hormone due to its effect on every cell in the body. Without adequate levels of vitamin D circulating through the bloodstream, the body cannot synthesise calcium for bones, we decrease our immune response, the body cannot utilise the cholesterol and chronic progressive illnesses such as multiple sclerosis significantly increase.

In fact, when we put on our sunblocks and other skin creams that destroy the bio-aliveness of the skin, we reduce the body's ability to produce vitamin D by more than 98 per cent.

It is a scientific fact that to get enough vitamin D synthesised in the body for good health, the skin needs to have enough exposure to direct sunlight to produce a slight pinkness.



The only evidence of DNA damage is from severe sunburn that would result in extreme blistering, so how can anybody ever say that normal exposure to sunlight is unhealthy. The evidence was extracted from an experiment where they took a human cell out of the body and in a laboratory environment, radiated it with only UV radiation. This severe UV radiation, outside of the body's natural parameters, showed a possibility of DNA damage. This is hardly "normal" human sun exposure. So therefore, once again, research has been twisted to the benefit of the sun-screen manufacturers and in no way represents the effects of natural sun exposure. The stupidity of what we have been told and its dramatically scientifically proven increase in diseases as a result of vitamin D deficiency has been one of the biggest propaganda coups pertaining to ill-health, in many years.

A white-skinned woman exposed to full body summer sun generates about 10,000 IU's (International Units) of vitamin D in approximately 30 minutes. You cannot overexpose and generate toxic amounts of vitamin D in the body through sun exposure because UVB light also degrades the vitamin preventing too much of it building up in the skin. In other words, it is a self-regulatory process.

Accumulating scientific evidence suggests even slight vitamin D deficiency may manifest later in life in the form of increased frequency of bone fractures and enhanced susceptibility to infection and auto-immune diseases as well as dramatically elevated occurrences of cancers. Therefore, research supports my hypothesis that

the sun doesn't cause cancer, but in fact adequate levels of exposure to the sun actually reduces the risk of cancer.

It was Florence Nightingale who showed us the incredible effects of pathological disease reductions, even in something as infectious as tuberculosis which was brought under control with exposure to sunlight. The reason for our repeated winter flu problems is as a result of a drop of vitamin D in our bodies, due to the reduction in the sun on our skin.

Everything we do to our skin that limits the bio-activity of the body's biggest and most amazing life-giving organ seriously affects our ability to be healthy in every which way. To see young mothers wheeling their newborn babies around in prams and these high-tech three-wheeler cross-country machines, with covers over them so that no sun is touching their beautiful babies, may be setting them up for a life time of impaired immune function and a dramatic increased risk for future cancer due to the lack of sun exposure on their skin. In my mother's day, every nursing home had a sun room where the mothers and babies sat for hours sunning themselves. The mothers recovered very quickly from birth and the babies were incredibly healthy and boisterous. In this day and age, the opposite in every way takes place – mothers and their children avoid the sun. The mothers are tired, emotionally distraught and the kids are pasty-skinned and sickly.

No, God did not get it wrong, our skin, our wonderful beautiful interface with the rest of the world, needs the sun for our biological health. The equation is, we need 30 minutes of sun each day, in the fullness of summer on 90 per cent of our skin's surface to maintain the vitamin D's life-giving processes that affect every cell in our body.

Technically, during the New Zealand winter, we cannot get enough sun, so we need to take advantage of every possible minute we can get. Putting on sunscreen and other compounds that contain non life-giving toxic chemicals that stop the skin's ability to create the biological life that is us, is as I have said many times, stupidity personified.

Philip Liu and Robert Modlin of the University of California, Los Angeles, advanced this line of thinking last year and stated that a decrease in 1,25D (bio-active vitamin D), substantially decreased the immune cells' response to a variety of bacteria and increased susceptibility to all bacterial infections. In other words, grandma was right – get out in the sun if you want to be healthy.



An impressive body of research shows that vitamin D functions by influencing immune cell interactions and there is direct evidence of vitamin D's natural role in preventing inflammation normally associated with wounds and chemical irritants. The skin is the only organ of the body that totally converts the hormone-like 25D into 1,25D which is the bio-active form of vitamin D. Vitamin D is also available from some foods including milk and eggs.

Members of the vitamin D research community are therefore coming to a widespread consensus that substantial numbers of people in temperate zones of the world have levels of vitamin D well below optimal levels for health. Darker skinned people require six times as much exposure to sun on their skin, than do white-skinned people.

So if you want to be healthy, don't put anything on your skin that slows down or stops its bio-active function, don't put anything on your skin that contains chemical compounds, and don't ever use a sunblock. In other words, allow your skin to safely absorb as much sunlight as possible, over as big an area of skin as possible, on a daily basis, without burning yourself to blisters. Only use a skin moisturiser that is bio-available and biologically alive that feeds and nourishes the skin cells to keep them healthy and alive so that they can carry out the most important job in the entire body – the conversion of vitamin D to produce the disease and cancer fighting compounds needed to maintain health in the body. Research strongly implies that at the very least the general public would benefit substantially from greater awareness of the broad pathological benefits of vitamin D production from the sun on the skin.

Ref. Cell Defences and the Sunshine Vitamin by Luz E Tavera-Mendoza and John H White, Scientific America, November 2007. ✍

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Electric Body Healthy Skin Care co-founder Shelley Hiestand enjoyed sharing a few skin care secrets with wellknown celebrities at the Ebony Oscar event.

Music Diva Natalie Cole takes a closer look at the natural skin care product.

