

Sunrise on Maya Beach

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For much of my early life, I lived within walking distance of a beach. Absorbing the sunlight while walking in the sand along the seashore kept me fit and healthy throughout my youth.

After living away from a beach later in life, I realized I needed to return to the sea and sand to restore my fitness and well-being. An invitation to Belize led me to a Jadewind's cabana on Maya Beach in Placencia in June. Harnessing the benefits of Sunrise on Maya Beach was my plan.



Jadewinds Starfish & Macaw Cabanas, Maya Beach, Placencia, Belize, June 21, 2024, 5:39 AM

Arriving at dusk, I immediately noticed a sense of calm and the sound of the waves caressing the seashore. My cabana was only 50' from the water's edge, which would make it easy to get to the seashore at Sunrise.

Each morning, I woke up naturally (around 5:28 AM), just in time for Sunrise. While the Sun rose, I sat quietly, spiritually connected with the calm sea, and absorbed all the infrared frequencies. This spectacular display produced an immense sense of well-being and bliss.

Sunrise over a calm, pristine sea is one of Nature's most spectacular sights. Sunrise on Maya Beach is divine!



Sunrise on Maya Beach, Placencia, Belize, June 22, 2024, 5:26 AM



Sunrise on Maya Beach, Placencia, Belize, June 22, 2024, 5:29 AM

During the off-season and at that early hour, I had the beach all to myself.

As the Sun rose, I walked along the seashore, Earthing while the sand massaged my feet. The negative ions and sound of waves gently embracing the seashore were



heavenly.

Maya Beach, Placencia, Belize, June 22, 2024, 5:32 AM

The world's second-largest barrier reef is protective. So, even when the weather is windy and the water is choppy, it is still not too rough.

Storms in Placencia quickly come and go after a deluge of rain with a dramatic display of lightning and roaring thunder. This type of weather pattern is precisely how the weather behaves when not geoengineered.

Walking barefoot along the seashore has many benefits.

- Barefoot Grounding with the Earth helps to detox EMFs and other pollutants.
- Walking in the sand strengthens the heart and leg muscles.
- Negative (beneficial) ions, produced by the waves, help calm and balance the body.
- Sunshine vitamin (hormone) D is absorbed, strengthening the immune system, bones, teeth, heart, and many other body functions. Sunshine D is far superior to supplement D because it passes via the skin through the D pathways.

Sunlight provides about 50-90% of vitamin D via the skin. Twenty to forty minutes daily, with 40% of the skin exposed, is recommended to get enough vitamin D.

The Sun is the energetic center of the solar system and the border between Yin and Yang.

The human body is naturally synchronized with the rise and fall of the Sun each day. But not all sunlight is the same. The frequencies from the Sun are different during sunrise, early morning, midday, midafternoon, and sunset.

Viewing a sunrise produces a feeling of awe that has anti-inflammation effects on the body. Research from 2013 shows a sunrise experience produces the 'feel good' chemical serotonin. It also reduces stress and promotes a healthy Circadian rhythm.

Sunrise and early morning sunlight produce powerful IR-A (infrared) lightwave frequencies. Early morning IR-A lightwaves are potent for every aspect of health and well-being. Plus, they are low in UVB (ultraviolet) rays that tan or burn the skin. IR-A lightwaves nourish the skin and reduce the risk of sunburns as they prepare the skin for the next set of lightwaves that follow. Note: There is a difference between in-petri and non-petri testing results.

Sunlight is the fundamental component that all life originates, develops, heals, and evolves. Light waves are frequencies of electromagnetic radiation that directly stimulate the sense of sight. Most energy comes from light, which travels at approximately 671 million miles/1,080 million kilometers per hour, or 186,282 mi/299,792 km per second. Without sunlight, oxygen, and water, all life on Earth would cease to exist!

Light waves within the electromagnetic spectrum, from infrared to near-ultraviolet, are full-spectrum and include all light wavelengths used by plant and animal life. Sunlight is full-spectrum even though the solar spectral distribution reaching Earth changes with the time of day, latitude, and atmospheric conditions.

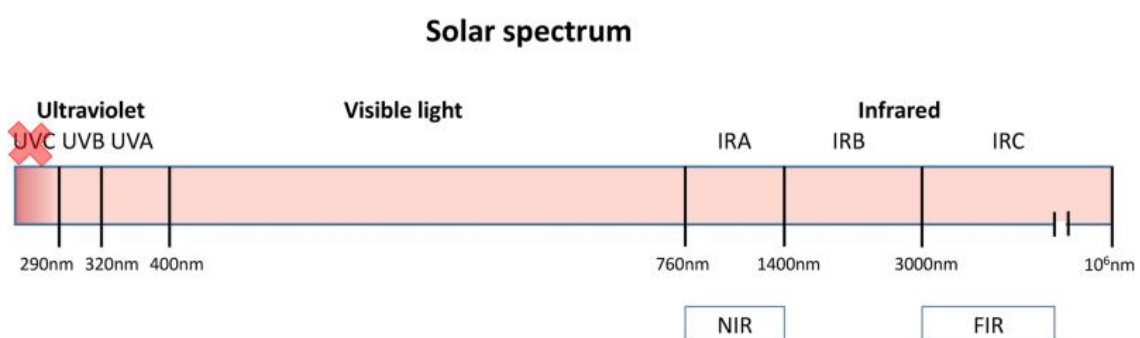


Figure 1. Solar spectrum composition. The red X over UVC means they are blocked by the ozone layer. (NIR: Near Infrared, FIR: Far infrared)

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The spectrum of solar radiation reaching the Earth ranges from 290 to more than 1,000,000 nm. It appears as 6.8% UV, 38.9% visible, and 54.3% near-infrared radiation (NIR) [1]. Infrared constitutes the waveband longer than 760 nm and up to 1 mm. It accounts for approximately 40% of the solar radiation reaching the ground at

sea level in three bands: IR-A (760–1400 nm), IR-B (1400–3000 nm), and IR-C (3000 nm – 1 mm) (See [Figure 1](#)). IR radiation can penetrate the epidermis, dermis, and subcutaneous tissue to differing extents depending on the exact wavelength range being studied. Exposure to IR is perceived as heat [2]

IR-A Light

Exposure to visible and IR-A light nourishes the skin depending on the right combination of wavelength, fluence, and irradiance. Produced by natural sunlight at certain times of the day, these favorable conditions may prepare the skin for the potentially damaging effects of the mid-day UVR. IR-A has a beneficial effect on collagen and UVR damage. Nature thinks of everything.

Lightwaves, the Eyes, and the Glands

The work of Albert Szent-Gyorgyi (Nobel Laureate and the discoverer of vitamin C) showed that light waves from the Sun, including ultraviolet (UV) rays, provide energy for plants to photosynthesize the substances necessary for growth. In the same way, light waves also provide energy and health for the proper functioning of biological systems in humans and animals.

The eyes are the entry points through which light has its profound effect on the regulations of human physiological and emotional functions, fertility, and the development of consciousness.

The *hypothalamus* receives light energy through the eyes and coordinates and regulates most of our life-sustaining functions. It also initiates and directs our reactions and adaptations to stress. The *hypothalamus* is composed of two zones and maintains harmony within the body. While one zone controls the *sympathetic nervous system* and stimulates hormone production, the other controls the *parasympathetic nervous system* and inhibits hormone production.

The *pineal gland* is the body's light meter. It receives light-activated information from the eyes via the *hypothalamus* in the brain and then sends hormonal messages throughout the body. The *pineal gland* is located between the two brain hemispheres and behind and above the *pituitary gland*. Even though the pineal gland is the size of a pea, its functions are vast.

BEWARE! Fluoride, added to many medications, water supplies, crop sprays (e.g., cryolite on grapes), and a poultry deboning process, hardens (calcifies) the *pineal gland* and disrupts its functions. In turn, this affects all other gland and hormone functions.

The *pituitary*, the master gland, is also stimulated by light. The *anterior pituitary* affects the *thyroid*, *adrenal cortex*, *testes*, *ovaries*, breasts, muscles, internal organs, and the growth of long bones. The *posterior pituitary* affects *mammary glands* and kidneys.

The health of these glands and the proper balance of light waves (without glasses) are the main factors in preventing hormonal imbalances, depression, infertility, various

types of cancers, and numerous other diseases.

Vitamin D is known as the 'Sunshine' vitamin because the body produces it during exposure to sunlight. Sunshine vitamin D is one of the best cancer preventives. Thus, all the slip, slop, slap, and cover-up from the Sun that many medical authorities have been promoting to prevent skin cancer are, ironically, contributing to it.

The benefits of sunshine vitamin D have been known for decades. Dr. Matthias Rath's E-Bulletin, September 14, 2007, <http://www.drathresearch.org/> reported that vitamin D cuts early death risks, reduces cancer risks, and boosts the immune system. LONDON (Reuters) - According to research published, people who have regular exposure to sunshine vitamin D have a significantly lower risk of dying earlier than those who do not. Philippe Autier of the International Agency for Cancer Research in France and Sara Gandini of the European Institute of Oncology in Milan, Italy, found that vitamin D lowered total mortality rates. Researchers doing a *meta-analysis* review of 18 separate trials that involved nearly 60,000 patients found that vitamin D blocks cancer cells from spreading and boosts the immune system. Sunshine, with its full-spectrum light waves entering the body via the skin (unlike supplement vitamin D), provides the most effective source of vitamin D.

Vitamin D produced from sunshine is an essential hormone required by the body for:

- The proper absorption of calcium
- Teeth and bone development
- Control of cell growth
- Neuromuscular functions
- Alleviation of inflammation
- Immune System strength

Vitamin D regulates the immune system and helps prevent breast cancer.

Sunlight contains large amounts of UV radiation. Depending on the wavelength, UV light is either near UV (UVA), mid-UV (UVB), or far-UV (UVC). Near-UV, directly adjoining the violet end of the visible light spectrum, is responsible for the tanning response in humans. Mid-UV activates the synthesis of vitamin D and the absorption of calcium and other minerals. Far-UV, mostly filtered out by the ozone layer, is germicidal, killing bacteria, viruses, and other infectious agents. There are tremendous health benefits from exposure to a certain amount of ultraviolet light.

UV Light:

- Activates the synthesis of vitamin D, a prerequisite for the absorption of calcium and other minerals from the diet
- Lowers blood pressure
- Increases the efficiency of the heart
- Improves electrocardiogram (EKG) readings and blood profiles of individuals with atherosclerosis (hardening of the arteries)
- Reduces cholesterol
- Assists in weight loss by improving thyroid function
- Is an effective treatment for psoriasis and various other diseases

- Kills infectious bacteria (e.g., tuberculosis)
- Increases sex hormones in both men and women (These wavelengths are also a vital factor in fertility and fetal development, as was shown by Dr. Ott's research)
- Activates *solitrol*, a vital skin hormone and form of vitamin D (Solitrol works in conjunction with the pineal hormone, melatonin. It also affects mood changes, 24-hour circadian rhythms, and seasonal reproduction (Solitrol influences many of the regulatory centers, as well as the immune system)
- Helps with mental depression (A lack of this vital nutrient is a significant factor in why so many people suffer from depression. People who wear dark sunglasses are particularly vulnerable)

The importance or value of the Sun is symbolized in every major civilization and religion. For example, the great pyramids symbolize sunlight radiating to the earth, and the cross symbolizes sunlight simply radiating. Throughout history, many cultures worshipped the Sun for its healing powers.

Sunrise on Maya Beach, named after the Mayan civilization, is the perfect place to indulge in one of Nature's most spectacular events.

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