Sunlight Institute: Research

Asthma Research:

Sunny hours have a protective effect on the risk of asthma in schoolchildren; the more time in the sunlight, the less the risk of asthma.

http://www.ncbi.nlm.nih.gov/pubmed/20803035

Low sunlight exposure may be the reason for the worldwide epidemic of asthma.

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3046902/?tool=pubmed

Bowel and Digestive Research:

Low sunlight exposure correlates to high risk of Crohn's disease.

http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2036.2011.04601.x/abstract;jsessionid=8C0FB2047084564C49F184EFDF5B03D7.d03t03

Cancer Research:

Summer sunlight exposure correlates to a reduced risk of breast cancer among women of any age. Canadian women who spent more than 21 hours per week outdoors had an average risk reduction of 29% compared to those who spent less than 6 hours per week outdoors, and those in the age group 60-74 had a risk reduction of 50%.

http://www.ncbi.nlm.nih.gov/pubmed/21659351

Girls with the greatest exposure to sunlight during the ages of 10-19 had a 35% decreased risk of breast cancer as adults .

http://cebp.aacrjournals.org/content/16/3/422.long

Women who live in the sunniest areas and have the highest exposure to sunlight have a 65% reduction in breast cancer risk compared to those who have the least sunlight exposure.

http://cebp.aacrjournals.org/content/8/5/399.long

Exposure to sunlight and tanning beds correlates to a substantial reduction in the risk of endometrial cancer.

http://www.nature.com/bjc/journal/v101/n3/full/6605149a.html

People who receive more than 5 hours of sunlight exposure on the weekends have a reduced risk of melanoma of 33% compared to those who receive less than 4 hours per day.

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3046902/?tool=pubmed

Diabetes Research:

Active sun exposure habits are correlated to a lower risk of type-2 diabetes in women.

http://www.diabetesresearchclinicalpractice.com/article/S0168-8227(10)00304-9/abstract

Heart and Vascular Disease Research:

Active sunlight exposure habits correlate to a lower risk of venous clotting in women.

http://onlinelibrary.wiley.com/doi/10.1111/j.1538-7836.2009.03312.x/abstract;jsessionid=9D36A65EB61A25DE375EFF7DBFF56A9E.d01t04

Immune Rystem Research:

Sunlight exposure may improve the immune system with mechanisms other than the effects of vitamin D production.

http://onlinelibrary.wiley.com/doi/10.1111/j.1365-2036.2011.04601.x/abstract;jsessionid=8C0FB2047084564C49F184EFDF5B03D7.d03t03

Multiple Sclerosis (MS) Research:

Low sunlight exposure, combined with the effects of a the Epstein Barr virus, may increase the risk of MS.

http://www.ncbi.nlm.nih.gov/pubmed/21502600

Ultraviolet radiation (also found in sunlight) suppresses experimental MS independent of vitamin D production.

http://www.pnas.org/content/107/14/6418.long

Osteoporosis research:

Women in Spain who actively seek sunlight exposure have a reduced risk of fractures of 91%!

http://www.ncbi.nlm.nih.gov/pubmed/18221637

High sunlight exposure correlates to 77% reductiion in the risk of hip fractures in Alzheimer's, stroke and Parkinson's patients.

http://www.ncbi.nlm.nih.gov/pubmed/21682695

Sunlight exposure for one year leads to increased vitamin D levels, increased bone mass and a 73% reduction in the risk of hip fractures among Parkinson's patients.

http://www.ncbi.nlm.nih.gov/pubmed/21050796

Vision Research:

Several studies show that the greater the amount of outdoor activity in natural light, the less the risk of Myopia.

http://www.ncbi.nlm.nih.gov/pubmed/19211608

http://www.ncbi.nlm.nih.gov/pubmed/21251384

http://www.ophsource.org/periodicals/ophtha/article/S0161-6420(07)01364-4/abstract

http://archopht.ama-assn.org/cgi/content/full/126/4/527

http://informahealthcare.com/doi/abs/10.3109/09286586.2010.508347