

Sunlight has been seen as vital to the human body for most of history.

Online PR News "07-June-2017" Spring Lake, NJ Sunlight has been seen as vital to the human body for most of history. In recent decades, this idea has been put up for debate as concerns about skin cancer have overshadowed some of the obvious benefits of living in the sun. In his recent article, Dr. Michael Rothman has taken on this debate with a clear and concise historical and medical argument. Unlike traditional doctors, Dr. Rothman takes a holistic approach to disease and he uses that point of view to explain our need for the sun.

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Dr. Rothman takes us through history showing how our ancestors worshipped the sun for its ability to help keep us healthy. He also points out that tuberculosis patients in the 1800s were sent to locations to bask in the sun for months on end.

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It is very possible (and even likely) that deficient sunlight exposure can be one of the root causes of many chronic degenerative illnesses like heart disease , anxiety , depression , osteoporosis , cancer, high blood pressure, diabetes, auto-immune disease, chronic fatigue, fibromyalgia and many other diseases, he writes. As a physician for over 30 years who has been treating chronically ill patients with natural methods for over 15 years, I can unequivocally state that adequate natural sunlight exposure is amongst the most important things you can do for your health. In short, the sun might be a natural treatment for many diseases that modern people have taken as simple facts of life.

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Dr. Rothman also talks about Vitamin D. Most people immediately think of Vitamin D production as the sole benefit of sunlight exposure. However, sunlight has many therapeutic effects on your immune system , your nervous system and your hormonal system.

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To learn more, please click here:

<http://mdwellnessmd.com/blog/post/here-comes-the-sun-is-sunlight-the-most-essential-nutrient-for-your-body/>

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Over the last 20 years, Dr. Michael E. Rothman has dedicated his life to helping his patients understand the how and why of their health. He strives to provide the highest quality care utilizing natural, holistic, non-toxic methods. Dr. Rothman has an extensive background in Nutrition, Biochemistry, Physiology, and Physics. This NJ holistic doctor is highly respected by his peers and is loved by his patients.

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If you would like more information about this topic, please contact Michael Rothman MD at 732-268-7663 or

email him at info@mdwellnessmd.com

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Contact

Michael Rothman MD

Telephone: 732-268-7663

Email: info@mdwellnessmd.com

Website: www.mdwellnessmd.com

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Media Information

Michael Rothman MD

info@mdwellnessmd.com

<http://www.mdwellnessmd.com>

United States