

1: Sunshine on My Shoulders by Christopher Canyon

Sunshine on my shoulders makes me happy, sunshine in my eyes can make me cry. Sunshine on the water looks so lovely, sunshine almost always makes me high. If I had a tale that I could tell you, I.

I remember as a teenager spending the day at the beach with friends, getting a lovely tan, feeling so relaxed and calm. Did I use sunscreen? But I would walk to a little store by the beach and buy a small bar of pure cocoa butter which I rubbed all over my skin while I laid in the sand. I loved how it made me smell like a chocolate bar! Today we take special effort to apply sunscreen to our skin when we spend time outdoors. When my kids were in preschool, their teachers would apply sunscreen before they went out for recess. Many people have a phobia of the sun and worry excessively about skin cancer but the sun is not an enemy, it is an ally. We evolved in sunshine, so why do we have so many problems with sun now? Our tolerance to the sun has changed over the last five or six decades and this lack of tolerance to sunshine translates into higher rates of skin cancer. Our friend has turned into a foe, or so it seems. How did our great grandparents and our ancestors before them deal with the sun, especially when they needed to work outside for an entire day in full sunshine? My heritage includes pioneers and farmers. My grandparents on both sides worked the fields in Idaho and Utah, and that meant lots of time in the sun. Sunburns were prevented by using long sleeves and a wide-brimmed hat. And, they had a diet that naturally prevented sunburn. The biochemistry of sunlight A low-nutrient diet can cause our skin to burn easily ref. This damage can turn to cancer. As I improve my diet over the years, I find that I have a much higher tolerance for sunshine and rarely burn, even with my naturally fair skin. Some of you may notice a sense of well-being after spending time in the sun. When our skin is exposed to sunshine, the UV rays cause nitric oxide to release into the blood stream. Just 30 minutes of sun three times a week has been shown to bring down blood pressure by 40 points, according to the Vitamin D Council. Few foods contain D3, and the synthesized form D2 " which is added to foods like milk, for example " is undesirable. Vitamin D3, which is actually a hormone, is utilized by our body to complete hundreds of metabolic functions. This happens when we stay inside, use sun block, or live in a place where there is little sun exposure. The benefits of sunshine and its ability to increase your vitamin D3 levels are very important. Some of the benefits of high levels of D3 include: It increases the levels of natural antibiotics that keep the immune system strong Helps build strong bones and maintain healthy joints High levels of D3 help prevent autism, arthritis, M. It is also important to avoid sunscreen, which is likely not giving you the protection you think it is. Another issue with sunscreen is that it provides a false sense of security. The threat of sunburn used to motivate us to limit our exposure before our skin was permanently damaged, but the frequent application of sunscreen allows us to spend hours in the sun without visible damage. The damage still occurs at a cellular level, we are simply not aware of it. Two common ingredients in sunscreen, titanium dioxide and zinc oxide, have been used in sunscreens for a long time. Years ago, manufacturers reduced these metal particles down to nano-sized particles, which have been shown to cause enormous harm. Titanium dioxide nanoparticles can kill skin cells and, because of their small size, they can cross the cell membrane and pass into the nuclei of cells and cause damage to DNA as well. These particles can also cross the blood-brain barrier, which exists to keep these types of poisons away from our delicate brain cells. Other ingredients like retinyl palmitate, a known skin cancer causer, and oxybenzone, a hormone disruptor that causes cell damage and cancer, are common ingredients in sunscreen. Sunscreens and our environment The addition of these chemicals into our environment was never studied before their approval. It has now been shown that zinc oxide nanoparticles are lethal to phytoplankton, the animals that exist on the bottom of our marine food chain. As we all know, the base of the food chain is incredibly important, so this is a huge environmental concern. In addition, studies show that other marine life can be damaged by zinc oxide nanoparticles. Some of these chemicals are so dangerous that even in low levels they can cause coral death in 96 hours ref. Many of these chemicals are hormonally active and can be found in all the waters of the world, causing fish to exhibit both male and female traits ref. It appears our diet once again plays a critical role in our ability to be able to live healthy lives, which includes time in the sun. We can and should spend a few hours in the sun at a time and

SUNSHINE ON MY SHOULDERS pdf

allow our bodies to synthesize D3 without slathering ourselves with dangerous, chemically-laden sunscreens. Raw, organic coconut oil is a great, natural sunscreen. It has been used for thousands of years by Pacific Islanders and is a great way to nourish your skin while protecting it from too much sun ref. A nutrient-dense, antioxidant-rich diet will also make it possible to spend reasonable amounts of time in the sun, knowing you are protected by natural substances. Also see my article [Sunshine for Vitamin D3](#). Exposing the hazards of sunscreen. Random House Publishing, Penguin Group; Kalene McCrary Related Posts.

2: 'Sunshine on My Shoulders' by John Denver

This song appears on twenty-one albums, and was first released on the Poems, Prayers and Promises album. This version has also been released on The Very Best of John Denver (Double cd), This Is John Denver, Reflections: Songs of Love and Life, The Country Roads Collection and The Rocky Mountain Collection albums.

3: Sunshine On My Shoulder lyrics - John Denver original song - full version on Lyrics Freak

"Sunshine on My Shoulders" (sometimes titled simply "Sunshine") is a song recorded and co-written by American singer-songwriter John Denver. It was originally released as an album track on 's Poems, Prayers & Promises and later, as a single in

4: John Denver - Sunshine On My Shoulders Lyrics | MetroLyrics

Lyrics to 'Sunshine On My Shoulders' by John Denver. Sunshine on my shoulders makes me happy / Sunshine in my eyes can make me cry / Sunshine on the water looks.

5: SUNSHINE ON MY SHOULDERS CHORDS by John Denver @ www.enganchecubano.com

Watch the video for Sunshine on My Shoulders from John Denver's Greatest Hits for free, and see the artwork, lyrics and similar artists.

6: Sunshine on My Shoulders by John Denver on Amazon Music - www.enganchecubano.com

praising the big yellow that warms us and gives us light!

7: Sunshine On My Shoulders (John Denver) â€™ Guitar- and Ukulele chords - www.enganchecubano.com

Sunshine on my shoulders makes me happy, sunshine in my eyes can make me cry. Sunshine on the water looks so lovely, sunshine almost always makes me high. If I had a day that I could give you, I'd give to you the day just like today.

8: Sunshine On My Shoulders lyrics chords | John Denver

Check out Sunshine on My Shoulders by John Denver on Amazon Music. Stream ad-free or purchase CD's and MP3s now on www.enganchecubano.com

9: Sunshine on My Shoulders - Wikipedia

- Sunshine on my Shoulders - There is nothing I enjoy more than spending some time in the sun. I remember as a teenager spending the day at the beach with friends, getting a lovely tan, feeling so relaxed and calm.

What Nicholas Knows State insurance regulation Return of the home run kid Take me with you catherine ryan hyde Kenilworth (Classic Books on Cassettes Collection (Classic Books on Cassettes Collection) Community project Probability and statistics gate material Art, order, proportion : the architects Harold pinter the birthday party The Ornament of the World The life and times of Cotton Mather Menelaus Orthopaedic Management of Spina Bifida Cystica Hyperion water reclamation plant performance report V. 1. Academic dress to Futurist fashion, Italian Computable Economics (Arne Ryde Memorial Lectures) A.3 Large scale structures166 Shipwrecks of the Explorers 6 Introduction to fractions The military rule of obedience. Devoted Ladies (Virago Modern Classics) Medical Visits to Medicare Patients Reams biological theory of ionization Masterof the grove Anthology of prayers Manufactures and services 7 Terror in the Steel Mountains V. 6 A sentimental journey through France and Italy An historical meander through the Midlands of KwaZulu-Natal Arcgis print georeferenced Sexuality-related measures Thermodynamics of simple materials with fading memory. Metropolitan Tabernacle This Present Darkness (10th Anniversary Limited Edition) Give the boys a great big hand Designing enforcement strategies Ument different page sizes Multimedia combat and the Pequot War. Symposium on Newer Structural Materials for Aerospace Vehicles V. 1. From early times to fall of ancient empires. Bmw 325i repair manual