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INSTITUTE FOR RADIANT HEALTH

NATURE & HEALTH RESEARCH

Benefits of Sunlight

Benefits of Sunlight: A Bright Spot for Human Health [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov/32290997/)

Summary: This article discusses how sunlight exposure boosts vitamin D levels, which are crucial for various bodily functions, including calcium metabolism, neuromuscular, and immune system functioning. *Link:*

<https://pubmed.ncbi.nlm.nih.gov/articles/PMC2290997/>

Enhancement of Mood and Reduction of Depression

Sunlight Exposure and Serotonin Levels *Summary:* Exposure to sunlight is believed to increase the brain's release of serotonin, a hormone associated with mood elevation and a sense of calmness. *Link:* [Healthline](https://www.healthline.com/health/sunlight-serotonin)

Light Therapy for Seasonal Affective Disorder (SAD) *Summary:* Light therapy, which mimics natural sunlight, has been shown to be effective in treating SAD, a type of depression that occurs during certain seasons. *Link:* [Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/diagnosis-treatment/drc-20352627)

Reduction of Perceived Stress

Sunlight Exposure, Vitamin D Intake, and Perceived Stress *Summary:* A study demonstrated that higher dietary intake of vitamin D and sunlight exposure are associated with a lower likelihood of experiencing high perceived stress among physically active individuals. *Link:* [PubMed Central](https://pubmed.ncbi.nlm.nih.gov/32290997/)

Improvement of Cognitive Function

Sunlight Exposure and Cognitive Impairment *Summary:* Research indicates that decreased exposure to sunlight is associated with an increased probability of



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cognitive impairment, suggesting that sunlight may play a role in maintaining cognitive function. *Link:* [PubMed Central](#)

Regulation of Circadian Rhythms and Sleep Quality

Sunlight Exposure and Circadian Rhythms *Summary:* Exposure to natural light, especially in the morning, helps regulate circadian rhythms, leading to improved sleep quality and overall mental health. *Link:* [Harvard Health](#)

Alleviation of Anxiety Symptoms

Sunlight Exposure and Anxiety *Summary:* Sunlight exposure has been linked to improved mental health by increasing serotonin levels, which can alleviate symptoms in individuals with anxiety. *Link:* [LCMC Health](#)

Time in Nature and Mental Health

Nurtured by Nature *Summary:* This article explores how exposure to nature is linked to numerous benefits, including improved attention, lower stress, better mood, and reduced risk of psychiatric disorders. *Link:* <https://www.apa.org/monitor/2020/04/nurtured-nature>

Spending at Least 120 Minutes a Week in Nature Is Associated with Good Health and Wellbeing *Summary:* This study found that individuals who spend at least 120 minutes per week in natural environments are more likely to report good health and well-being. *Link:* <https://www.nature.com/articles/s41598-019-44097-3>

Walking in Nature



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Effectiveness of Nature-Based Walking Interventions in Improving Mental Health: A Systematic Review *Summary:* This systematic review suggests that nature-based walking interventions can improve adults' moods, sense of optimism, and overall mental well-being. *Link:*

<https://link.springer.com/article/10.1007/s12144-023-05112-z>

A Randomized Controlled Study Under Conditions of Real-Life Stress *Summary:* This study hypothesized that walking in nature has restorative effects beyond those of viewing nature scenes on TV or physical exercise alone. *Link:*

<https://journals.sagepub.com/doi/abs/10.1177/0013916518800798>

Comprehensive Reviews

The Health Benefits of the Great Outdoors: A Systematic Review and Meta-Analysis of Greenspace Exposure and Health Outcomes *Summary:* This review highlights that physical activity in natural outdoor environments is associated with reduced negative emotions, fatigue, and increased energy. *Link:*

<https://pmc.ncbi.nlm.nih.gov/articles/PMC6562165/>

Spending Time in Nature: The Overlooked Health Behavior *Summary:* This article emphasizes that spending time in nature can reduce stress, lower blood pressure, improve sleep, and enhance overall mental health. *Link:*

<https://journals.sagepub.com/doi/10.1177/08901171231210806a>

Influence of Natural Environments

Influence of External Natural Environment Including Sunshine Exposure on Mental Health *Summary:* This study found that exposure to sunlight, spending leisure time in green spaces, and physical activity each positively impact mental health, including depression, anxiety, and stress states. *Link:*

<https://www.mdpi.com/2673-5318/3/1/8>