



*The 7 Laws of
Wellness:
Sunshine &
Outdoors*

**48 Day
Transformation**
With Dr. Michele Menzel, ND

1



Meet Dr. Michele Menzel

Doctor of Naturopathy, Diplomat of Pastoral Science,
Certified Nutritional Counselor, German New Medicine
Consultant, Certified Natural Health Professional

Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.

**48 Day
Transformation**

2

7 Laws of Wellness



1. Nutrition
2. Hydration
3. Detoxification
4. Rest
5. Faith
6. Exercise/Oxygen
7. **Sunshine/Outdoors**

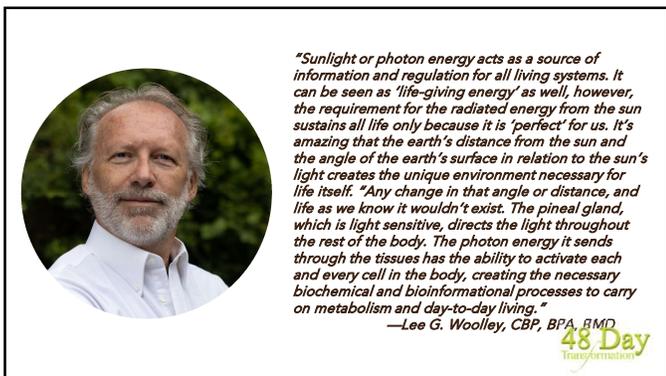
**48 Day
Transformation**

3



Sunlight is important for all living things!

4



"Sunlight or photon energy acts as a source of information and regulation for all living systems. It can be seen as 'life-giving energy' as well, however, the requirement for the radiated energy from the sun sustains all life only because it is 'perfect' for us. It's amazing that the earth's distance from the sun and the angle of the earth's surface in relation to the sun's light creates the unique environment necessary for life itself. "Any change in that angle or distance, and life as we know it wouldn't exist. The pineal gland, which is light sensitive, directs the light throughout the rest of the body. The photon energy it sends through the tissues has the ability to activate each and every cell in the body, creating the necessary biochemical and bioinformational processes to carry on metabolism and day-to-day living."

—Lee G. Woolley, CBP, BPA, BMD
48 Day
Transformation

5



The Sun is So Amazing!

- Indispensable
- Releases feel-good hormones
- Helps speed up healing
- Endorphins are like morphine but with no side effects!

48 Day
Transformation

6

Sunlight Can Treat Depression



- Increases Serotonin production which lifts mood and helps alleviate depression
- Increases melatonin at night to help regulate sleep and is great for insomnia



7



Not New Thinking...

When we look at history, the sun was recommended to heal almost everything. For thousands of years, humans have lived in harmony with its heat and light. Yet we have lost this close contact with the sun and its healing powers. We have become afraid of it.

When we understand that the sun provides the foundation for all life-giving power on earth, and that the sun is the source of energy for all plants—and indirectly, for all animals—how can we believe it can harm us?



8

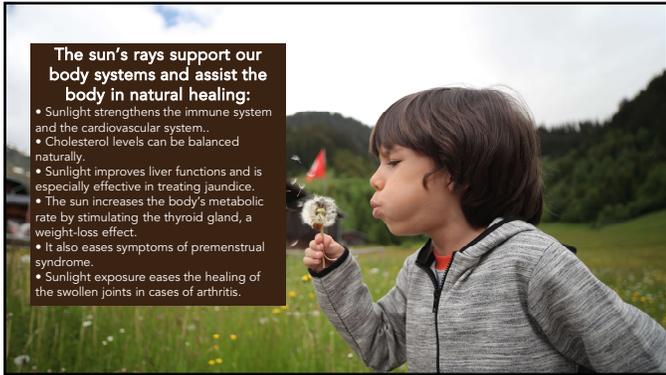


"In recent years, we've all been trained to fear the sun due to the threat of skin cancer. Nothing could be further from the truth. Now there is a growing belief that exposure to the sun may not actually cause skin cancer. As a study published in the prestigious Cancer Journal indicates, exposure to sun actually decreases cancer rates."
—The Vitamin D Council

9

The sun's rays support our body systems and assist the body in natural healing:

- Sunlight strengthens the immune system and the cardiovascular system.
- Cholesterol levels can be balanced naturally.
- Sunlight improves liver functions and is especially effective in treating jaundice.
- The sun increases the body's metabolic rate by stimulating the thyroid gland, a weight-loss effect.
- It also eases symptoms of premenstrual syndrome.
- Sunlight exposure eases the healing of the swollen joints in cases of arthritis.



10

Sunlight & Vitamin D **48 Day**
Transformation



Benefits of Vitamin D:

- Supports cardiovascular health
- Promotes optimal cholesterol and blood pressure levels
- Enhances muscle strength
- Maintain Immune system
- Supports healthy kidneys
- Promotes Healthy Teeth
- Promotes Strong Bones



11

Healthy Sun Exposure Practices

- The ideal way to get vitamin D is by exposing your skin to appropriate sunlight. Sun exposure (without sunscreen) for 10–15 minutes a day, with at least 40 percent of skin exposed, is a general guide. People with dark skin need to stay out significantly longer.



12



- The sun is a very powerful light source and overexposure that causes a burn can be harmful!!
- When you provide your body with the right fats and foods high in antioxidants, your skin can tolerate more sun exposure and thus reap all of the healing benefits you need.

13



Could the fear of being exposed to the sun be fueled by companies that want to sell sun lotion products?

Install full-spectrum light fixtures if you cannot get outside regularly

14



Natural Sun Protection:

- Safe for everyday use
- Although it will not completely prevent sunburn it can heal the skin
- Antioxidant properties protect skin
- Apply oil liberally
- Re apply after swimming or sweating

15

The 7 Laws of Wellness Assist Through:



Birth



Life



Death

16

Natural Conception & Birth:



- Couples of child-bearing years must nourish their bodies with nutrient-dense foods to give the next generation a solid foundation of health.
- A woman's body was designed to naturally bear children, but it needs the proper nutrients and care.
- I learned that only 2% of obstetricians have even seen a natural birth.

17

Natural Life



- Men and women are being medicated through the natural stages of their lives— from puberty and menopause to emotional issues.
- We have replaced natural living practices with surgery and medication.
- The normal changes that occur should be handled in a delicate and natural way.

18

Natural Death

48 Day Transformation



- People want to spend their older years with energy and vitality.
- We can look to our Creator to receive wisdom and understanding regarding our body's natural design.
- Following the Laws of Nature and Nature's God will lead us through all the stages of life.



19

Healthy Eating Provides Protection

48 Day Transformation



- Good ratio of essential fatty acids
- Too many omega 6 fatty acids will throw the skin off balance making it more prone to burn
- Food is the best natural protector of all.
- A diet high in saturated fats will protect the skin from burning

20

Eat Nutrient Dense Foods!

48 Day Transformation



- Foods high in Vitamin D:
- Sockeye salmon, tuna, trout, oysters, cavier, herring, sardines, sole, flounder, and mackerel
 - Shiitake & button mushrooms
 - Pastured eggs
 - Raw milk and raw milk cheeses
 - It is extremely important to supplement with fermented cod liver oil or salmon oil

21

48 Day
Transformation

9 Amazing Health Benefits of Sun Gazing



1. Increases Melatonin and Serotonin
2. Improves Quality of Sleep
3. Fatigue Fighter
4. Improves Dream Recall
5. Increases Pineal Size
6. Boosts Energy
7. Improves Eyesight
8. Helps Seasonal Affective Disorder
9. Improves Endocrine Health

22

48 Day
Transformation

Grounding/Earthing



Earthing immediately equalizes your body to the same energy level, or potential, as the earth

This results in:

- Synchronizing your internal biological clocks, hormonal cycles, and physiological rhythms.
- Suffusing your body with healing from negatively charged free electrons. When we connect to the earth, the amount of the electrons we absorb is determined by the amount we need to balance the electrical charge of our body. It is always the perfect amount! In addition to restoring the body's natural electrical balance, contact with the earth reduces stress and inflammation.

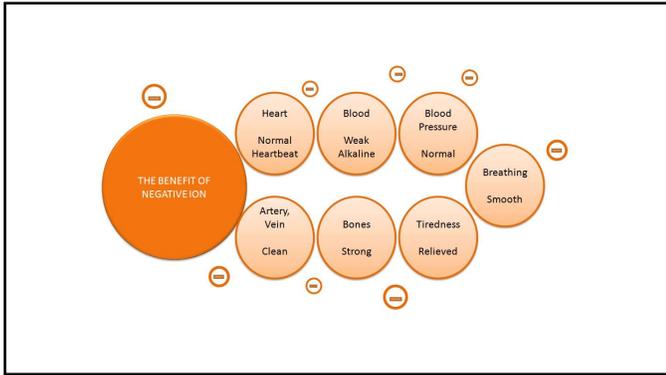
23



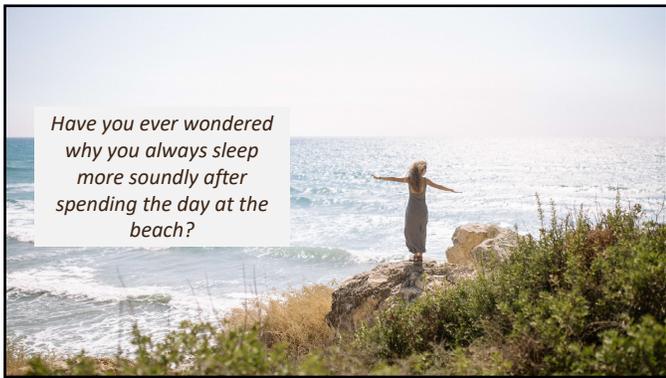
Fresh Air

If you have ever been to the beach, hiked a mountain, or walked beneath a waterfall than you have experienced the power of negative ions!

24



25



26

Seawater & Beach Sand **48 Day**
Transformation



- The **Sand** also acts as a natural exfoliant, helping the old skin to shed more quickly and improving its natural regeneration.
- **Outdoor** activities may also use the natural properties of beach sand to enhance your workout
- **Water** is in great abundance on the earth about 97 percent of that is seawater.
- **Seawater** contains many minerals needed by the body to help heal and detoxify.
- It helps **heal wounds, reduces infection,** and **promotes pain relief.**

27

Hydrotherapy (Water Therapy)



A Roman Bath House

Also known as nature's healer, water has favorable effects on the skin and muscles, calms the internal organs, stimulates nerve reflexes, and can calm the endocrine system. The world's oldest medical literature makes numerous references to the beneficial use of the bath in treating various diseases.

28



Long before Hippocrates recorded his experiences with the healing properties of water, the Egyptians enjoyed bathing in their sacred river, the Nile. Pictures found in ancient Egyptian tombs show people preparing for a bath. The baby Moses was found in the rushes when Pharaoh's daughter went down to the river to bathe.

29

Water Therapies



- A dip in cold water will invigorate the body
- Boost immune function
 - Decrease inflammation
 - Decrease pain
 - Increase blood flow
 - **Exercising in water is very beneficial also!**
 - A nice 30-minute soak before bed is recommended
 - Perfect way to heal from the day stressors

30

Benefits of Hot Water



Natural Hydrotherapy:

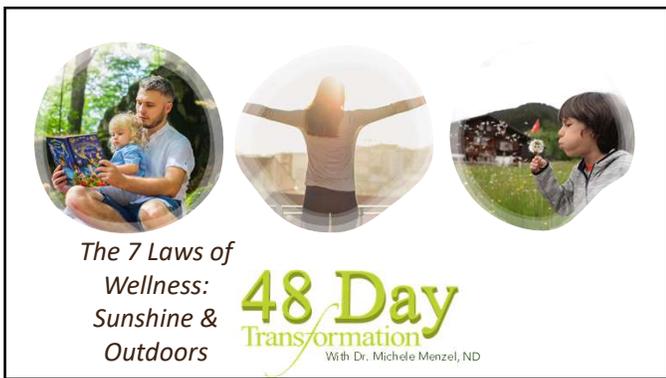


- ease anxiety and stress
- improve sleep and relieve insomnia
- relieve muscle and skeletal pain
- speed healing after injury and surgery
- protect the heart from rhythm disturbances
- improve the efficiency of the heart muscle
- have a positive effect on the regulatory mechanisms that control heart rate, blood pressure, and circulation

31



32



33
