

Safe Tanning Guidelines to get Vitamin D and other benefits

Now here's a very good reason for you to start enjoying more sunlight and safe tanning.

[Vitamin D](#) – the production of which in your body is helped synthesized by healthy sunlight exposure – is not only your skin's best friend, but is also one of the most important allies of your body. It can make a world of difference for your heart health, bones, skin, immune system, and even your mood.

And although this profoundly beneficial vitamin has been seriously vilified by the medical industry and the mainstream press in the last 30 years, vitamin D is now gaining much popularity as a heroic nutrient with numerous health benefits. In fact, research into vitamin D over the past two decades has revealed a spectacular amount of solid evidence backing its importance for countless aspects of human health, including how it can impact over 3,000 genes in your body.

Sadly, there is a growing epidemic of **vitamin D deficiency** in the United States. That's why it is recommended to have your vitamin D levels tested.

Sun Exposure: The Best Way to Get Vitamin D

[Dr. Joseph Mercola](#) has long been advocating direct sun exposure as the best possible way to acquire your supply of vitamin D. Not only is it 100 percent FREE and natural, but your body can also self-regulate the amounts you receive, thus reducing the risks of harm.

Your skin naturally produces your body's supply of vitamin D from direct exposure to bright midday sun with a mere 10 to 15 minute's exposure per day. However, the production of previtamin D3 in your skin may vary depending on several factors:

- **Skin Color, Current Tan Level, and Amount Spent Under the Sun** – Use your skin as an indicator. Pale skin only requires 20 minutes, while darker skin tones can take two to six times longer (or up to an hour or two), depending on their pigmentation.
- **Weather Conditions** – The less clouds, the better. Agents like sand, snow, and water may also influence UV radiation. Air pollution, e.g. smog and ozone, blocks UV-B.

- **Latitude and Altitude** – The further north you are, the less UV-B there is. The higher up you are, the more UV-B reaches you.
- **Season** – While spring is the best time to start priming your skin, you have to limit exposure during summer to avoid solar radiation. For months at a time, direct sunlight is unavailable in most of continental US.
- **Time of Day** – The optimal time to be in the sun for vitamin D production is as near to solar noon as possible. That would be between roughly 10 am and 2 pm.
- **Use of Sunscreen** – No need for sunscreen if you're sunbathing for vitamin D. However, you should apply sunscreens without petrochemicals and toxins should there be a need to be outside during extended periods of time under the sun.
- **Clothing** – Expose as much skin as possible to sunlight.

The Truth about Tanning

Unfortunately, just like the “sunshine vitamin,” sun exposure and tanning beds (by far two of the best sources of vitamin D) have also been victims of the anti-tanning propaganda that was fabricated by some dermatologists and sunscreen manufacturers. Sunlight exposure has been linked to skin cancer and other skin diseases.

This vilification has only increased these sun lotion manufacturers' revenue, but most likely caused more disease than it prevented. The only risks of UV-B come from overexposure, which can be greatly minimized by avoiding sunburn and by eating a healthy diet rich in antioxidants.

Dr. Mercola adds that what increases your skin cancer risk is the burning of your skin and chronic excessive exposures, NOT limited and sensible exposure to ultraviolet light or sunlight.

Safe Tanning Beds: A Convenient Alternative

Safe tanning beds don't only give you adequate amounts of vitamin D, but they are also the most convenient alternative for people who live in wintry regions or are chained to their 8-5 jobs or stay indoors during daytime. Nevertheless, you must also be very careful in choosing tanning beds to buy or tanning salons to visit. Remember these important tanning reminders:

- **Avoid tanning sprays and tanning oils that contain harmful chemicals and substances.** Opt for organic varieties that are usually available in your local health stores.

- **Stay away from outdated and potentially harmful equipment** like the ones that emit dangerous electromagnetic field ([EMF](#)) radiation.
- **Choose a good-quality tanning bed that also offers beneficial infrared, red, and blue lights.** Choose one from Dr. Mercola's trusted range of [Mercola Vitality Tanning Beds](#) or [Standup Tanning Systems](#). These tanning beds and home tanning systems are guaranteed safe, because they have eliminated all potentially dangerous emissions like EMFs. They offer not only to help optimize your vitamin D levels, but also a wealth of potential skin benefits such as stimulated blood flow and circulation and a youthful skin appearance.

Note: if you are using the sun or a safe tanning bed to obtain vitamin D, remember that vitamin D takes about 48 hours to be completely absorbed into your bloodstream, and you can easily wash it off with soap and water. You might want to consider washing only the necessary parts of your body within 48 hours to allow the vitamin D to completely penetrate your system.