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Aloe Vera

Aloe is a simple marvelous remedy for wounds and sunburn. These positive effects are associated with such natural compounds as polysaccharides, mannans, anthraquinones and lectins. Aloe vera originated in Northern Africa and has a long association with herbal medicine and the treatment of many human ailments.



Click Video link > [Aloe: Ten Top Reasons](#)

Sunshine

How many people do you know who believe sunshine is absolutely essential to their mental health? I know plenty and I'm one of them. Is it because the brain undergoes physical and neurological changes, resulting in a greater sense of well-being? Is it because sunlight fights depression?

Without doubt, the sun nurtures, relaxes, soothes and energizes the body. It also kills germs and bacteria on the skin and enables our bodies to produce Vitamin D to effectively assimilate and transport calcium.

Natural light also improves insulin sensitivity and directly affects hormone metabolism. The most important thing to avoid is overexposure. If you were totally out-of-shape, would you workout as hard as you could the first day back to the gym? I think not. You would take it easy, and let the body slowly adapt to the stress of training over time. Well, that's exactly what you're supposed to do with the sun. Take it easy. Haste makes waste!

Increase exposure to light over time, and ultimately, live and play and work with it, rather than against it, or you will lose. With light we must respect our limitations and individual tolerance. We must bow down to the sun.



Although natural sunlight is required to produce many positive hormonal effects in the body, there is an added risk associated with the continual damage of the ozone layer. But the risk of skin cancer, premature wrinkling and damage to health is not eliminated by total abstinence. For instance, if you never workout or play any sports, you'll never risk getting any of the injuries associated with those activities. In order to have fun you have to play.

If you never workout or move your body, you'll miss out on the joy of fitness and sport, age much less gracefully, literally fall apart before your time, lose your vital capacity and become much more susceptible to morbidity and mortality. So the risk of disease and damage is actually much greater if you do nothing at all! Nothing times nothing is still nothing!

So be aware of the benefits and risks, learn to respect the sun, ensure a nutrient-rich diet with adequate antioxidants, drink enough water to remain well hydrated and when necessary, use a natural sun block that features titanium dioxide, tyrosine and aloe. Life without the sun is dark and gloomy.

Audio Excerpt

SNU Special Guest Interview V4N4 (part 3)

Click Audio link > [Stephen Adele - Proven Ways To Build A Lean Muscular Physique Naturally](#)



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Sandy Beach Oahu

CHI Motto

"Lose Your Health and YOU Lose Everything"