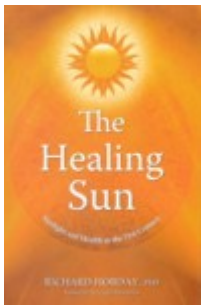


The Healing Sun: Sunlight and Health in the 21st Century

REVIEW: *The Healing Sun: Sunlight and Health in the 21st Century* by Richard Hobday, PhD



Two contrasting paradigms of our health relationship to the sun are presented in this book: advice from the modern medical community to avoid the sun, and the record of healing work done using the sun during the first half of the 20th century. Dr. Hobday also explores the health importance of natural light in buildings and the orientation of buildings that produces the best natural light. This well-researched book is full of good, practical information on how to derive health benefits from the sun.

[Read the review of this book by Rebecca Willis on Cosolargy.org.](#)