

Unexpected effects of lazy sunbathing

Staying in the house is not good - this is certainly known by many people. However, it is not good to what extent, do you know?

As we know sunshine is essential for the human body, regular and proper sun exposure gives you a lot of health benefits. However, today many people feel anxious when going to the streets on hot sunny days, fearing the skin contact with the sun will cause sunburn, increase the speed of aging and the risk of cancer is high. It is for these reasons that many people have extreme thoughts, often crouching in the room all day to avoid sunlight.

1. To ensure health you need to do well 3 things later
2. What to eat to increase creativity
3. It seems simple but this habit is quietly killing your brain every day

However, if you know that staying in the house for too long, your body will not be exposed to sunlight, which will cause bad health consequences. Below will be terrible effects when the body is not caught in the sun.

1. Not good for cardiovascular system



The body as well as the implant, if not 'photosynthesized' with the sunlight regularly, will make the body unable to accumulate vitamin D. While this is an extremely important mineral to protect the heart of we.

In addition, the early morning sun rays will increase blood circulation, reduce cholesterol and the need for oxygen consumption in the heart muscle, help regulate blood pressure, keep blood pressure at a stable level

thereby reducing the risk of diseases. Heart.

2. Reduce fertility in women



If a female body is not exposed to sunlight regularly, it is easier to produce more melatonin. Hormones can prevent conception, so women 's ability to have babies basically decreases. In addition, women who are less exposed to the sun will soon advance to the premenopausal stage than those who regularly sunbathe.

For men, lack of sunlight can have a direct impact on the ability of hormone testosterone production.

3. The body is constantly in pain



Sunlight plays a role in keeping muscles warm. Therefore, people who suffer from arthritis if not sunbathing, the body often feels sore and tired.

4. Mood is not fun



Scientists have shown that sunlight has a direct effect on people's mood, because when the body is sunbathed, it produces serotonin. Serotonin is dubbed "Happy Hormone" because it works to ease stress, reduce melancholy and reduce depression to help people feel happy, optimistic, and love life more. Therefore, regular sunbathing will bring you the joyful and refreshing spirit to start the day more effectively.

There are many ways to produce the hormone serotonin for the body, but going to the street for fun and sunshine is the simplest way.

5. Impaired immune system



Less exposure to sunlight, which means that the blood leukocytes decrease. Leukocytes are the main force of the immune system, so it is clear that you will be more ill.

In contrast, when the body is exposed to sunlight regularly, it helps the body to be fortified with Vitamin D, which is an important role in protecting the body's immune system, as it works. activates T cells. T cells are immune cells that function to find and kill all harmful bacteria and bacteria that cause disease. In addition, sunbathing is also used as a method to prevent and treat diseases such as flu, pneumonia, tuberculosis, .

Notes to sunbathe properly

1. The best sunbathing time is from 6-8 am for sunny days, if it is on a weak sunny day, it will be up to 9 o'clock. Because after 9 hours, the amount of ultraviolet rays starting to increase significantly can be harmful to the skin.
2. Every day just 10 to 20 minutes of sun exposure is enough. Do not overdo it easily, leading to sunburn, darkening the skin and increasing the likelihood of skin cancer.
3. Do not expose the sun to the glass door because it will not achieve the maximum effect.
4. When sunbathing, wear as thin as possible as much as possible as the sun is more exposed to the skin.
5. Do not wear a hat. Sunlight on the top of the head will help absorb more calcium and help hair grow faster.
6. With the great benefits that the sun brings so, do not be afraid of sunshine, do not hide in the sun but immediately follow the cats to catch the early sunshine to be healthy from inside and beautiful from outside.

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