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HEALTH & WELLNESS



Occupy Health: *What's Real and what is not* with Susan Downs, MD

Occupy Health
Friday at 11 AM Pacific
December 7th 2018: Embrace the Sun: Are You Dying in the Dark?

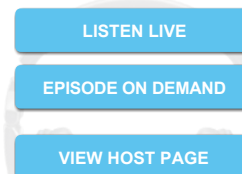
The new book, "Embrace the Sun", recommends non-burning sun exposure, citing research on sun exposure, vitamin D, and disease risk. Dr. Grant and his co-author claim that sun avoidance may be nearly as hazardous to health as cigarette smoking! Will there soon be a Surgeon General's warning about staying indoors or putting on too much sunscreen? Dr. Grant discusses the evidence that sunlight can promote weight loss, reduce depression, and profoundly decrease the risk of today's common diseases including most cancers, heart disease, autism, diabetes, osteoporosis, multiple sclerosis

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Featured Guest



William B Grant, PhD

William B. Grant has his Ph.D. in physics and had a 30-year career in atmospheric sciences with an emphasis on laser remote sensing of atmospheric constituents such as ozone and aerosols, with positions at SRI International, the Jet Propulsion Laboratory/California Institute of Technology and NASA Langley Research Center.

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