The Science Is Clear: UV Light is Essential, Overexposure is the Problem

In this case, dermatologists have done severe damage to the public health by fighting an irrational and dangerous war against the sun and UV light devices — unless, of course, that UV light comes in the form of a paid service provided in their office. We need to fight back against this sun-scare campaign because there are simply too many lives at stake. Fortunately, many others are now bucking the status quo by recommending sun exposure.

In a March 10, 2016 "Positive Choice" newsletter covering cancer prevention and general wellness, it states, in unequivocal terms:[60]
"It is true that too much sun exposure, and especially sun burns, contribute to skin cancer. But ***the message to avoid the sun altogether may be misguided. Our increasing knowledge about vitamin D, the sun, and how they affect our immune system has us re-thinking the recommendation to avoid the sun completely ...***

Most people have heard of the studies that connect sun exposure to skin cancer. But there are many studies that suggest sun exposure (and maximizing vitamin D levels) plays a role in decreasing risks of at least 16 different types of cancer including lung, pancreatic, breast, ovarian, prostate, and colon cancers. ***Without question sun exposure and the vitamin D we make when in the sun is vital to health ..."***

The newsletter goes on to state that **"For healthy people, moderate sun exposure (two to four times a week for 15 to 30 minutes)** is not a problem," and lists a number of "healthy sunbathing tips"

Diet is also completely ignored by dermatologists. **Regularly consuming processed vegetable oils may predispose you to skin damage that can lead to cancer** for the fact that these oils are so easily oxidized.

Healthy fats are needed for healthy skin, so another simple way to limit your risk is to eat healthy saturated fats, dietary cholesterol, and other healthy oils that resist oxidation. Foods rich in carotenoids also help reduce your risk,[63] and supplemental astaxanthin has been shown to help protect against UVA-induced skin photo-aging, such as sagging and wrinkles
The scientific literature shows quite clearly that the overall health benefits of UV exposure outweigh the risks when the precautions discussed above are implemented. The reason for this is because higher vitamin D levels have been shown to offer significant protection against a number of cancers. There's even evidence showing it helps *protect* against melanoma.

In fact, higher rates of melanoma are found among those who have low vitamin D levels; among indoor occupations; and in areas of the body that rarely or never see the light of day. To put it simply, UVB appears to be protective against melanoma — or rather, the vitamin D your body produces in response to UVB radiation is protective.

As noted in The Lancet:[35] "**Paradoxically, outdoor workers have a decreased risk of melanoma compared with indoor workers**, suggesting that chronic sunlight exposure can have a protective effect."

But more important than the potential protection against melanoma, vitamin D has been shown to significantly reduce *internal* cancers, along with chronic diseases such as heart disease, which kill far more people than melanoma does. Unfortunately, what is typically known in science takes decades to put into practice: an embarrassing tradition in medicine that puts many lives at risk each day.

Evidence Supporting Sunscreen Use to Protect Against Skin Cancer Is Weak

I also believe the false sense of security that sunscreens provide are part of the problem. The evidence that sunscreens protect against basal cell carcinoma and melanoma is actually very weak. One 2011 paper even pointed out that "there is no convincing evidence that sunscreen use protects against cutaneous malignant melanoma."[29] Some of the evidence even suggests sunscreens may increase your risk.

The safety of the ingredients used in sunscreens is also a significant concern. The safest and most effective sunscreens are zinc-based. Zinc works because it forms a barrier, and won't absorb into your skin. However, they're the least likely to be worn since they leave a white paste on the skin.