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THE SUN CURE



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Modern humans are suffering not from too much sun — but from a catastrophic mismatch between our biology and a light-starved life indoors.

For decades, public health advice has revolved around sunscreen, shade, and fear. Yet a growing body of research now points to a strikingly different conclusion: sunlight is one of the most powerful and fundamental regulators of human biology. Far from being merely a risk factor, regular sun exposure is associated with lower total mortality — including reduced risk of cardiovascular disease, several major cancers, and premature death.

The Sun Cure is the first book to bring together the new science of sunlight and human biology into a single, coherent framework. Drawing on cutting-edge research from chronobiology, dermatology, immunology, metabolism, and evolutionary biology, it shows how sunlight shapes core physiological systems — from circadian rhythm, metabolism, and blood pressure to immune defense, mood, fertility, and long-term health.

Written by a Scandinavian physician with firsthand experience of extreme seasonal light variation, *The Sun Cure* dismantles decades of misconceptions about sun exposure. It reveals how the modern indoor lifestyle has disrupted ancient light-driven biological pathways — and how restoring the right kind of sun exposure can strengthen resilience, reduce chronic disease risk, and support a longer, healthier life.

Clear, provocative, and deeply empowering, *The Sun Cure* reframes the sun not as an enemy, but as a missing biological necessity — and offers a science-based roadmap with the potential to reshape how we think about light, health, and disease in the modern world.

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Torkil Færo is a general practitioner and emergency physician, documentary filmmaker, author, photographer, and globetrotter. His debut book, *The Pulse Cure*, became a national best seller and has been sold to 9 countries so far.

