



Medicine Stories Podcast

Episode 67 with Nadine Artemis

Harvesting Light: The Alchemy of Sun & Human

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(Excerpt from today's show by Nadine Artemis)

Sometimes we have this thought of the sun as sort of being parched and drying us out and shriveling us up. It actually creates a lot of inner lubrication that is really key for health and longevity and just plain old beauty.

(Intro Music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux)

[Intro]

[0:00:21]

Amber: Hey friends! And welcome back to the Medicine Stories podcast, where we are remembering what it is to be human upon the earth, following our guiding principles that story is medicine, magic is real, and healing is open-ended and endless.

I am your host, Amber Magnolia Hill. Today on Episode 67, I am sharing my interview with Nadine Artemis.

Nadine is the author of *Renegade Beauty*, which is one of my favorite, all around, health reference books. I've been wanting to interview her for years, and so I'm so happy to finally be bringing this to you.

Back in the fall, I planted some tulip bulbs for the first time. I love tulips, but had never put any around my own home. And one of these tulips survived the mole that haunts us in our front yard right now, and it's, like, a multi-petal tulip. It's red and so beautiful and lush! There's so many petals on it. I don't even remember buying the multi-petaled variety so we were quite confused when it first came up (Amber laughs). But only having one bright red tulip to focus on in that spot in the yard means that we've been paying a lot of attention to it.

We've been noticing is that in the morning it just turns its whole face to the East to welcome the Sun, and throughout the day it follows the path of the sun through the sky until in the evening it's completely facing West, and I know that many plants do the same that dandelions are open when the sun is shining and closed when the Sun goes down, even after they've been picked, like, that first day they will remain open in your home on your basket drying until the sun goes down and then they close up.

And so it's just got me thinking about the relationship between the Sun and all living creatures on the planet. I mean, can you imagine trying to help a plant thrive by keeping it out of the sun? It's totally absurd, and yet so many humans are staying out of the sun, whether because we're working all day on our computer screens, or because we've been told that the sun is the enemy... (*Amber whispers*)... "the enemy".

[0:02:59]

I remember watching a news segment about a year ago all about skin cancer and the importance of sunscreen, and it ended with the words:

*Just remember who the **real** enemy is: THE SUN.*

And I just burst out laughing that this is, like, where we are in the culture with how backwards our understanding of health is, that we're being told that **the** literal source of all life on Earth is our enemy. And so, of course, there's a way to be wise about your interaction with the sun. I'm not like "Guns blazing, just get out there and burn yourself!" Like, absolutely not. And Nadine and I get into all the nuances of this in this conversation today, but just holding in mind that you are like that tulip. You are a creature of the earth which means that you are made to be in conversation with the sun, literally. Literally, you've got vitamin D receptor in every cell of your body, and they need that vitamin D for your body to function optimally.

So this is a really dense and rich conversation. You're probably going to want to be taking notes. Or you know what I often do when I'm listening to a podcast, and I can't take notes is I just take screenshot of a spot where there's something I want to go back and learn more about, so I can remember the time stamp later.

[0:04:40]

And you know, also, our ancestors would not have survived, and we would not be here today, if the sun was the killer that we make it out to be. Just another thought to hold in mind as you probably have a lot of very old beliefs overturned during this conversation today.

I know that my mind was totally blown when I first started learning about Nadine's work, and many other people's work too and about the importance of sun exposure. It just goes against everything I've been told my entire life.

So, if there's like more information that you want at the end of this very long conversation, it's absolutely going to be in Nadine's book, *Renegade Beauty*, so if you find yourself having more questions check out her website [Living Libations](#) and check out that book, especially, like, specific recommendations for things to put on your skin before and after sun exposure. Although we do talk a little bit about that at the end of the conversation.

[0:05:43]

I gave the book, *Renegade Beauty*, to my thirteen-year-old daughter yesterday. I was going through my book collection and getting rid of just a few books — and definitely not getting rid of that one — but she was with me when I was doing that, and I was like, “Hey, you know, maybe you want to check this book out.” And much to my delight, she took it. She never, literally, I don't think ever once has taken my book recommendation and took it up to her room, and this morning when I went in there she was reading it!

And I would never give her a book that I thought would give her the message that she's not beautiful as she is, that there are external things she has to do to make herself more beautiful, and that is not what kind of book *Renegade Beauty* is.

It's about living, truly, in harmony with the elements around us, with the Earth, with the plants, with the Sun, so that our inner radiance can shine through. And there is a ton of good practical information as you'll hear in this conversation around the sun, around botanical medicines, breast health, like, what kind of deodorants to use, dental health and the oral microbiome. Basically, any page she could open up to in that book, I am so glad that she's reading it, and learning the information she's learning. Because like so many teenagers she doesn't want to hear from her mom.

[0:07:12]

So if you would like to check out the book, I recommend buying it, of course, it's also going to be the Patreon offering for this episode is a giveaway of the book that Nadine will sign and send to you. As always you can enter this giveaway at Patreon.com/MedicineStories. And it's going to end — Oh, I always forget to write down on my intro show notes the day of giveaway endings — May 19th. Tuesday, May 19th. So yeah, you can head over there Patreon.com/MedicineStories to be entered to win a copy of the book.

One final note before we get into it is that I plan on slowing down production of the podcast over the summer. It just feels like the natural thing to do, and I've been writing lately. I've been writing!

Writing is truly what I'm here to do, and I've been too busy to do it like so many parents out there, but you know one of the things that — one of the sad, sad truths of life is that time is finite, and all the time — it takes so much time to put this podcast together — that I spend doing this is just hours and hours and hours a week I can put into writing this book that I'm working on.

So I'm gonna do that. I'll probably still put the show out once a month at least, maybe more. Who knows what will happen? No promises either way, but I absolutely love doing this podcast, and so I'm not going anywhere, but I might slow down.

[0:08:57]

Okay, Nadine Artemis is the creator of *Living Libations*, a luxury line of organic, wildcrafted, non-GMO serums, elixirs, and essential oils, for those seeking the purest of the pure botanical, natural health and beauty products on the planet. She is a beauty philosopher, a aromacologist, and botanical muse. She is also the author of *Renegade Beauty* and *Holistic Dental Care*.

Nadine's botanical inclinations led her on a petal path to adventure in creating organic beauty balms, reviving elixirs, effective oral care, and perfumed poetry to quench the natural yearnings of

many. She is an innovative aromacologist, developing immune-enhancing formulas, and medicinal blends for health and wellness. Her healing creations, along with her concept of renegade beauty encourage effortlessness as she regimens and inspire people to read conventional notions of beauty and wellness.

Okay, y'all, let's dive right in to this interview with Nadine Artemis.

(Transitional Music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux)

[Interview Begins]

[0:10:15]

Amber: Hi Nadine. Welcome to Medicine Stories! I am so happy to be able to talk with you today.

Nadine: Oh, I'm so happy to be here! Thank you

Amber: Thank you so much for all of your work, everything you do.

I had heard you talk about the sun, and had been so struck by what we, culturally, get so wrong about the sun. And then a very good friend of mine had your book, *Renegade Beauty*, and I was kind of like, "Okay I don't I don't really care about beauty. That looks cool, and I love what she has to say about the sun." But then I looked at the book, and I was like (*Amber laughs*) oh my gosh. Like, this woman is brilliant! And this goes so far beyond, you know, our surface ideas of beauty in this culture.

And just really fell in love with your understanding of plant consciousness, floral consciousness, solar consciousness, and I would really love to be there with the sun. Because as I said, it's crazy how backwards our understanding of the sun is in our culture.

So can we start... well, first how about we start by you telling us how you came to be doing what you're doing, and maybe you can talk especially about how your ideas of what the sun is and does for us, and why it's so important for human cells to interact with the sun, how that came into your life.

Nadine: Yeah, I mean, I think this sun is always a great place to start 'cause it's so such an important part of our lives. And in the realm of beauty, I think of it as the primary, a primary, cosmo-etic which is when we can just think of the elements like the sun, and water, and air, and the botanical gifts as the Earth as, like, partners in our beauty.

And by beauty, I mean, you know, by the widest expression of, like, health and feeling good and well-being because they're essential, and, really, that's what's going to refresh us and resource us, revive us, and reveal our inner beauty. Because, you know, beauty is not something that's just applied, and it's not really going to come out of a bottle, per say, but it's, like, that engagement with the elements. So that's one of the reasons why I like the sun.

And oh my gosh where should we start with the sun? (*Nadine laughs*)

Amber: Any, I mean, your whole journey. Tell us anything you want about how you came to be doing the work that you're doing in the world.

[0:12:48]

Nadine: Yeah, I, you know, I was a little child, as we all were, loved dabbling in the forest, making potions and stuff, and even making potions at home with my mom's things.

And then by grade nine, it was really neat, because I got to do, like, a science fair project and pick my own subject. And I realized I wanted to do it on perfumery, and I was obsessed with perfumes at the time. You know, they're all the bottles of literal, like, poison, was Christian Dior's *Poison*, or *Imagine*, like, I'd even mix them.

But I didn't know, like, there was sort of no rooted substance about where they were coming from, and I was exploring that at the library. And the history is just so rich in Ancient Egyptology and, you know, perfumes that were even mixed with wine or mead, and, you know, incense, which is really a part of it. Because sort of some of the first perfumes were really the smoke, the smoke of incense, and so I loved that.

And my great-grandfather was also the President of the London Egyptology Society, and would do archaeological digs. So I had his paintings, and there was a beautiful resonance. So that took me through those realms, and that made me discover essential oils for the first time 'cause the book talked about these substances really were, and I just loved that. You know?

It was such a good moment of putting all the things that I love together for school. So that was also fun 'cause school could often be boring.

And then just having kind of like a classic teenagehood and exploring all kinds of products, and mixing things in my bathroom, but really thinking that I'd come across "Oh, The Body Shop!" Oh, that was so fun and "green beauty".

[0:14:40]

Nadine: But then by the time I was 18 and at university, and really understanding about, you know, where the food came from, and environmental connections, and food processing, and how it was connected to health and environment, and understanding, really, the whole structure. The supermarket, and what's on a label, and really getting a grip on all of that which was just so mind-opening.

Really, that quickly transferred to understanding what I was putting on my body in the way of cosmetics, and that The Body Shop is basically BS. And the cucumber toner had never saw a cucumber. The peach, fuzzy peach bath oil had never been in peach. There was no pineapple... you know, all that kind of stuff.

And I really just started making my own food from that moment forward. Always eating organic, never processed, and making my own cosmetics as I was going through school, which I was, like, going into philosophy and women's studies. And it was great 'cause then I was doing projects on, you know, women's health and the dangers of birth control, the pill, the IUD, and projects on

midwifery and hey, what's madonna doing in that video? you know? Just like all of it, Or, like, ancient practice of Taoism, which also brought an understanding of health and beauty.

So it was really very crosscultural, transhistorical, understanding of women's bodies, and a lot of the Western History that has made very poor choices around the medicalization of women's bodies. So it was just so fruitful.

And I saw beauty, and our understanding of it, could also be this radical avenue to really... beauty can be radical. And exploring what's beautiful on the planet can be radical. And that really just spoke to my soul. And at the same time, I was just swirl diving into the history even more than I had, obviously, at that time of doing the perfume project for a science fair.

So I was reading ancient texts and looking at, reading about, raw materials, ancient Egyptian recipes, and how could I get that, how could I smell that. I wanted to catch a whiff of what it was like in ancient cultures, so I had to remake things, and then I started importing essential oils because I couldn't find all the beautiful ones that I had read about.

And then just really getting in touch with a whole other world of quality and smell that just was not what was bottled at the health food stores.

And then I started a store, and, you know, on and on it goes. *(Nadine laughs)*

Amber: Yeah! You followed what was calling to you, and that's really beautiful. I love hearing, too, that there's this women's empowerment piece underneath it all, and of course there is. That makes perfect sense, now, reflecting on your book. I love the emphasis on breast health.

[0:17:49]

Amber: But I'm curious: were you always a sun worshipper?

Nadine: Yeah, even though it wasn't allowed, but that was partly part of the fun, too.

In my school, before university life, I was so very much questioning things, and I was a lovely challenge to all of my teachers, I'm sure. *(Nadine laughs)*

And I was at a private school, and we weren't, you know, there was restrictions on uniforms and stuff. And my mom was also just dutifully, you know, "Put on your sunscreen and don't get burnt," as was normal for the time.

So we would find all kinds of creative ways to get sun exposure because all I knew was that I felt so good. Like, I felt good. My skin felt good. I felt good physically. I felt good emotionally. Like, I like the sunshine.

So yeah, that's what we would do. We would line up at school, kind of push down the socks, try and hike up the skirts. We'd put tin foil in our textbooks so we could get reflection off the rays. *(both laugh)*.

But we also had baby oil and stuff, too, which, you know, I would shudder at putting on my body now.

Amber: Right. (*Amber laughs*)

Nadine: And then combining that with like swimming in a chlorine pool.

Amber: Right. (*both laugh*)

[0:19:11]

Amber: There's a quote in your book, I didn't write down who said it, but I know you were quoting someone else, where you wrote that, "The effect of sunlight on our energy system is like a battery being charged."

And ever — it's so true! Ever since I read your book last year, and I was like, oh my gosh. I can't believe I haven't taken advantage of the free thing in the sky, that literally gives life to the entire planet, without which we absolutely could not survive, and that has so many health benefits for us as humans, that I didn't even know about.

And so, since then, I've really taken your advice to heart. And like, today it's finally warm and sunny enough to lay out for the first time in weeks but I know that anytime...

Nadine: — Same with us.

Amber: Yay! Even just for 15 minutes, I'm recharged. I'm completely revitalized. It's like I just got a massage, or some kind of body work done. It's so incredible, and it's so amazing that we're all overlooking that and being told "This is bad. Go indoors. Cover yourself."

Nadine: Oh yeah. I mean, there's so — and I love the sun because A, we all get to feel it. We all know what I'm talking about. And then through history, and, you know whether that's sort of the recorded history, or our artistic history, or our philosophical history, I mean, there's just so much juice, right, with the sun.

And then, like, and then science. There's so much fascinating science around the sun that I'm — it's you know, I mean, on one level — I could just study that for the rest of my life. But I mean, I got too much other stuff to do, but it's so juicy. Oh, I'm so happy that I had a chance to write about in a deeper level, or even to talk about it now.

[0:21:06]

I mean, from the beautiful books that were written around the turn of the 19th century there's so much good stuff. That now that we have a deeper understanding of science on some level, that we can like look back, and then combine that previous knowledge with our current knowledge, which is so rich. Yeah I mean just...

And then we got the current studies, which is near 3000 studies, that show, in varying ways, that when we are amply supplied with vitamin D in our vitamin D receptors that, you know, all of these diseases are less of an issue.

Like, literally, to be sufficient in vitamin D, your chance of developing breast cancer is slashed by 50%. The number one cause of juvenile diabetes is a vitamin D deficiency in the natal prenatal

period for the mother. You know? Like, so many connections. And then many types of cancer or MS, like, all these things can really get solved with vitamin D.

So a question for modern times could be:

Do we just forgo sun contact and take vitamin D because we have it now?

Well, obviously, we've had it for a while, and there is some food sources, but a lot of it's more like looking at the food sources to kick in sort of these different catalytic actions in the body, which is sort of another path which we can totally talk about.

Amber: Yeah, I have questions.

Nadine: Yes, but the thing is, at the heart of it all, we are thankful to have the vitamin D, but it's a different kind of substance. And it's a fat-soluble substance, and it does show that, even through supplementation, is valuable for many people, you know, for their overall innate immune system and health.

However, when our skin interacts with the sun, it's a water-soluble vitamin D that's created, and then a whole bunch of "stuff" (*Nadine laughs*) — that's for scientific words, "stuff" — happens in the body that we know of, and there's going to be stuff that we don't even know of yet.

[0:23:30]

Nadine: Like, very necessary and healthy microbial peptides, which are just so essential for the immune system, and then that creates other things that are going to benefit the microbiome, be a food supply for the microbiome, help cell signaling systems. So it kind of juices us up from the inside, you know, where we create, also, a healthy cholesterol sulfate is created with that catalytic action of sunbeams on our skin. And that's a very essential cholesterol sulfate that is essential for the sex hormones, among other things.

So it is, well, sometimes we have this thought of the sun being sort of parched and drying us out and shriveling us up, it actually creates a lot of inner lubrication that is really key for health and longevity and just plain old beauty, for lack of a better word. As in beauty, as in good, healthy skin, and that glow, and helping to get rid of acne, or eczema, and keeping the topical microbiome system on the skin healthy.

And it's interesting now because, you know, we're blaming some skin conditions on the sun that actually have their roots in other things. Like most melanoma's root — I'm sorry, not melanoma.

MELASMA, which is the hyper pigmentation of the skin — most of that is caused through a dietary ingestion of polyunsaturated fatty acids.

Like, our country, eating, you know, 20% of their fat from Mazola and canola, and those really unhealthy rancid oils, or applying things topically to the skin that are chemicals, like sunscreens, and then going into the Sun, or you know hydrating with things like Coca-Cola, and then going into the sun. Different things.

So we really want to think about what we're offering to the sun with our bodies, but also know that, like, you know, the injections in the self-tanning sprays and all of that are actually part of it. What we're doing to make up for the lack of sunlight is actually harming us more than the sunlight.

Amber: And I bet! I mean, you could probably write a whole book on what we're doing to make up for the lack of sunlight. *(both laugh)*

All the ways that not doing what we're meant to do, what all of our ancestors did, what our species, like every other species on the planet evolved doing, which is interacting with the sun. If we're not doing that, which we are literally told not to do, look at this cascade of health problems that can arise from that, and all the things that we're scrambling, then, to fix in ourselves.

[0:26:30]

Amber: I really love this idea that you bring forth of "human photosynthesis."

Like, you know, how literally, as you write, "Our cells are made to interact with the sun. We have these vitamin D receptors covering our bodies," you say, "even in places the sun doesn't shine." And, you know, clearly, the human body has evolved to take in the sun's rays and do all sorts of amazing things with it.

You wrote that vitamin D repairs organs, boosts immune function, lowers insulin levels, reduces blood pressure, boosts neuromuscular functioning, and interacts with more than 2000 genes. I mean, that's... it's like — what's that? — It's like epigenetics.

Nadine: Yeah! Yeah.

Amber: We're using the sun to turn on the good genes and turn off the bad ones, because vitamin D also makes apoptosis happen. It helps the cells kill the cancerous cells that are starting constantly in our bodies.

Nadine: Or just this, yeah, the cells that need to go.

Apoptosis is cell death, and it's the healthy cell death.

Amber: Right. And that's so amazing. I mean, fasting can help with that. Long term or intermittent. Just eating good food, and oh my gosh, going out and being in the sun. That's amazing!

Someone won the Nobel Prize for looking at that a few years ago. And he was like, oh, you know, just go in the sun and do something you enjoy anyway. *(Amber laughs)*.

Nadine: Yeah. *(Nadine laughs)*

Yeah that was for heliotherapy, meaning, studying how the sun could help with disease, help eradicate diseases. And that was at the turn of the century.

And then there was a lot of development in that area, too, where there was clinics in Switzerland in the 1920s, where people were healing rickets and a lot of bone diseases, tuberculosis, and really having amazing results. It was quite famous, even worldwide, at the time.

Yeah, and then things turned after World War II, where we became a little more chemicalized as a nation, as, really, a globe, as a planet. And that's kind of the, that's what we kind of have to undo, a lot of that fear and sort of lobbied — I call it — we've been lobbied into a loss of sunlight. Like, literally, by lobby groups. *(Nadine laughs)*

[0:29:00]

Nadine: And then issues around skin cancer, that's a serious thing.

Melanoma is not something anybody wants to get, but the studies and the science — and, again, these are studies that I have in my book from the New England Journal of Medicine, the Cockburn Review, which combines studies and then does new data from there. So very prestigious, in some realms, resources, but just talking about that it doesn't seem to be statistically correct that the sun causes melanoma. As people with more recreational sun exposure have less chance of getting it, the closer you live to the equator, the less chance you have of getting it.

So there's still a lot to learn, but I think it involves other, there's probably some other underlying causes. And, of course, we do want to be careful, and we don't want to get burned, especially repeatedly in the same area, although there's a lot you can do to bring speedy healing to that area.

But what's also important to know is that the body, the DNA, is able to handle a burn much more efficiently and properly with our own body systems, than our body can handle being in the sun all day with sunscreen, and what that does to our body systems.

So we can allow the DNA to process the heat and take care of the burn, and we can... there's a lot of things that help us topically to mitigate the effects of a burn to an area. And where sunscreen can cause a lot of damage, you know, obviously, there's a lot of chemical ingredients. And you know, and besides the hormone, the endocrine disruption, and the chemicals that are showing up in the body, there's just some active ingredients that get further ignited through sunlight.

Like the main one, oxybenzone, is classified as “non-carcinogenic” until it's exposed to sunlight.

(Amber laughs)

So there's, like, little chemical processes...

Amber: It's so insane!

Nadine: It's so insane. That's been banned, like, maybe in Europe, but it's still a main thing. But then, you know, something else will be thrown in to replace it, and then in 10 years, we'll be like, “Oops.”

And so there's that, and that can cause more freckling and moles and different things like that.

[0:31:42]

Nadine: But then another main issue of sunscreen is that it separates the UVA from the UVB rays.

So now we're sitting in the sun, past maybe when we would normally, like because our warning systems now have been covered over in sort of this chemical saran wrap, and so we're not getting just that, "Hey, it's getting pink. I will seek shade or wear a shirt." So that kind of gets turned off.

Amber: — the phrase that you use in your book is that it "anesthetizes" your skin.

Nadine: Oh yeah! There you go. *(both laugh)*.

And then we're getting solar rays without UVB, so now we're not getting any vitamin D, but then — and especially in the name of beauty — now we're just receiving UVA without UVB, and so the UVA is actually damaging on its own.

So when we start separating, kind of like when we make pharmaceuticals from whole plants, and then it's not in the whole form anymore, so it might have more side effects, that's sort of like what happens when we're dividing the rays.

Amber: So we're shutting down the skin's, and the body's, warning system. We're separating out the UVA's and UVB's, making it more dangerous, what we're getting from the sun. And we're baking toxic chemicals into our bodies.

Nadine: Yeah!

Amber: All at the same time.

Nadine: Yeah! *(Nadine laughs)*

You know, it's funny, for many the sun still feels so good that even as they're doing that, they're still happier being in the sun.

Amber: *(Amber laughs)*. Right. Yeah.

[0:33:30]

Amber: I... gosh. There's so many places I want to go. But I really like how you tied it into this shift with World War II, and I love the history that you give of the solariums, and how there were doctors, and you said, like, well-known research showing that just sunlight can cure serious diseases in people.

Nadine: Yeah, even Florence Nightingale was, like, really working to convert hospitals to have facing south because they were cleaner rooms and less bacteria. And you know? Sunlight is the best disinfectant as it is said.

Amber: Yes, and then there's... it's activating the immune system. Like, you write that "Our vitamin D receptors are like the basis of our immune system."

Nadine: Yeah, and it's literally cleaning our blood.

Amber: Yes. That's so interesting! It's so basic. So yeah, to tie it into this bigger, historical rush towards scientism and control, really, is what I see, and basing this a lot on Charles Eisenstein's

work, who's been a past guest, we've just been moving as a society and as a global culture now towards more and more control and micromanaging of everything. And a lot of that is, yeah, synthesizing natural substances, turning to chemicals, and disconnecting ourselves further and further from the natural world.

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Amber: So ,this all just ties in perfectly to how our culture, and our species', relationship with the sun has shifted so abruptly with very real consequences. So yes. Just... (*Amber laughs*).

Nadine: Yeah, well, the whole world economy... Well, obviously, that's too blanket 'cause there's going to be farming and different things. But let's just say kind of a metropolitan workforce, a general economy of a city, right? Like, it's all based on not being exposed to the sun for obvious reasons. We have to function like that. But we don't even have ... we're not even culture with a siesta, to like, go home and enjoy some afternoon in the sun. Or that kind of thing.

So yeah, it's going to take a lot to rework that kind of thinking because once you really learn about the sun, you know, you want to kind of get your exposure in as much as possible to build up. You get out of a mindframe of "a winter vacation" or "it's Saturday" because you want to try and kind of fit it in where you can. Like, at work we have a sundeck, and it's literally, like, please, go outside and have a break out there. Have lunch out there. Yeah, because we kind of need to get it in our bodies.

And going back to this being a solar panel is you kind of, especially for us, we live in — I think you may have a winter, too — where we definitely have from November to March, the rays are not really that long to generate a lot of vitamin D. So we kind of have to store up.

And since I've been more committed to this and understanding on a deep level, that it's not just great to feel the sun, but I really need to build it in and have a base with my melanin, that's just different. Even in January, now, my skin is just different than it was 20 years ago. Sure, it would be tan before, but now I make sure that it's just really a part of the palette of my body, and I can really just feel it taking me through the winter months when I've stocked up in summer.

Amber: That's so good to know that you can store it up. And what I've learned from you, and I want to go back to melanoma and cancer, so don't let me forget, because I know people are still sitting at home going, "But what about?"

[0:37:22]

Amber: But is too, as soon as you're able to, as soon as those sunrays are long enough, get yourself outdoors and in the sun, early in the springtime, and start acclimating your body to the sun because, of course, you don't want to burn all at once.

And that's what I've done my whole life, is, like, June comes around, and we're like, okay, let's go to the lake or the river, and then my skin is completely un-kissed by the sun. And I'm loading up the sunscreen or staying in the shade, or getting burnt.

And so, starting last year, after reading your book, I look: when is the right time for me to lay out? Is it a good enough day? If I have to put up wind shields, I will, or neighbor shields. (*Amber laughs*) And it's amazing! It just, oh my gosh, it feels so good. It completely changes the course of the rest

of my day after I've done it. And I was able to build up enough of a base tan last year that I didn't feel like I — I wasn't afraid to not have sunscreen on when I was at the river.

Nadine: So perfect. So perfect.

Yeah, we've just come back recently. So part of our winter goal is always to get a little bit of sunshine. And then we just come back. And by the time I come back, the rays are getting long enough, and if it's a sunny day, I'm out there.

It's kind of fun when it's cooler air. It actually is even better for muscle tone. So it's like a very micro, micro-workout lying in the sun because it does create muscle tone. And then when it's longer because it's... so it's really nice, the early spring tanning, because you really can just drink it in. It's a gentler, softer sun. I mean, everybody is going to be different, but most people, you could get a good hour if you can. You know?

And I always advise to people: if you're worried about wrinkles on your face, even though once you get into it you realize it's probably not changing your skin tone in that way, if you're eating healthy and that kind of stuff and keeping hydrated. But you know, then just forgo the things, and then you've got the whole rest of your body, your whole backside, the sides, you know, and just bring it in.

Amber: Yeah, I'm just constantly shifting angles. Get the side, a little more of the top side.

Nadine: Yeah, that's why you gotta rotate. *(both laugh)*

[0:39:50]

Amber: So, let's go back to melanoma and skin cancer.

You really have quite a well-cited section on this in your book. And like you talked about, all the studies, the metastudies, and there's even a whole book written just about how everything we think we know about skin cancer and melanoma is wrong.

And something that I find so interesting, not only did one study find that malignant melanoma is less common in children and adults who work or play outside, but another study showed that melanoma is far more common for people who work indoors. And it seems like especially that perhaps fluorescent lights can be a source of melanoma.

Oh my god.

Nadine: Yeah, which is huge. Then there's another — I think. I don't know if it's the same study, or if it's that one, but that was written before we had the whole workforce looking at a computer screen. Like, so now, who's to say? You know what I mean? Because now we're getting a whole other kind of light and way less. Like, we have just changed that so much.

If you think about it, in the 90s, people were still using typewriters. Obviously, there was computers, but you know what I mean. Like, a lot of work was done like pens and papers and typewriters, still. It wasn't guaranteed.

'Cause some days, I'm like, wow, how is everything I'm doing mainly about a computer right now? Except for my formulating, it's like every job seems to have come down to a computer screen at some point.

Amber: Including podcast interviews. (*both laugh*)

Nadine: Yeah, there you go!

And that book is really amazing. It's really in-depth. It's hard to find now, because it's a thicker kind of textbook, but it's well worth it. Bookfinder's a great resource. And also in my book I do list out some of the older books. So there's a lot more little rabbit holes people can go into. I've got, like, over 500 endnotes in my book. So there's lots of places to go.

Amber: I love that. I love all the citations! (*Amber laughs*).

The book is called *The Sun and the "Epidemic" of Melanoma: Myth on Myth!* By Dr. Bernard Ackerman.

[0:42:11]

Nadine: Yeah, he was really amazing. He died in 2009, but he seemed like a real maverick.

He was the founding father of dermatopathology, which is the more serious study of skin and diseases. It's a little bit more hardcore than a dermatologist. And yeah.

I find he was even quite a radical writer. Kinda poetic, too.

Amber: Yeah, like you!

Nadine: Yeah! It was so neat to find this doctor brother.

Amber: That's so fun, finding someone across time.

[0:42:48]

Amber: Oh, well, a friend of mine, her husband died very quickly within two months of a melanoma diagnosis a couple of years ago. He had four children, and I forget how the subject came up, but something about he hadn't been outside much. He was even diagnosed in October, died in December.

And I said, "Did he work under fluorescent lights?"

And she said, "Oh yeah, he worked in a warehouse."

And she was like, "Whoa," when I told her that. She was like, "Oh my gosh that totally makes sense. We didn't know. You know? We didn't know he was at risk."

Nadine: Was he a sun lover or anything like that?

Amber: I don't know! I think he was working a lot because he was supporting four kids.

Nadine: Aww. Yeah.

[0:43:35]

Amber: And then, also, a meta review of studies, so this is looking at many different studies, showed no correlation between melanoma and sun exposure. I mean, that. It's just so fascinating that when everything you've been told turns out to not have basis.

Meanwhile, over 2500 studies have linked lack of natural, sunlight-derived D3 to increased cancer risk.

Nadine: Yeah. Those are just the facts. Which, you know?

Amber: Did I say increased cancer risk? I hope I did.

Nadine: I think so.

[0:44:18]

Amber: Okay. (*Amber laughs*). So, let's then talk about food and the role that food plays in — I love how you brought this up earlier. That we need to think about, basically, how we are treating ourselves, what we are putting into and on our bodies as our offering with the sun.

This is... we're not just passive recipients of the sun's rays, but we can play an active role in how, in optimizing our body's forgetting the most nourishment and the least harm from that relationship.

So you talk about different kinds of foods we can be intaking. Maybe we can look at that a little bit, like, chlorophyll from greens, and pigment-rich plants. Let us know what can we eat to help wisen up our interaction with the sun?

Nadine: Yeah, for sure, like, really concentrated greens. Like, chlorophyll, just drops of chlorophyll in water is one of my favorites. And maybe a drop of peppermint for fun. Like, in the sun hydration drinks, also, there's a number of studies that show foods rich in pigments create our own internal sunscreen.

Which, oh my gosh, you're reminding me, we were fortunate to be in Hawaii in March, and was just on the beach, and then there was just a real beach guy. I think he was flying a kite. You just knew he was like... however he created his life, he was at the beach a lot.

And then I was talking to a couple on a towel nearby, and he was telling them about vitamin D, and then he was like, "And I take a lot of astaxanthin." And I'm like, oh my God, he's totally on it. Which, that's a red algae, and it's actually harvested in the Hawaiian islands, and it's a really great supplement on a number of levels. And it really is good for internal lubrication and internal sunscreen.

Amber: Wow. So any, like, these red and purples. Are these what are helping us with that internal SPF?

Nadine: Yeah, reds and purples, but really, green, also. And red and green, I always feel like even inside our bodies we're always combining them in fun ways and making purple. You know? With a bit of imagination. But I'm sure it's just good having a mixed palette.

And then also, topically, plants that are richer in pigments are also our friends when it comes to even getting different kinds of protection. So from food and from plants we can get a lot of help sort of from the inside out, and also I have a new tip that's not in my book, and I haven't talked about it before if you want me to tell it here first.

Amber: Yes, please. Give up your secrets!

[0:47:14]

Nadine: So we've been working with various peptides over the past couple of years.

Amber: What are peptides?

Nadine: Those are short-chain amino acids. So, like, a protein is a longer chain amino acid.

So now there's been so much study being done with different peptides, and people are taking them because it helps with cell-signaling systems. So, I mean, this is a whole other topic. And generally, you want to go through a functional medicine doctor, or really educate yourself, on how to use them. They're easy to use, and, generally speaking, they're very safe. And even, like, when they study some peptides at high doses, they can't find the amount that would sort of make it toxic, because they have a very short half-life.

They go in, they signal the cells, and then they leave the body. Again, this is very general.

There's an International Peptide Society. You can find information there. And various... there's some good podcasts on peptides, too, with Dr. William Seeds or Dr. Daniel Stickler. So if you want to go into it, you can go down that path, and it's really great stuff to know right now, especially for building the immune system.

And then there's different peptides that help generate the kind of microbial peptides that get generated within the sun. And they are the ones that help to repair leaky gut, like no other. Dietary changes might repair a leaky gut. It might take years, whereas there are peptides that can really help within a matter of weeks or months depending on the person and the protocol.

Amber: Wow.

Nadine: Yeah, so we could talk about that right now for about 20 hours? But I'll try to make it super short.

(both laugh)

[0:49:05]

Nadine: So the whole thing with — 'cause this made me think about it — so when we're working with our food and pigment, because it's all about the melanin. And melanin, which is what makes us tanned, or also gives us varying degrees of skin color from Irish to African, it's about our

melanin. And in the first layer of skin, the epidermis, which is so thin. It's only one millimeter thick. There's five layers. And the fourth layer, just before the basement layer, the basal cell layer, which is also referred to the basement layer, is the melanin layer, and that's where you have the melanocytes, and there's all that activity. So it's a deeper layer.

And then there's a peptide called "melanotan" generally with a number 2 afterwards, so it's called melanotan-2, and it's cell-signaling for the melanocytes in the body.

So, besides a number of things that it does for immune system, it helps people that have had a mold exposure. It does also seem to have a good effect on libidos. The other thing it does is you get a tan with it because it's activating your melanocytes.

So what we have been experimenting with is just doing, like, a one mcg, a very tiny, tiny amount, and most peptides are done through a subcutaneous injection, which is another thing, but it's very easy. It's like an insulin needle. And you just find a little fleshy part, and you just put it in. It's easier than doing, like, a B-12 shot.

So anyway, it activates the melanocytes, and then a tan is created which is then the best sunscreen, so to speak, and then what I've also found in our experiments is that you do, you need to take the melanotan, and you really only need one, depending on... I don't know. We were already having a good base layer. But one or two, and it's got to be at a time when you're going to have sun exposure. So in the middle of the winter, when you're not going to see the sun for a couple of months, isn't the best time because it seems to just get further activated by the sun.

But you literally have the most even, glowing base layer ever, and while we're traveling, we found it so awesome for our son because kids they just, generally, they're not lying in the sun. Right? They're active, they're doing stuff, and it's hitting them in different ways. So part you need to sunblock an area, or parts gonna get more exposure than the other. So anyway, yeah, he was game, and we didn't even need sunscreen because we make our own. We make our own. Everybody Loves the Sunshine with Zinc, which is different from sunscreen because it blocks the rays.

So if you can find something natural with zinc, it's gotta be, like, not rancid and a good non-coated, non-nanotized zinc, that will just deflect the rays. So that's why zinc is an old-time and very non-toxic sun protection. But it's going to block. It's deflecting the rays off your body.

And then we make an Everybody Loves the Sunshine oil, which is like a golden tanning oil. It's gonna harmonize your time in the sun. You may get another half hour, if you've a good base tan, or for some people, if they're just starting out, it may add, like, another ten or 15 minutes of priming their skin for the sun so they don't get burnt. But it's not a sunblock. But it will prolong, and get your skin harmonized to those sun's rays with the goal of tanning. And then the zinc is just, I don't want the sun on my nose or shoulder right now, so I'm going to block it.

[0:52:56]

Nadine: But with the melanotan, the baselayer is so thorough and complete that — we've had other friends on the trip try it as well — and it was such a great thing. So you just have one tiny shot and you're like, go out and suntan, you're good for the season!

Amber: That's crazy! That seems so space age, but really all you're doing is you're putting this little peptide into your body that was activating those cells.

Nadine: Yeah, and it's a biologic, so it's like a really good form of medicine and there's no... it's not like a full synthetic. It's totally different. It's a totally different thing with the body, and you're not putting in a substance. You're making things sort of activate and wake up. And then your body is doing the work, if that makes sense

Even for, like, in different — we don't know these realms, but sort of the body-steroid realm of body working out. They've been into human growth hormone for a few decades. But there was obviously issues with that because you're putting in a hormone. So you can kind of “blow a fuse”, so to speak, with the receptors.

But now, there's a class of peptides that act like secretagogues, and so those will then just activate your own human growth hormone. And so, it's a whole other ball game because we still have all that in our bodies, it just kind of gets a bit dull as we have more circles around the sun. With aging, some of this activity gets decreased, but we still have HGH in our pituitary gland. So it's just about signaling it.

Amber: Right, so cell-signaling is so important for every function in the body.

Nadine: Totally! Yeah. And so I'm excited to even, you know, I'm just wondering about the melanotan and vitamin D levels. I think there's a lot more to explore there, but seriously, on a scale of “set it and forget” — it's not sunblock, I guess — sun protection, sun harmonizing, factor. Wow. There's such a good solution.

[0:55:12]

Amber: Yeah, that's amazing. It's that going to be available to people at some point?

Nadine: Well, that's not something that we would venture into selling. I mean, I would do — we're working on creams with peptides and things that would be more related, but that, you know, you want to get from a very good source so that's why looking at the Peptide Society, where they have people that they work with. There's CanLabs, that has a good one. Tailor Made Compounding, but sometimes you need prescription to go through that. 'Cause there's just, obviously, quality. There's quality ones and then there's ones that are not made with such quality and then you won't know what to expect. And that's... you know.

So quality is key, as usual, which I feel like even quality with the zinc. Quality is so key. Quality of food. But fun thing about the sun is that it's equal quality for all! (*both laugh*)

Amber: Yeah, there's no company that can make poor quality sunlight. (*both laugh*).

[0:56:23]

Amber: I listened to a really interesting episode of the *Wise Traditions Podcast*, the Weston A. Price Foundation's podcast. I think it was called “Light Eaters” or “We are Light Eaters” with Dewey Layman. And one idea that really struck me was he pointed out that food is just sunlight slowed down into matter.

Nadine: Yes! Yeah!

Amber: Yeah, which is such a beautiful thought.

Nadine: That, to me, I just feel so passionate about — so pesticide, they literally affect the photosynthesis. So it's like this shadow over the food, and then with animals, with chickens and eggs, and cows and butter, and all that realm, it's all factory farmed.

So they're living in the shadows producing, besides all the inhumane and the toxins and all of that. So it's just this shadow food, and it's not grown in the sunlight. So that's why we get other vitamins, nutrients, and different catalysts in the chicken. And that's so important because it's only food that's been, like the butter from the cow that's been outside. Or the egg from the chicken that's been outside. That's the only food that's getting that vitamin key, too, because it has to come from food that was eaten with sunlight.

Amber: Right. That's also something that they brought up with this is that pastured animals, who are outside in the sun and in natural light environments, are "light eaters" just like the plants are, just like we are. And that that has a huge influence on how that food, then, affects our bodies, of course.

Nadine: Yes! (*both laugh*)

And D3 and K2, for whatever reason, there's just something so magical about that combination. And in our earlier years, like, I don't know where are we? At the beginning of the 20th, of the early Aughts, we were like, "Vitamin D! Vitamin D!" kind of in the supplement world. Then we learned, "Oh my god, we can't take all that vitamin D without K2."

So you got to get the D3 and the K2 together, and then that's some special combination that ushers minerals into the bones. So then the calcium and the magnesium and the phosphorus go into the bones. And if we don't have the D3 and K2 in sufficient amounts, then the minerals just go into, or are just floating around the bloodstream. But we need it in the bones.

[0:59:04]

Nadine: So D3 and — as has been known in different ways since ancient times — the sunlight is so essential for bone growth and bone health.

Amber: Yeah, well, talk about the Egyptian skulls.

Nadine: Oh yeah! That's such a fun thing. So they were... as some Greek historian, I forget his name now, was visiting and writing about visiting the battlefield of — I can't remember the battle field — anyway, a Persian-Egyptian battlefield. And they were visiting it a while later, like, I'm thinking decades, if not, like, 100 years later, and there's different skulls, and he's just showing that a rock would shatter the Persian skulls because his theory was that they wore head caps. And that the rock couldn't even shatter an Egyptian skull because they shaved their heads when they were little to bring in sunlight to the bones. And of course, they had a whole culture that was about infusing the body with sunlight.

So his... yeah, he was just finding a difference in the quality of the bones.

Amber: So interesting! And they knew specifically, “We want the sunlight on our **scalps.**” (*Amber laughs*) We want that direct 7th/8th chakra connection.

Nadine: (*Nadine laughs*) Totally! Totally.

I remember after giving birth to my son, the midwives were like, “Okay, well, keep the belly button clean and healthy, but we’ll be back tomorrow.” So I was like, “Okay.”

So I put a little frankincense in there and a drop of tea tree, and then we — he was just so tiny. This was just, like, day one or day two. I feel like he’s the size of my hands — but we just have him in the sunlight. And you know, it wasn’t long, because he’s fresh. Just a few minutes. And they came back the next day and it was completely healed. And they were like, “Oh my God. We told you...” Well, you told me to keep it clean. (*Nadine laughs*) But they were like, “We didn’t know it was going to heal over night.”

Amber: Yeah, it is incredible how quickly sunlight can heal skin conditions. Whenever my kids had diaper rash, we’d just get that butt in the sun for minutes, and it’s gone!

[1:01:15]

Amber: I’m just putting this together, right now, so I just want to go back to the way that sun is intertwined with all the common food advice, which, you know, really we should all be following. I certainly do so.

So we talked about pesticides and the importance of organic, and outdoors grass-eating, wild foraging livestock animals.

But also in this podcast episode, which is #177, again, of the *Wise Traditions Podcast*, he talks about how important it is — so now we’re getting into local food — to eat food that grows in the same light environment that you live in because it’s giving our bodies the right light information for where we are geographically located on the planet.

Nadine: That makes sense.

Amber: Totally! I love it.

Nadine: I like that.

Amber: I know! And then I also want to touch on mitochondria. So, so fascinating, and I feel like I can’t learn enough about it, partially because it can be really confusing (*Amber laughs*), but also it’s so fascinating.

Nadine: If you dive into the mitochondria in peptides...

Amber: Are they feeding the mitochondria, or giving it information on how to create the energy?

Nadine: — All different kinds. Almost like they’re going, “Oh, remember, Mitochondria, how you functioned at 20?”

Amber: That sounds amazing. Again, that epigenetic information, what we can be doing to turn our genes on and off.

So mitochondria are the energy-producing parts of ourselves. And most of us think, when we think of what feeds our mitochondria, we think of food, oxygen, and air. This is what I often see people saying. “This is what feeds your mitochondria.” But sunlight is also very much feeding our mitochondria, and this guy, again, Dewey Layman in that episode says that two-thirds ($\frac{2}{3}$) of the energy in our mitochondria comes from the sunlight, and one-third ($\frac{1}{3}$) comes from food.

Nadine: Ah, I love that.

Amber: It’s amazing! And that when you are getting enough sun, you feel the need to eat less food.

Nadine: Yeah, generally. There’s just a harmonizing going on.

[1:03:28]

Nadine: And that’s supposed to be said of sungazing, too, is that it’s just providing other information at those special times in the day. It’s like another kind of diet. It’s like a cosmic-ethers.

Amber: Yeah, so this is my next question:

Tell us about the role of vision and sun synthesis, and sungazing, and sunglasses.

Nadine: Yeah.

Amber: So sungazing was new to me, and I still, I’m like, “WHAT?!” (*Amber laughs*) So I’m excited to hear it straight from your mouth.

Nadine: Well, you know what’s fun? I just recently, just through chance of the weather and travel, and then having to travel to a few places, I just recently had — as I feel, a little miracle in life — 28 days in a row, consecutively, of sunset sungazing, which is amazing. Because even in the summer it’s going to be cloudy or rainy at some point — where we live, anyway. So that was so... I’m fresh off of that, and I feel super charged.

It’s a beautiful — if you just really, like, just on the basics of like, watching the sunrise or sunset, and taking that moment, for as much as, you know, as much as that first forty minutes and last forty minutes of the day, is totally special. Even if it didn’t do anything “magical” I think that’s an awesome thing to do. It’s very meditative, you just feel gratitude, you feel, you tune into that consistency of the cosmos that is just way bigger than our thoughts, so I think it’s an amazing thing to do.

And it was practiced in ancient cultures. It was said to bring prana, and energy, and nourishment, and people that do water fasting, do try to do things like sungazing to kind of get another type of prana. It does also supercharge the suprachiasmatic nucleus, which is in the center of our brains, and it helps our circadian rhythms, which is very important.

And many ancient cultures sort of design... This is where I was talking about the structure of our economy doesn't really allow for engaging with the sun in a lot of areas. But really, towns, so to speak, Ancient Egypt was designed around the sun and Ancient Greece 'cause it was just such a part of their day. And now, you know, we're busy. We've got work to do. We're in front of screens. Eyesight is declining on so many levels. And we need the sunlight more than ever to help strengthen our eyes.

In various books that help, like, take off your glasses and see, or even Aldous Huxley wrote a book called *The Art of Seeing*, which was about his journey and his blindness, but also things that he could do to improve vision, and so we do, we need to bring sunlight into our eyes.

If you walk outside, and you're immediately squinting, you're wanting to retrain your eyes and the muscles around your eyes to receive more sunlight to prevent eyesight declining.

And if it's too much to absorb, even at sunrise and sunset, the light of the sun, then you can put a hand over one eye at a time and just allow one eye to bring in the light, and then that will strengthen your eyes.

But if you go out in the middle of the day, and it's sunny and you're like, whoa, you want to improve that. That's a big sign, and it's very important for growing eyes to see horizon lines, be outside, engage with sunlight, and get out from under the screen, so that the eyes literally develop.

Amber: Wow. Yeah, I mean, I've heard a lot about myopia being on the rise, including in young children because we're just looking at screens, or even with books. If you're spending most of your time looking at something close to your face. So I often, I do it whenever I'm on a podcast call, as I'm looking at the farthest Ponderosa Pine tree I can see the whole time. *(both laugh)*

[1:07:52]

Amber: But this is so interesting, too, to think about this quality of sunlight being so important for our visual health. So to be clear, you're talking about the hour after sunrise, and the hour before sunset, and looking directly at the sun?

Nadine: Yeah, depending on where you are and how strong it is, it's like somewhere between an hour to forty minutes. That, yeah, totally, it's safe at that time. But obviously, you might have to adjust your eyes a bit. You know, it just feels good, and you can get your bare feet on the earth at the same time, all of that's going to help.

And I did also want to mention because you mentioned about sunglasses. So a really neat thing that came out of those clinics in Switzerland, in Laisonne, Switzerland, in the 1920s where people were coming all over the world to heal, and I do recommend just looking at images on Google for that because you can see Dr. August Rollier, and these clinics which just look like hospitals with huge verandas, or kids walking around in the snow with kind of these just little diaper shorts on so they can get full exposure, and then also some of the before and afters of kids kind of hunched, and not good bone formation, and then, like, many months later having a little healthy glow and sitting upright, and it's just simple sweet healing.

But he found that if you wore sunglasses, you wouldn't get any of the benefits of the sun. But if you were in the shade, like, shadow under a tree, you could still get benefits of the sun from, obviously, not tanning, but in the vision and eyesight. But the healing, the really healing, wouldn't occur for people even if they were just sun tanning. So there's something about the sun, receiving the rays, and not blocking it.

Now, obviously, there's going to be time for sunglasses, like, driving, and there's moments. But just really, when you're doing your sunning, you want to go for it, and then if you're gardening or doing different things, if you can, don't wear your sunglasses.

Amber: Yeah, that makes so much sense to me.

I don't like sunglasses. I feel like I want to see the world as it is. For sure, if I'm driving, and there's a glare, but there's my whole life people just love their sunglasses, but I always felt kind of weird to me. Yeah, like, I don't know. Almost like I knew I was blocking out something important, or I just wanted to like, see the world as it is. Interact with it as it is.

Nadine: Totally. Yeah, I felt the same way. I always liked having a pair, but definitely I'm always, like, getting them off my face, and just being with the sun.

[1:10:36]

Nadine: That being said, too, and I'm all about eye hygiene. I do really recommend downloading something like flux on your computers which helps manage the blue light. iPhone - I have my iPhone on night shift 24 hours a day, and I just take it off to edit a photo, and then definitely once the sun goes down, I have my blue blocking glasses on for any, even in the middle of the night, if I had to get up and maybe check the time or something, I put on my blue blockers just to not get that shock to the system.

Amber: I'm so glad I'm not the only one who's red-shifted all day on my phone because people are like... my husband's like, "What?" (*Amber laughs*) It just hurts my eyes. It's weird.

Nadine: Oh yeah, now without it I'm like, OH my God. To think especially at night that I ever looked at that.

Amber: I know. Full force, especially.

Nadine: Yeah! (*both laugh*)

Amber: So I also just want to put in there that you recommend when people are just starting to do sungazing to just do 20 seconds the first day, and then add 20 seconds a day. So you're not starting full-on.

Nadine: Yeah, and use your intuition on that. I don't know how much indoor work or screenwork you've been doing, but you can build into it, build up to it. Just like tanning.

Amber: Yeah, that makes sense.

And yet another thing that we've been told our whole lives, "If you look into the sun at all, you will go crazy and die!" (*Amber laughs*)

Nadine: Yeah, I mean, it's not something, maybe, to do at high noon, but still.

[1:12:19]

Amber: Okay, I just want to say now, because people likely have other questions about how exactly should I be laying out and stuff, and you just cover all of this in the book. There's so much information and a lot more than we can go into.

But one more thing, and you cover a lot in the book, like I said. You have the chapter on breast health, which is amazing, and then I was so surprised to see this chapter on oral health in there.

I've been really passionate about dental hygiene ever since I first took a course with a woman called Rupam Henry, a few years ago, or ten years ago, I mean, at the Women's Herbal Symposium. And it's one of those things, like, everyone should know this! This should just be basic, human knowledge. And so I loved, loved this chapter. You really blew my mind, and I wanted to read just one sentence. It's actually two, and just let you rip on them before we end our call today.

So you write that:

The mouth is the principal portal into our bodies. It interfaces with, absorbs, and assimilates our world. The endocrine, immune, and digestive systems are intimately bound to the microbiomes of our mouths.

(*Amber gasps*) Most people don't know that!

Nadine: Yeah, that's a huge, huge conversation but the oral microbiome is so key, along with the skin microbiome, but, of course, the oral microbiome hooks up to the gut microbiome. So there's a very deep connection there, and then, of course, that whole gut microbiome system is connected to the brain. So yeah, dental health really does affect every part of our body, and I love that chapter because it's good. There's a good range, and then there's also really practical things on that, root canals, and wisdom teeth, and that kind of stuff.

And I did write a book, my first book was *Holistic Dental Care*. So that's an easy read, but then there was some new stuff in the dental chapter as well. But I think the dental chapter is pretty deep in *Renegade Beauty*. You could totally just start with *Renegade Beauty*.

We also do, like, free consults. There's no strings attached, you can literally, like, you can ask us anything on health and beauty, and Joy was deeply trained and educated by me who does the consults, and ask us. You can send us emails on oral care, and we'll maybe have an answer or direct you to some resources. So we're happy to help. And there's also a number of articles on our website, too, about braces and that kind of stuff as well, and our eight-step protocol.

Amber: Awesome. Yeah, I'm also gonna be interviewing Rupam, who I mentioned, on this podcast in a few episodes. So people will want to hear that.

[1:15:12]

Amber: Yeah, I don't want to go too deeply into this right now, but I've been following a woman on Instagram. Her name there is @Organic_Olivia, and she's an herbalist, and her parents have COVID-19 right now, so she was doing some really intensive care with her father before he got admitted into actual intensive care unit. She's really-scientific minded, and has just been going deep, deep, deep into research papers connected to all this.

And one thing that she's finding, that a lot of doctors who follow her are confirming they believe is also true, is that it's a secondary bacterial infection that really makes the coronavirus so lethal in some people, especially in the lungs and causing the pneumonia. And it's prevotella, I believe, is the name of the bacteria, and that it's prevotella overgrowth is immediately linked to poor oral hygiene and dental health.

And it's all in her highlights. There's a ton of scientific studies and doctors chiming in there if you guys want to check it out, but it's just like, oh my gosh. Is this finally what maybe wakes a lot of more people up to the direct, immediate connection between what's going on in our mouths, and what's going on in our guts, and therefore, the rest of our body?

Nadine: I love that. And sealing those leaky guts, because I think a cavity and bleeding gums, it's sort of like leaky gums and a leaky tooth. So we've really got to take care of that connection.

Amber: Yes. And I'm sure, too, this is also to just kind of tie back in where cell-signaling comes into play. I know it does with a leaky gut at least. You need all the cells in your body to be in communication with one another. And I would, of course, the sun helps with that.

Nadine: And where some of the immune peptides are working are really in that cellular infection, and preventing the virus from repeating itself.

Amber: Right. Oh yeah. So fascinating! So, so fascinating. And of course, there's a ton of science around Vitamin D preventing viral infection, in general.

Nadine: Yeah, seriously, get out in the sun. Like, what better thing to do than to just start now because it's spring for a lot of us, and get out there. 'Cause if we might have our peak and it might carry on, then we really, I mean, vitamin D and building up your immune system through suntanning, is fun and totally effective.

Amber: Yep. Absolutely. I've just been doing it all February and March, any day I could, as coronavirus was making its way throughout the world, and feeling really grateful to have something so simple that's available to me. And I'm getting my three year old naked as often as I can, too, when she's outside.

[1:18:05]

Amber: Okay. Oh Nadine, thank you. I'm so happy to finally connect with you in this way, and so grateful to you for bringing this knowledge forward that can be helpful for so many people. Absolutely, the most, just beautiful, information-packed, poetically-written book, *Renegade Beauty: Reveal and Revive Your Natural Radiance*.

And here, please just tell people where they can find you, any offerings you have, or just anything you would like to share about that.

Nadine: Oh sweet, well we're LivingLibations.com. You can find me on Instagram @LivingLibations. And yeah, we've got the... Really, *Renegade Beauty*, if you want to know more, really, is like my whole heart and brain in a book. And again, email us or ask any questions and we're happy to help.

Amber: That's amazing, also, that you do that. That's so great.

Okay, thank you so very much, Nadine. I am going to, yep, it's just about the time that my naked sun spot is sunny right now, so as soon as we hang up I'm stripping down and laying out. (*Amber laughs*)

Nadine: Yay! Have fun.

Amber: Alright.

(*Exit Music: acoustic guitar folk song "Wild Eyes" by Mariee Sioux*)

[*Closing*]

[1:19:18]

Amber: Thank you for taking these Medicine Stories in. I hope they inspire you to keep walking the mythic path of your own unfolding self. I love sharing information and will always put any relevant links in the show notes. You can find past episodes, my blog, and our handmade herbal medicines at MythicMedicine.love. We've got reishi, lion's mane, elderberry, mugwort, yarrow, redwood, body oils, an amazing sleep medicine, heart medicine, earth essences, so much more. More than I can list there. MythicMedicine.love.

While you're there, check out my quiz "[Which Healing Herb is your Spirit Medicine?](#)" It's a fun and lighthearted quiz, but the results are really in-depth and designed to bring you into closer alignment with the medicine you are in need of and the medicine that you already carry that you can bring to others.

If you love this show, please consider supporting my work at Patreon.com/MedicineStories. It is so worth your while. There are dozens and dozens of killer rewards there, and I've been told by many folks that it's the best Patreon out there. We've got e-books, downloadable PDFs, bonus interviews, guided meditations, giveaways, resource guides, links to online learning, and behind-the-scenes stuff and just so much more. The best of it is available at the two-dollar a month level. Thank you.

And please subscribe in whatever app you use, just click that little subscribe button and review on iTunes. It's so helpful, and if you do that you just may be featured in a listener spotlight in the future.

The music that opens and closes the show is Mariee Sioux. It's from her beautiful song "Wild Eyes." Thank you, Mariee.

And thanks to you all. I look forward to next time!