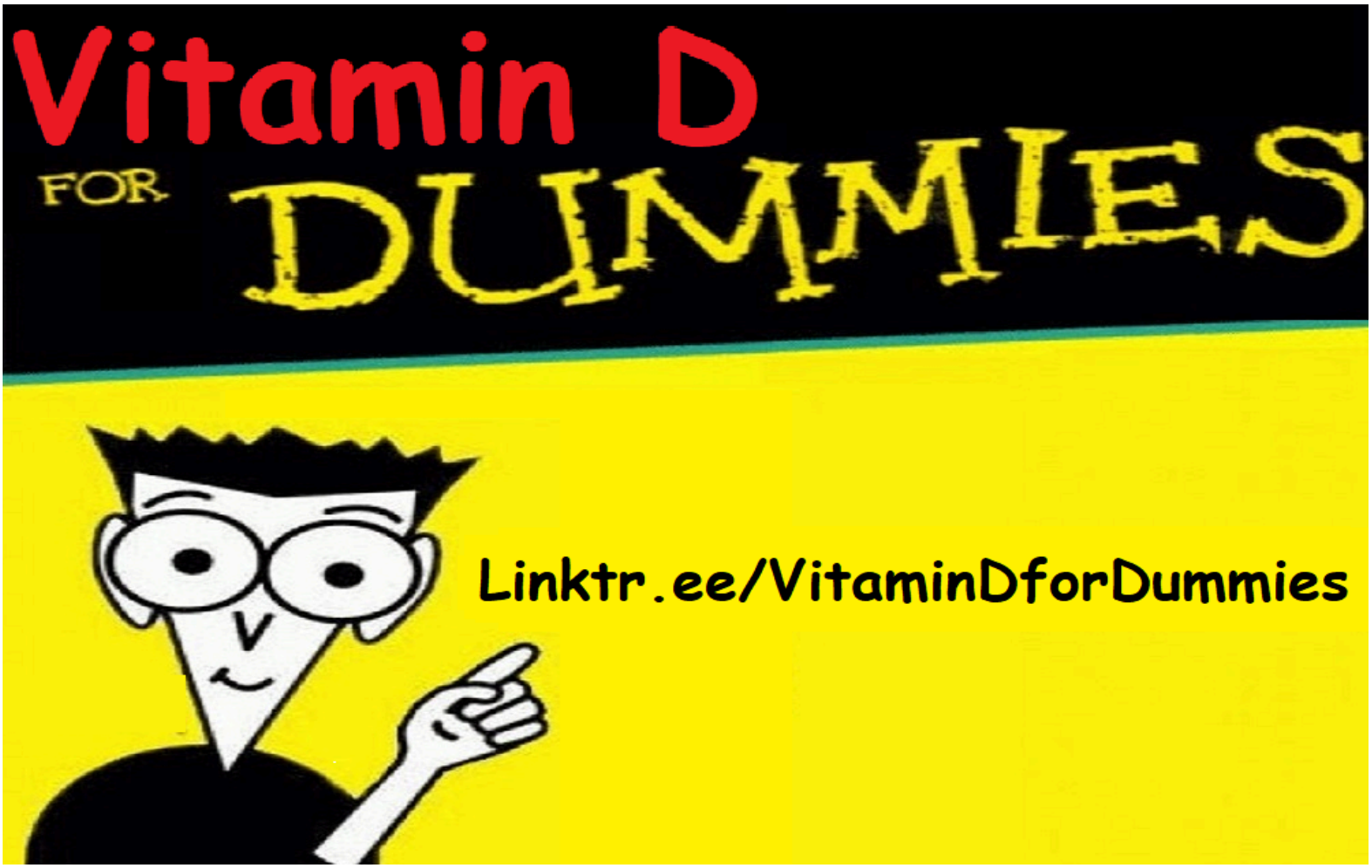
16 Factors that Determine How Much Time You Need to Expose Your Bare Skin to the Sun in Order to Produce Adequate Amounts of Vitamin D3



FIRE YOUR DOCTOR

&

HIRE NATURE



w/ Danny
"How to Die of Nothing"
Zen of:

Linktr.ee/Healthmerica

by LumaNova.com Affiliate,
Danny "HowToDieOfNothing.com" Tseng, of
Linktr.ee/VitaminDforDummies
, Founder & CEO (Chief EDUCATION Officer) of both:
PrimaryNutritionStores.com & **Linktr.ee/Healthmerica**
(a subsidiary of Global Safety & Health Education Distribution Systems),
author of upcoming MINDspan book,
HowToDieOfNothing.com,
& PA$$IVE/RE$IDUAL Income WHILE YOU SLEEP Coach at:
Linktr.ee/MultiMillionMLMcoaching

Healthmerica -- *Coaching You to Be Disease-Free (for as long as possible) and More Medically-Independent (when it's reasonable) by Teaching Paradigm-SHIFTING, Mitochondrial Health Literacy Concepts!*

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videoconference: tinyurl.com/Join1HOGzoom



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To watch the video version on BitChute, visit:
https://tinyurl.com/VitaminDSkinInSunVideo

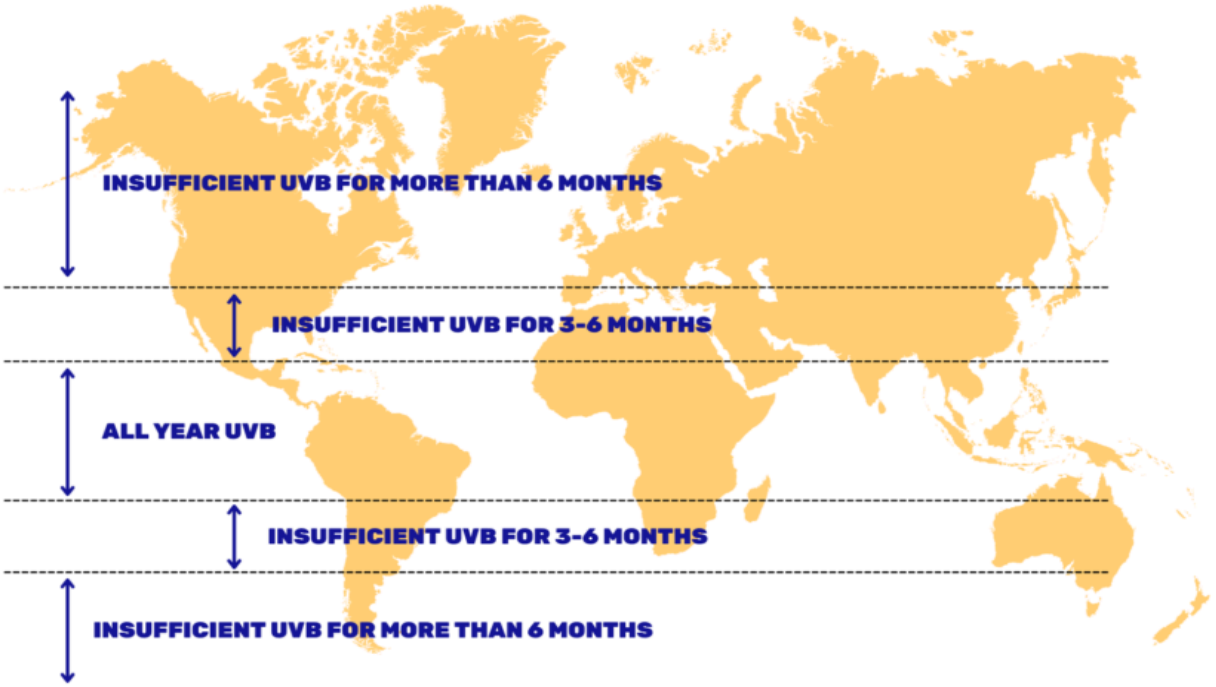
Last updated:
10.12.26



1. the time of day – ultraviolet B (UVB) rays are strongest around noon time but usually strongest between ~11:00 and ~14:00

2. the time of year/season (summer, fall/autumn, spring, or winter)

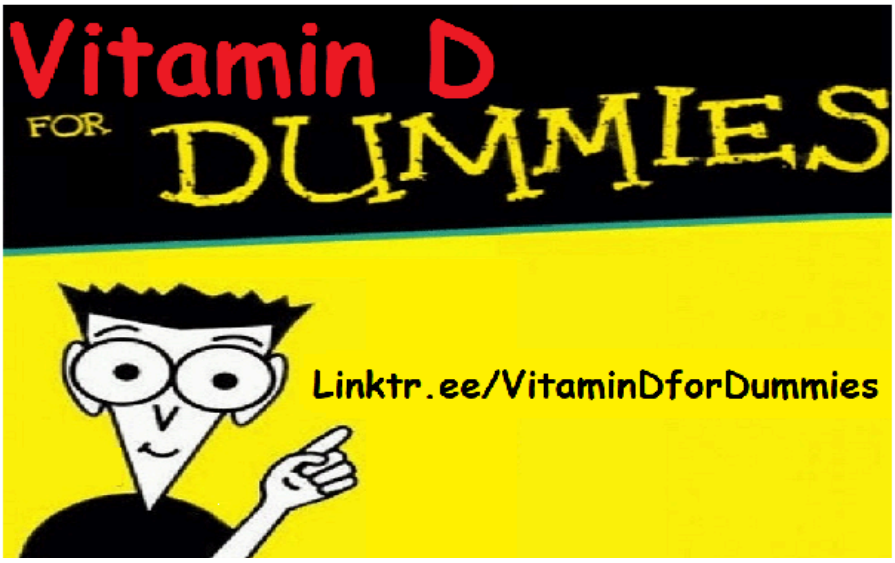
3. how far you are located north or south of the equator (your geographical latitude)



Not Getting Enough Ultraviolet B (UVB) Rays to Produce Adequate Vitamin D???

If you don't live within ~20 degrees latitude of the equator, then visit the following:

tinyurl.com/BetterThanAnyVitaminDpill



4. How many feet above sea level where you are located; that is, your altitude – the higher you are, the stronger the UVB rays are such as in the Swiss Alps or Himalayan mountains

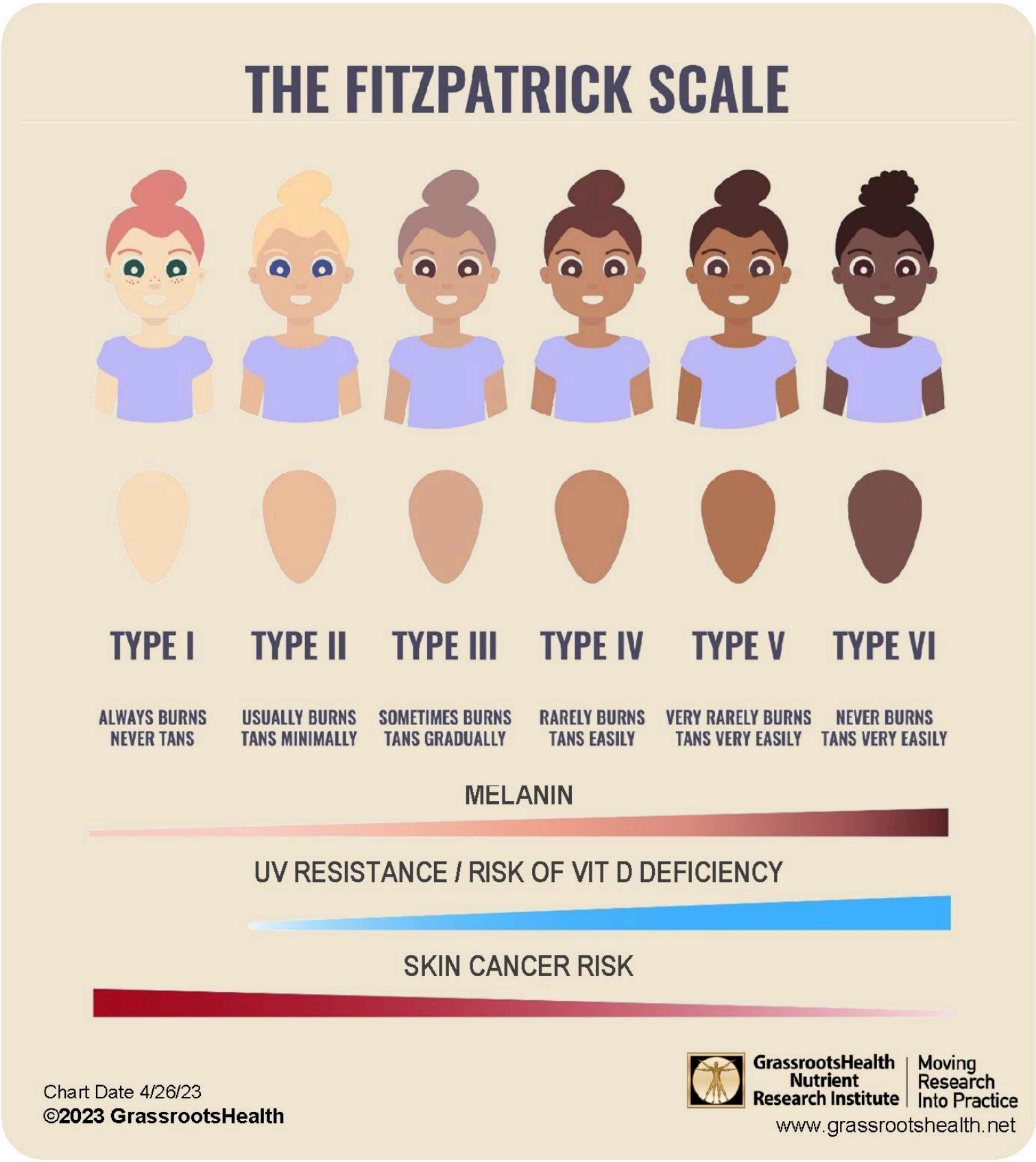
5. how cloudy it is

6. the amount of air pollution, smog, haze, rain, snow, etc. there is

7. your age (as we get older, our skin becomes thinner and we don't produce as much vitamin D)

8. how obese you are (generally, the more obese you are, the more sun you'll need)

9. your skin tone–how dark your skin naturally is (darker complexion/pigmented people need more sun exposure); this is called the Fitzpatrick skin typing scale



10. how much of your total body's surface skin area is exposed to the sun



11. how much vitamin D-rich foods you have been eating

12. if you take certain supplements and/or prescription medications

13. if you're wearing chemical sunblock/sunscreen lotion

14. Population density and the amount of 5G and other nnEMFs (non-native/man-made electromagnetic fields) that are around you since, according to retired brain surgeon, Dr. JackKruse.com, this has a negative impact on your body's ability to produce Vitamin D even if you're located close to the equator and get adequate amounts of mid-day sun (learn more about EMFs at any of the below:
bit.ly/EMFforDummies
tinyurl.com/EMFsForDummies
Linktr.ee/EMFforDummies

15. How glyphosate (the active ingredient in "Roundup" herbicide/weed killer) toxic you are since this poison suppresses the activation of

Vitamin D according to “Toxic Legacy” author, Dr. Stephanie Seneff, PhD. Learn more at any of the following:

tinyurl.com/DetoxRoundup101
bit.ly/DetoxRoundup
tinyurl.com/GlyphosateGuide
tinyurl.com/AvoidRoundup
tinyurl.com/DetoxingRoundup
tinyurl.com/TheGlyphosateNetwork

16. if you have certain medical/health conditions such as _____– COMING SOON!

Learn more about this critical hormone at any of the below:

tinyurl.com/TheSunshineHormone
tinyurl.com/VitaminD101
tinyurl.com/VitaminDforDummies

5 Additional Ways to Safely Raise Your Vitamin D Levels (and keep it in balance by getting Vitamin K2):

1. INVE$T in and use the world’s FIRST 95% narrow-band ultraviolet B (UVB) Vitamin D light therapy system by **https://luma-nova.myshopify.com/products/luma-d-light?bg_ref=wExieyse3v**
(formerly called Enyrgy)

To easily share, use:

https://tinyurl.com/LumaNovaVitaminDLamp



	ENYRGY	Fluorescent UVB Lamp	Other UVB LED
Consistent Dosing	YES	NO	NO
Uniform Irradiance	YES	NO	NO
Mobile App	YES	NO	NO
Eye Safe Design	YES	NO	NO
UVA	5%	Over 60%	15-30%
Made in USA	YES	NO	NO





To get a discount on this & their higher-ticket items such as their LumaPod Pro red light therapy bed, enter code:
DANNY
when checking-out at:
LumaNova.com

To get a larger discount on their lower priced items from Sleeping Bags on down, enter code:
HowToDieOfNothing
(not case-sensitive)

To help others reduce their risk of all types of cancers AND risk for all-cause mortality by becoming a free LumaNova affiliate on my T.E.A.M. to earn up to 20% commissions, fill-out:
https://affiliates.lumanova.com/register?parent=wExieyse3v

To easily share, use:
https://tinyurl.com/JoinLumaNova

2. For a more affordable option that has 60% UVB, visit:
tinyurl.com/BetterThanAnyVitaminDpill
(this is my shortened Sperti.com affiliate link)

You can also get a discount by applying oen of my affiliate coupon codes:
HowToDieOfNothing (NOT case-sensitive)
or
DANNY

3. eat a lot of whole foods naturally high in **natural** vitamin D such as fermented cod & skate liver oils (CLICK for a trusted source – to easily share my shortened GreenPasture.org affiliate link, use any of the below:

tinyurl.com/fermentedLiverOils
tinyurl.com/RaiseYourVitaminAandDlevels
tinyurl.com/TheBestVitaminAandDsupplement

You can also save 10% by applying coupon code:
howtodieofnothing
when checking-out at:

GreenPasture.org

The Guide to Taking Fermented Cod Liver Oil

The Benefits

- Rich in healthy fats
- Synergistic vitamins & minerals
- Time-tested traditional superfood
- No fillers/synthetic additives
- Low-temperature prepared
- Fermented NOT refined



The Nutrient Profile

Omega-3 Fatty Acids

FCLO is approximately 10% DHA and 15% EPA faty acids

1 tsp is equal to about 5,000 mg FCLO
+ 500 mg DHA
+ 750 mg EPA
1 tsp contains about 1,250 mg Omega-3s

Learn more @:
tinyurl.com/FermentedLiverOils

Fat Soluble Vitamins

FCLO has a naturally balanced 10:1 ratio of vitamins A to D.

1 tsp ≈ 10,000 IUs vitamin A
1 tsp ≈ 1,000-2,000 IUs vitamin D

**Values are estimations only. FCLO is a food; nutrient values naturally vary by batch.*

Recommended Servings

	LIQUID	CAPSULES	BLENDS: GEL	CAPSULES	INFUSIONS
Children 3 mths-12yrs	1/8 - 1/2 tsp	1 - 4 caps	1/6 - 3/4 tsp	2 - 8 caps	1/2 - 1 1/2 tsp
Adults ages 12+	1/2 - 1 tsp	5- 10 caps	3/4 - 1 1/2 tsp	8 - 15 caps	1 1/2 - 3 tsp
Pregnant/ Nursing	1 - 2 tsp	10 - 20 caps	1 1/2 - 3 tsp	15 - 30 caps	3 + tsp

Have a healthy brain & balanced mood, optimize your vitamin A & D levels, & more @: tinyurl.com/FermentedLiverOils

Get 10% off by entering coupon code:
howtodieofnothing at greenpasture.org

4. INVE$T in 1 or more good old-fashioned clotheslines and/or clothes

racks to FORCE yourself to get outside more AND save on your energy bill$ PLUS help counter climate change & sea level rise! Learn more at:

tinyurl.com/ShopClotheslines

The Benefits of Drying Clothes Outside!



1. save energy and $ on your utility bills
2. have your clothes, sheets, linens, etc. last longer
3. have a stronger immune system by forcing you to get natural Vitamin D
4. be more "green"
5. saves you even more electricity by not generating heat inside your home &, thus, having your A/C run less often
6. feel more energetic by not having your electric tumble clothes dryer generate all those positive-ions which, although sounds good, is actually the opposite!
7. help counter climate change & sea level rise by not using as much dirty grid power

Experience all of the above by visiting:

tinyurl.com/ShopClotheslines

OneHouseOffTheGrid.com

EST 2017

5. Consume the world's highest source of natural Vitamin K2 (and the most potent form of K2, MK-4) found in Walkabout Health Products' Australian Emu oil. To minimize the risk of calcification of your arteries by not balancing Vitamin D properly with K2, visit: https://drtomcowan.com/collections/supplements/products/australian-emu-oil?ref=HowToDieOfNothing
OR
https://tinyurl.com/HighestSourceOfK2



Lastly, to test your Vitamin D3 levels with a convenient at-home test kit, visit my LifeExtension affiliate link at:
LifeExtension.com/howtodieofnothing

You can also get a discount by applying code:
DANNY
at checkout



$$$$$ If you'd LOVE to INVEST in your health by getting any of the above – but just can't afford right now – learn how to possibly get $$$ back on many of your personal & business basic monthly, recurring bills -- at NO upfront cost and ZERO risk -- by looking around:
https://greensunshinepower.justviv.com
(click-on "ENROLL NOW" on the upper right hand corner after downloading full and complete copies of your most recent statements) & watching videos on my:

https://youtube.com/@iLuvSavingMoney

If you need help uploading your bills and/or badly want to earn PASSIVE and RESIDUAL income WHILE YOU SLEEP by becoming a Viv Consultant for a yearly fee, contact one of Viv's 2018 Founding Partners & my upline sponsor in NJ, Joseph Birnie:

201.937.3369
TotalMastery888@gmail.com

and give him my greensunshinepower.justviv.com and/or Consultant/Affiliate ID#:
16523

To supplement or replace your income with a handful of part-time, home-based BIG business $YSTEM$, visit:
tinyurl.com/iWantFreedomNow
or
tinyurl.com/MoreHammockTime

(ONLY if you're NOT a scammer!)
Contact us w/ questions, to report any broken links, to make suggestions, and/or for partnership inquiries:

Danny Tseng
7081 Environ Blvd
Ste 639 (dial #711 for me to buzz you into the elevator lobby)
Ft. Lauderdale, FL 33319
USA
Skype: ajnj08 (2 #s)

786.441.2727
cell: 305.297.9360 (but I never text)
toll-free: 1+800.250.8975
Emails:
dct3@cornell.edu (primary)
howtodieofnothing@protonmail.com
Videoconference link:
tinyurl.com/Join1HOGzoom

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videoconference: tinyurl.com/Join1HOGzoom

Have REAL Health Insurance @:

Linktr.ee/Healthmerica

& Be Your Own Doctor @:

tinyurl.com/TheDoctorOfTheFuture

