

A person is walking on a beach at sunset. The sky is a mix of orange, yellow, and blue, and the ocean waves are visible in the background.

## Bring Me Sunshine!!

*Marks and Spencer is to become the first UK retailer to add vitamin D to all of its packaged bread range. Every loaf of bread and bread roll in the M&S bakery range will be made with yeast that organically produces vitamin D. The yeast will have been exposed to UV light, naturally raising the vitamin D content, which in turn is transferred into the bread.*

*They say two slices of its bread will provide a minimum of 15% of the daily requirement of the vitamin, which helps to keep bones and teeth healthy. Amongst other components, this vitamin is mostly obtained from the action of sunlight on skin and the UK has precious little of this commodity! A survey by M&S of 2,476 customers earlier in 2015, found 78 per cent would be positive to vitamin D enrichment, and more than 90 per cent bought bread weekly.*

*Classed as 'a hidden epidemic', medical experts have recently expressed concerns about a rise in rickets cases in children in the UK, because of vitamin D deficiency. Studies have also indicated vitamin D can help protect people against cancer, Alzheimer's and osteoporosis.*

*'Put your face in the sunlight....His sunrise glory breaks over you...nations and kings will come to your sunburst brightness' (Isaiah 60:1-5 MSG)*

*"Safe sun exposure' is an excellent way of obtaining natural vitamin D, but no SPF numbered lotion is needed for the time spent stretched out taking in the rays of God's sunlight! This is 'Safe*

*Sunlight' of the spiritual kind. As quick as you can say 'bring me sunshine', the light of His glorious presence bathes all who step into it. The synergism of evaporation and radiation results in glorious freedom from any darkness because His light is like no other. He dissipates dark and threatening clouds whilst at the same time emitting His kind of UV rays; Those who thought they would never smile again find their face transformed and their bones healed!*

*As the 'sunshine vitamin' D is good for the bones..so strength and power are injected from the Divine Doctor's concern for our health and well being. Add a daily supplement of spiritual vitamin D ... step into the brightness of His sunshine and soak up the rays.*

*Affectionately,*

*Judith*

*P.S. Make Him your only sunshine. You will never fathom just how much He loves you and every cloud will be chased away; this is true Shalom! Are you ready for some 'Son' bathing?*