Increased Sun Exposure Linked With Decreased Multiple Sclerosis Risk

Helen Tremlett, PhD, from the University of British Columbia in Vancouver, Canada, and colleagues conducted a study.

In this research, they analyzed data from 151 patients with MS and 235 age-matched controls participating in the Nurses’ Health Study.

It was found that high sun exposure may potentially lower MS risk.

The findings of the study were published online in Neurology.

Scientists said that living in areas with high ultraviolet (UV)-B over low areas before MS onset was linked with a 45 percent reduced risk of MS.

In terms of medium or high sun exposure, the same reduced risks were observed at 5 to 15 years of ages. It stays true to 5 to 15 years before MS onset.

It is important to remember that this autoimmune condition called multiple sclerosis occurs when the myelin in the spinal cord, brain, and eyes is destroyed or damaged. The myelin is the protective sheath that covers the nerve fibers.

There are natural remedies found to be helpful in repairing and regaining the myelin sheath. One is biotin, which is a B vitamin that is widely recommended by experts for overall human health.

Researchers found that biotin is a vital factor of its production. Biotin is a B vitamin that has been associated with many health benefits.

This B vitamin is being widely studied due to its numerous roles for health. It is even used for preventive health purposes.

In a pilot study, researchers found that more than 90 percent of the study participants achieved some degree of clinical improvement. This improvement was achieved when 23 subjects with progressive MS consumed high doses of biotin.

More studies are still underway to validate the effects of biotin against multiple sclerosis. However, it stays true that it is an important water-soluble vitamin for health.

Scientists have conducted studies and found biotin is needed for the health of the nails, hair, and skin. It works naturally to help the body stay healthy and functional. Its deficiency has also been associated with the onset of certain symptoms and diseases.

To experience its benefits, there are supplements like Divine Bounty B Vitamin Complex. This amazing formula is gaining more and more attention and trust from consumers due to the remarkable benefits can offer.

In addition to sun exposure, Divine Bounty B Vitamin Complex may be helpful for those with MS. What makes it even more beneficial, in addition to its high potency and purity, is the money back guarantee it comes with.

It contains Choline, Pantothenic acid, Biotin, Vitamin B12, Folic Acid, Niacin, Riboflavin, Thiamin, and vitamin B6.

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