

# Undressed Press

## SUNLIGHT OFFERS SURPRISE BENEFIT: IT ENERGIZES INFECTION FIGHTING T CELLS

GEORGETOWN UNIVERSITY MEDICAL CENTER



Sunlight allows us to make vitamin D, credited with healthier living, but a surprise research finding could reveal another powerful benefit of getting some sun.

Georgetown University Medical Center researchers have found that sunlight, through a mechanism separate than vitamin D production, energizes T cells that play a central role in human immunity.

Their findings, published today in Scientific Reports, suggest how the skin, the body's largest organ, stays alert to the many microbes that can nest there.

"We all know sunlight provides vitamin D, which is suggested to have an impact on immunity, among other things. But what we found is a completely separate role of sunlight on immunity," says the study's senior investigator, Gerard Ahern, PhD, associate professor in the Georgetown's Department of Pharmacology and Physiology. "Some of the roles attributed to vitamin D on immunity may be due to this new mechanism."

They specifically found that low levels of blue light, found in sun rays, makes T cells move faster -- marking the first reported human cell responding to sunlight by speeding its pace.



"T cells, whether they are helper or killer, need to move to do their work, which is to get to the site of an infection and orchestrate a response," Ahern says. "This study shows that sunlight directly activates key immune cells by increasing their movement."

Ahern also added that while production of vitamin D required UV light, which can promote skin cancer and melanoma, blue light from the sun, as well as from special lamps, is safer.

And while the human and T cells they studied in the laboratory were not specifically skin T cells -- they were isolated from mouse cell culture and from human blood -- the skin has a large share of T cells in humans, he says, approximately twice the number circulating in the blood.

"We know that blue light can reach the dermis, the second layer of the skin, and that those T cells can move throughout the body," he says.

The researchers further decoded how blue light makes T cells move more by tracing the molecular pathway activated by the light.

What drove the motility response in T cells was synthesis of hydrogen peroxide, which then activated a signaling pathway that increases T cell movement. Hydrogen peroxide is a compound that white blood cells release when they sense an infection in order to kill bacteria and to "call" T cells and other immune cells to mount an immune response.

"We found that sunlight makes hydrogen peroxide in T cells, which makes the cells move. And we know that an immune response also uses hydrogen peroxide to make T cells move to the damage," Ahern says. "This all fits together."



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Ahern says there is much work to do to understand the impact of these findings, but he suggests that if blue light T cell

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# SCIENTISTS HAVE DISCOVERED THE SECRET TO HAPPINESS - AND IT'S STRIPPING OFF AND GETTING NAKED

JOHN VON RADOWITZ

Casting off clothes as well as cares may be the key to happiness and well-being, research suggests.



Scientists revealed the naked truth after investigating the psychological effects of nudism.

They found that people taking part in naturist activities felt better about themselves, their bodies and their lives overall.

The more time they spent naked, or partially disrobed, the happier they were. Lead researcher Dr Keon West, from Goldsmiths, University of London, said: "The naturists have been saying this for some time.

"However, despite a lot of positive claims, little to no empirical research has investigated whether naturist activity (rather than attitude or beliefs) actually makes us happier or, just as importantly, why it makes us happier."

In the first of a series of studies, an online survey of 850 British citizens found higher levels of contentment and positive body image among those who spent significant amounts of time wholly or partially naked in public.

Two further studies took place at a "Bare all for Polar Bears" event at Yorkshire Wildlife Park and British Naturism's Waterworld event in Stoke-on-Trent. At both events, participants were psychologically assessed just before shedding their clothes and before getting dressed again.



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In each case people experienced “immediate and significant improvements in body-image, self-esteem and life satisfaction” when free of their clothes.

Analysis of the data suggested that seeing other people naked was more important than being naked yourself. The findings appear in the Journal of Happiness Studies. Dr West pointed out that for a long time many people, including health experts, assumed that public nudity was a sign of psychological dysfunction.

He thought more research was needed involving a wider range of participants. Most of those taking part in the survey were white, heterosexual and middle-aged. Naturism may offer a low-cost and simple solution to body dissatisfaction, Dr West added.

“At the very least, this is worth investigating,” he said.

Click [here](#) to read the full article!

## LOOKING TO SHED SOME EXTRA POUNDS? TRY SLEEPING NAKED

INDEPENDENT.IE NEWSDESK

If you're looking to shed some extra weight, weight



loss experts suggest sleeping naked might be the secret. Sleeping in the nip “offers significant health benefits” including maintaining your body temperature and keeping cooler, which usually results in a less disturbed sleep cycle.

When you aren't sleeping through the night, your body produces more cortisol, a steroid hormone which can lead to an increase in your appetite. Dr. Sarah

Brewer explained the importance of body temperature and sleep, saying: “Sleeping naked means that your body remains cooler during the night, which is important as overheating is a common cause of disturbed sleep.

“Being too hot in bed by three to four degrees changes brain-wave patterns, reduces the amount of time you spend in REM sleep, increases the chances of waking up and reduces deep sleep.” Many worry about sleeping naked in the winter, however if your bedroom is the recommended temperature of between 18-24 degrees all year round, there shouldn’t be a problem.” Other benefits to sleeping naked include increasing male fertility and can help “improve relationships with your significant other.”

Click [here](#) to read the full article!

## PERSONAL TRAINER LAUNCHES BRITAIN’S FIRST NUDE-ERCISE CLASS WHERE KEEP FIT FANATICS WORK OUT COMPLETELY NAKED

MARK DUELL FOR MAILONLINE



A personal trainer has launched Britain's first nude-ercise class where keep fit fanatics work out completely naked. Former recruitment consultant Helen Smith, 35, led the first circuits-style workout class for ten participants on Saturday evening in Southampton.

The hour-long class, which was attended by people aged between 33 and 70, included jumping-jacks, sit-ups, push-ups and partner work. It has been described as 'gentle boot-camp style exercise with partner games and teamwork' suitable for all fitness levels. Ms. Smith, who is a British Naturism member, said: 'The main benefit of exercising naked is that you can really see what the instructor is doing in the exercises. 'For example, if you are doing a plank but wearing baggy exercise clothes, it is hard to tell if you have the correct form or not.

'You also don't have to think about washing sweaty gym clothes after the class, and it's a great way to celebrate the body.' While the class is a nude activity, women can wear sports bras for comfort and participants can wear trainers for some exercises if they wish. Ms. Smith, from Basingstoke, came up with the idea after someone on a forum asked her whether she did nude fitness training.

She said: 'I decided to look into it, and I couldn't find anything else like it. I think I'm offering the first classes like this. 'The focus is to allow people to take part in a normal activity, but naked, so people don't feel they are doing anything unusual.' She added: 'Participants are required to pre-register by emailing me, and to show ID at the beginning of the class, just for everyone's peace of mind. 'Nothing untoward happens in these classes, and if there was any hint of that then the person responsible would be asked to leave.'

Ms. Smith left her job in recruitment two years ago to become a full-time fitness instructor, and she runs various classes and boot camp workouts.

She was inspired to become a naturist two years ago after visiting a nudist beach in France.

She said: 'I was introduced to naturism in the South of France when I was on holiday with my partner. 'We turned up at a beach, and realized it was a nudist beach. I looked at him, and he looked at me, and we thought 'let's do it'. 'It turned out to be a really enjoyable afternoon. I think people are starting to embrace naturism more and more.

'It's interesting, because in this day and age you have on one hand pop-stars wearing scantily-clad clothing, and that being seen as quite sexual behavior. 'And on the other hand you have things like naked bike rides. The idea behind naturism is that it is your natural body, and there is nothing sexual about it.' Fitness enthusiast and naturist Colin Campbell, 66, described the class as 'fun and interactive' and would 'definitely recommend it.'



Retired Mr. Campbell, from Winchester, said: 'I'm a naturist and I keep fit, so I thought - why not combine the two? 'The class was really fun and interactive as Helen has a delightful way of getting everyone involved. 'She caters to all fitness abilities, so you can do the different activities at the level you want.' Mr. Campbell, who enjoys running, cycling, circuit training and rock climbing, said he heard about the classes through British Naturism, which he



is a member of. He said: 'People do exercise to improve their body as well as to keep fit. 'And a benefit of exercising naked is that once you strip away the clothing then what's left is what's left - there's nothing to be self-conscious about.

'It's about normalizing the human form. The class didn't feel weird at all, and I think that's a lot to do with the way Helen runs it, you are just there to have fun. 'The class was similar to normal circuits classes, but a bit more playful in the way that it wasn't all hardcore exercise and involved games and was about working comfortably. 'We also did some push-ups, lunges, squats and all the usual things you would do.

'It's really good being naked, especially doing core work, because you are actually able to see your core, and that's really useful to make sure you have the right form.' He added: 'I would definitely go again. What I would say to anyone thinking about it is to come along and experience it, because Helen is an excellent teacher.' Retired Ray Humphry, from Southampton, who also took part in the class, believes exercising in the nude can help people become less body conscious.

The 66-year-old, who previously worked as a line operator at a motor company, said: 'I like taking part in things like Zumba, Pilates, and yoga. 'So when I heard about nude-ercise through my membership of British Naturism, I thought I'd give it a go. 'Too many people are body conscious, but it doesn't hurt to be health conscious and do exercise. I really liked the class because it felt freeing and liberating. 'You mix with people who are not self-conscious and there are no barriers between you, within the realms of decency! 'Helen was such a warm, nice person who really knows what she was doing and makes you work hard.' The father-of-two added: 'You can make the exercises in the class as hard or as gentle as you want.

'We did lots of different things, including a competition to see who could hold a plank the longest. 'We also played a game in two teams where there were lots of cones on the floor and one team had to run around turning the cones upwards, while the other team competed to turn them all down. It was all different and very fun.' Mr. Humphry said he became a naturist when he was in his 50s, after he was inspired by people he met on a beach.

The nude-ercise classes take place in Nursling Village Hall at Southampton, at 5pm on the third Saturday of every month, and cost £8 per session.

Other classes will take place in London and the South East, including in Bordon, Guildford, Reading and Alton, with details to be posted on the Facebook page.

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# AANR AND REGIONAL NUDIST CONVENTIONS, MEETINGS & EVENTS

## MARCH 2017

**March 4, 2017**

**AANR-West Spring Break Board Meeting**

Laguna del Sol

Wilton, CA

## APRIL 2017

**April 1-2, 2017**

**AANR-Northwest Spring Board Meeting**

Mountaindale Sun Resort

North Plains, OR

## JUNE 2017

**June 2-4, 2017**

**AANR-West Summer Festival**

Glen Eden

Corona, CA



**June 19-22 2017**

**AANR-East Annual Summer Meeting**

White Tail Resort

Ivor, VA

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**June 22-24 2017**

**AANR-Southwest Convention**

Star Ranch

Mcdade, TX

**JULY 2017**

**July 16-23 2017**

**AANR-Midwest Summer Convention**

Fern Hills Club

Bloomington, IN

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**July 27-30 2017**

**AANR-West Convention**

DeAnza Springs Resort

Jacumba, CA

## **AUGUST 2017**

**August 7-13, 2017**

**AANR Convention**

Oaklake Trails

Depew, OK

## **OCTOBER 2017**

**October 6-8, 2017**

**AANR-West Fall Festival**

Shangri La Ranch

New River, AZ

## **NOVEMBER 2017**

**November 4, 2017**

**AANR-West Fall Board Meeting**

Shangri La Ranch

New River, AZ



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