

Sunlight as a natural aphrodisiac and testosterone boost

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A recent study by the Austrian [Medical University of Graz](#) found that sun exposure boosts testosterone levels in men. Sunlight is responsible for 90% of the body's supply of Vitamin D, which can be absorbed in smaller amounts through vitamins, meat, and oily fish. Graz researchers discovered that as Vitamin D increases, so does testosterone.

Testosterone is the primary sex hormone for males, appearing in men at forty to sixty times the rate that it does in females. It controls a number of functions in men's health, including muscle growth, bone density, linear growth, the development of secondary sex characteristics, mental and physical energy, libido, and erectile function.

This study follows on the heels of a discovery that men receive a 69% boost in testosterone when exposed to an hour of sunlight. Consequently, during winter months there is a sharp dip in vitamin D absorption as well as testosterone. Men who maintain a minimum of 30 nanograms of vitamin D per milliliter of blood have substantially higher levels of testosterone than those who do not.

I always assumed the reason I became increasingly randy after a day in the sun was because of the bikinis on the beach. And, who knew there's a legitimate connection between body building and sunbathing that goes deeper than superficial skin tones. While it may be some time before doctors start prescribing sunbathing for problems related to testosterone levels, like erectile dysfunction and low libidos, it won't hurt to test this natural remedy. Just make sure to leave the sun tan lotion at home.

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