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Agent: Dilani Vamapahan
dilani@northernstories.no
northernstories.no

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Torkil Faroe

The Sun Cure

What if modern humans are suffering not from too much sun – but from too little? The Sun Cure went straight to the top of the Norwegian bestseller list upon publication.

For decades, public health advice has revolved around sunscreen, shade, and fear. Yet a growing body of research points to a strikingly different conclusion: sunlight is one of the most powerful regulators of human biology, and regular sun exposure is associated with lower total mortality and reduced risk of several major diseases.

The Sun Cure brings together the new science of sunlight and human biology, showing how light affects fundamental systems – from circadian rhythm, metabolism, and blood pressure to immunity, mood, fertility, and long-term health. Drawing on cutting-edge research, Scandinavian physician Torkil Færø challenges decades of misconceptions about sun exposure and reveals how our increasingly indoor lives have disrupted ancient biological pathways.

Clear, provocative, and empowering, *The Sun Cure* reframes the sun not simply as a health risk, but as a biological necessity – and offers a science-based roadmap for harnessing its benefits while understanding its risks.

The Sun Cure follows the light from the star into the mitochondria and out into the mortality tables, and it holds up. Read it, then go outside.

- Dr. Nisha Winters, ND, FABNO, Author of *The Metabolic Approach to Cancer*

The Sun Cure provides the most comprehensive and well researched rebuttal to the prevailing public health messaging of sun avoidance by outlining the key mechanisms of how sunlight benefits health, and heliocentric lifestyle approaches for tackling the tsunami of modern chronic disease.

- Dr Max Gulhane, Australian MD

The detail is excellent and lays out clearly the very strong evidence that, particularly for those of us living in northern Europe, the benefits of sunlight exposure vastly outweigh any risks.

- Richard Weller, dermatologist and Professor of Medical Dermatology at the University of Edinburgh



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Torkil Faroe

Torkil Færo is a general practitioner and emergency physician, documentary filmmaker, author, photographer, and globetrotter. With over 25 years as a doctor, he has worked all over Norway, had tens of thousands of consultations, and gained a unique understanding of the illnesses that afflict us. His debut book, *The Pulse Cure*, became a national best seller and has been sold to 9 countries so far.



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