

MC Building, Inc. enjoys a passion in attempting to enlighten prospective clients (and whoever stumbles upon our website) about all the healthy available attributes home life possesses. Most people live or have lived in a residence, but still are unaware of all the health bonuses a home can offer when healthy intentions are consciously included (designing with plenty of proper skylight and window placements).

We love to highlight healthy living features of home life so read on as we cover the importance of attaining sensational sunshine regularly especially at sunrise. We strive to improve your pride.

Natural Sunlight offers many health benefits:

- Improves sleep
- Comforts to reduce stress
- Maintains strong bones
- Helps oppose weight gain
- Strengthens the immune system
- Supports generating smiles thus evading depression
- And all these wonderful features may lead to a longer life

The thrill of bright sunlight thankfully dominates our mornings and remains robust throughout our day:

- When rising your eyes will engage bright sunlight
- Beginning another fulfilling day right
- While relishing brilliant views of delight

Now you've experienced that magnificent mood of morning motivation  
A prized moment of surging energy to pounce on any new opportunity  
We should always praise our ever smiling buddy.....our amazing Sun

Behold the ultimate influence in the universe  
If you will...the first force ...is our sun of course  
Everything is adored more when sunshine is involved  
It's not a tough mystery to solve

No place or space is ever unkind  
When it supports bright sunshine  
Unaffected by wind or cold combined  
Capturing our sun's immense energy is man's greatest endeavor  
And we are fortunate to enjoy this finest friend forever

Living in a MC Building custom home you can count  
On warm sunny room feelings to mount  
As you will value the vitality in every precious ray  
Is there a healthier way to start your day?  
It's a lot of fun gloating about .....our amazing sun