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Newsletter

# Is Your Sunscreen Hurting You More Than Helping You?

Body Harmony Chiropractic/ 940-594-0795



## The Purpose of Sunscreen:

To prepare for summer fun, sunscreen seems to be a must have item. So what is the purpose of sunscreen? Sunscreen was designed to block Ultra-violet A & B rays. We have been told over and over that UV rays are bad, period. We have been brainwashed to believe that the sun will cause skin cancer, so you better slather on that sunscreen.

What you are not told is that the body *needs* ultra-violet rays in order to produce vitamin D. Vitamin D has been proven to protect against 77 different cancers! So when you slather on that sunscreen, you are not only promoting cancer by blocking vitamin D production, but are taking in the very toxic chemicals found in sunscreens that are cancer causing themselves.

## Eat Your Sunscreen!

How can you protect your skin against burning this summer? Eat your sunscreen! Nutrients found in berries, omega-3 fatty acids (fish-oils), broccoli-sprouts, and micro-algae such as Spirulina and Blue-green algae have been found to *decrease* the rate in which you naturally burn. In addition to including these protective nutrients to your daily diet, be smart about the amount of time you spend outside. If you have fair skin and know you will burn easily, start by allowing yourself to be out in the sun for 10 minutes the first day, and 12 minutes the next, and gradually build up your natural melanin resistance against burning.





## Body Harmony Chiropractic

*What to do if you don't have time to build up natural resistance:*

*"Back to Natural Health"*

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**We're on the Web!**

See us at:

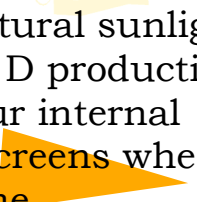
[www.BodyHarmonyChiro.com](http://www.BodyHarmonyChiro.com)

Are you thinking to yourself, "I would love to build-up my natural resistance against burn so I don't have to use highly toxic sunscreens...but I have to be outside all day this weekend for kid's my soccer game!" Don't worry, for days that you will be outside for more time then your skin will naturally allow, there are natural, chemical-free sunscreens available. Here are some that I recommend:

*Burt's Bees:* (<http://www.burtsbees.com>)

*ECOLANI:* (<http://www.itssimplynatural.com/ecolani-chemical-free-sunscreen-p-148.html>)

*Baby Organic Sunscreen by Avalon Organics :*  
(<http://www.evitamins.com/product.asp?pid=6503>)



*To recap:* Make sure to get some natural sunlight daily to allow for cancer-fighting vitamin D production by your body; eat foods that increase your internal sunscreen; and wear chemical-free sunscreens when you will be outside for long periods of time.

Have a fun and safe summer!

-Written By: Amelie Biskup, D.C.



Ask Body Harmony Chiropractic about other natural alternatives to insect repellents, everyday body lotions, make-up, etc!