

Sunscreen and the Sun

There are a lot of things we were taught as kids and adults that we did because it made sense at the time. Now we are looking at what causes dis-eases and traumas to our bodies. Crazy thing is the average everyday **Sunscreen came up to be more harmful than beneficial.**

Some facts about the skin....The Largest Organ On and In Our Bodies!

Benefits of the Sun:

- The sun is not our enemy.
- On the contrary, sunlight exposure prompts our body to manufacture Vitamin D.
- Sunlight is not just good for us, it's essential.
- *Sunburns* do serve a purpose:
 - Sunburn is nature's way of telling us that we're getting too much sun.
 - It's like a pop-up thermometer on a turkey...When you start turning red, you're done - your body has had enough sunlight exposure.
- This is a new twist on two points:
 - Sunscreen lotion isn't the best way to protect your skin.
 - For most people, correct nutrition and sensible exposure time may provide all the sun protection you need.

Major contributor to skin cancer risk:

- Vitamin D prevents up to 77% of ALL cancers.
- Folic acid is destroyed rapidly by heat, cold, and exposure to light, including sunlight.
- It's sunlight's destructive effect on folic acid in the skin, not the actual sun exposure itself that accounts for a significant part of the skin cancer problem.
- Folic acid (along with vitamin B12 and zinc) is absolutely key to DNA reproduction and repair.
- Sunscreen blocks your skin's ability to make vitamin D by more than 95 percent.
- When sunscreen is used the body is absorbing synthetic chemicals. It is hard to believe that all of these chemicals will not have any effect on the system.

Study done:

There was a study done showing that sunscreen may not offer protection from the type of sun damage that could cause skin cancer. The study also suggests that sunscreen use may actually do more harm than good. Millions of sun lovers and people who live in or near tropical latitudes cover themselves head to toe in sunscreen and spend hours in the sun, believing they're protected. Fact is they may be protecting themselves from a bad burn, but there are other things going on below the surface of the skin that could create more serious problems in later years.

Note:

The next time you spread on some sunscreen, check the ingredient list of nearly unpronounceable chemicals. Every chemical absorbed by your skin - whether from sunscreen, bug spray, cosmetics, or airborne pollutants - puts an unnecessary stress on the liver.

Ingredients to avoid:

- *PABA*: Forty percent of the population is sensitive to it, experiencing red, itchy skin. (PABA interferes with sulfa drugs, a class of *antibiotics*, and therefore should not be taken when these medications are being used.)

- *Benzophenone (benzophenone-3), homosalate, and octy-methoxycinnamate (octinoxate)*: they have been shown to **disrupt hormones**, affecting the **development of the brain** and **reproductive organs** in laboratory rats.
- *Parabens (butyl-, ethyl-, methyl-, and propyl-)*: Parabens may also **mimic estrogen**.
- *Padimate-O and Parsol 1789 (2-ethylhexyl-4-dimethylaminobenzoic acid and avobenzene)*: These two chemicals have the potential to **damage DNA** when illuminated with sunlight. On the skin's surface, these chemicals do protect from UV damage; however, once absorbed into the skin, these same chemicals can prove destructive.

What's best is...

- Purchase *Certified Organic Sunscreen* to effectively nourish the skin and protect it from being damaged. (It's a skin enhancer)
- The best Natural Sunscreen, however, is an internal sunscreen built with nutrition.
- Eat dietary sources of *folic acid* to boost your skin's natural UV protection; chlorella, spirulina, goji berries, raspberries, blackberries, blueberries, carrots, spinach and other dark green vegetables, brewers yeast, lima beans, cantaloupe, watermelon, wheat germ and nutrient-rich super-foods.
- Supplement with 1,000 mcg of folic acid per day, and more if you spend a good amount of time in the sun or have a family history of skin cancer.
- Vitamins C and E are very important to relieving stress to the skin.
- It takes about 30 days of nutrition to boost skin levels.

The body is designed to absorb Vitamin D to stabilize our immune system:

- Vitamin D plays an important role in the maintenance of organ systems.
- Vitamin D is produced in skin exposed to sunlight, specifically ultraviolet B radiation.
- Vitamin D regulates the calcium and phosphorus levels in the blood by promoting their absorption from food in the intestines, and by promoting re-absorption of calcium in the kidneys. It is also needed for bone growth.
- In the absence of vitamin K or with drugs (particularly blood thinners) that interfere with Vitamin K metabolism, Vitamin D can promote soft tissue calcification.
- Deficiency results in impaired bone mineralization, and leads to bone softening diseases, rickets in children and osteomalacia in adults, and possibly contributes to osteoporosis.

With the increasing amount of ailments labeled as dis-eases in and on our bodies, and all the talk about what to take to get rid of it, we as a society deserve to know more. This simple concept of what sunscreen and sun can do to and for our bodies and lives is simple and effective.

Blessing,

Nancy

'The Energy Woman'

Lifenhancement101.com

661.298.7473