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June 2010

# The Abundant Life Line

## Naturopath's Notes:

Summer has officially arrived. In Texas the temperatures are quickly rising so I thought it would be fitting to make this newsletter solely dedicated to sun protection and safety. There are numerous sunscreens on the market but so few are actually healthy to apply on your skin. Remember that our skin is the largest organ we have and what we put on it gets absorbed into our bodies. It is important to know what you are putting on yourself and your family. There are also some great tips below to use when heading out into the sun this summer. All of these tips are found on the Environmental Working Group's website ([www.ewg.org](http://www.ewg.org)).

I hope each of you stays cool and protected this Summer!

*God Bless and Be Healthy,  
Jennifer*

### 2010 Sunscreen Guide

The best sunscreen is a hat and a shirt. No chemicals to absorb through the skin, no questions about whether they work. But when you can't get away from exposing your skin to the sun, use EWG's top-rated sunscreens to provide broad-spectrum (UVA and UVB-sunburn) protection with fewer hazardous chemicals that penetrate the skin. Sunscreen makers are awaiting FDA approval for a wider selection of UVA-blocking chemicals. In the meantime, all top-rated products contain either zinc or titanium minerals to help cut UVA exposures for sunscreen users.

### Top Sunscreens

Our top-rated sunscreens (listed below in alphabetical order) all contain the minerals zinc or titanium. They are the right choice for people who are looking for the best UVA protection without any sunscreen chemical considered to be a potential hormone disruptor. None of the products contain oxybenzone or vitamin A and none are sprayed or powdered.

● 0-2 recommended ● 3-6 caution ● 7-10 avoid

## Product and Score



### All Terrain

AquaSport Performance Sunscreen, SPF 30 **2**

TerraSport Performance Sunscreen, SPF 30 **2**

KidSport Performance Sunscreen, SPF 30 **2**



### Badger

Sunscreen for Face and Body, Unscented, SPF 30 **1**

Sunscreen for Face and Body, SPF 30 Lightly Scented **1**

Sunscreen for Face and Body, SPF 15 Lightly Scented **2**



### Beyond Coastal

Lip and Face Screen, SPF 30 **2**



### California Baby

Sunblock Stick No Fragrance, SPF 30+ **1**

Sunscreen Lotion No Fragrance, SPF 30+ **2**

Sunscreen Lotion Everyday/Year-Round, SPF 30+ **2**

Sunscreen Lotion, SPF 30+, Citronella **2**

Sunblock Stick Everyday/Year-Round, SPF 30+ **2**



### Caribbean Solutions

Natural/Biodegradable SolGuard, SPF 25 **2**

Sol Kid Kare Natural Sunscreen, SPF 25 **2**



### Desert Essence Organics SPF 30 Mineral Sunscreen

Age Reversal SPF 30 Mineral Sunscreen **2**



### Episencial

Sunny Sunscreen, SPF 35 **2**



### Estion

Sunscreen with Zinc, SPF 38 **2**



### Jason Natural Cosmetics

Sunbrellas: Mineral Based Physical Sunblock, SPF 30+ **2**

Sunbrellas: Chemical Free Sunblock, SPF 30+ **2**

Earth's Best: Sunblock Mineral Based, SPF 30+ **2**

🟢 0-2 recommended 🟡 3-6 caution 🔴 7-10 avoid



### Kabana Skin Care

Green Screen Organic Sunscreen Fragrance Free, SPF 20 **2**  
Green Screen Organic Sunscreen, SPF 22, Skin Tone Tinted **2**



### L'uvalla Certified Organic

SPF 20 Sunscreen Face/Body **2**



### La Roche-Posay

Anthelios 40 Sunscreen Cream **2**



### Little Forest

Sunscreen Lotion For Babies and Kids, SPF 30+ **2**



### Loving Naturals

Sunscreen, SPF 30+ **1**



### Miessence

Reflect Outdoor Balm, SPF 15 **2**



### Purple Prairie Botanicals

SunStuff, SPF 30 **1**  
Sun Stick, SPF 30 **1**  
SunStuff, SPF 15 **2**



### Soleo Organics

All Natural Sunscreen, SPF 30+ **1**  
Soleo Organics/Wyland Organics All Natural Sunscreen, SPF 30+ **1**  
Soleo Organics/Atlantis Resort All Natural Sunscreen, SPF 30+ **1**



### thinkbaby and thinksport

Sunscreen, SPF 30+ **1**



### Trukid

Sunny Days Face and Body Stick, SPF 30+ **2**



### UV Natural

Baby Sunscreen, SPF 30+ **1**  
Sunscreen Sport, SPF 30+ **1**  
Sunscreen, SPF 30+ **2**



### Vanicream

Sunscreen Sport, SPF 35 **2**

\* Many of these sunscreens can be found at [www.vitacost.com](http://www.vitacost.com) for 25-45% off retail prices.

## SUN SAFETY TIPS

### 1. Quick tips for a good sunscreen.

|             | <b>Avoid these:</b>   | <b>Look for these:</b>   |
|-------------|---|--|
| Ingredients | Oxybenzone<br>Vitamin A (retinyl palmitate)<br>Added insect repellent | Zinc<br>Titanium dioxide<br>Avobenzone or Mexoryl SX   |
| Products    | Sprays/Powders<br>SPF above 50+                                       | Cream<br>Broad-spectrum protection<br>Water-resistant for beach, pool & exercise<br>SPF 30+ for beach & pool |

### 2. But first things first – do these before applying sunscreen.

**Don't get burned.** Red, sore, blistered (then peeling) skin is a clear sign you've gotten far too much sun. Sunburn increases skin cancer risk – keep your guard up!

**Wear clothes.** Shirts, hats, shorts and pants shield your skin from the sun's UV rays – and don't coat your skin with goop. A long-sleeved surf shirt is a good start.

**Find shade – or make it.** Picnic under a tree, read beneath an umbrella, take a canopy to the beach. Keep infants in the shade – they lack tanning pigments (melanin) to protect their skin.

**Plan around the sun.** If your schedule is flexible, go outdoors in early morning or late afternoon when the sun is lower in the sky. UV radiation peaks at midday, when the sun is directly overhead.

**Sunglasses are essential.** Not just a fashion accessory, sunglasses protect your eyes from UV radiation, a cause of cataracts.

### 3. Now put on sunscreen – here are the essentials, beyond the quick tips.

Some sunscreens prevent sunburn but not other types of skin damage. Make sure yours provides broad-spectrum protection and follow our other tips for better protection.

**Don't be fooled by a label that boasts of high SPF.** Anything higher than "SPF 50+" can tempt you to stay in the sun too long, suppressing sunburn but not other kinds of skin damage. FDA says these numbers are misleading. Stick to SPF 15-50+, reapply often and pick a product based on your own skin, time planned outside, shade and cloud cover.

**News about Vitamin A.** Eating vitamin A-laden vegetables is good for you, but spreading vitamin A on the skin may not be. New government data show that tumors and lesions develop sooner on skin coated with vitamin A-laced creams. Vitamin A, listed as "retinyl palmitate" on the ingredient label, is in 41 percent of sunscreens. Avoid them.

**Ingredients matter.** Avoid the sunscreen chemical oxybenzone, a synthetic estrogen that penetrates the skin and contaminates the body. Look for active ingredients zinc, titanium, avobenzone or Mexoryl SX. These substances protect skin from harmful UVA radiation and remain on the skin, with little if any penetrating into the body. Also, skip sunscreens with insect repellent – if you need bug spray, buy it separately and apply it first.

**Pick a good sunscreen.** EWG's sunscreen database rates the safety and efficacy of about 1,400 products with SPF, including about 500 sunscreens for beach and sports. We give high ratings to brands that provide broad-spectrum, long-lasting protection with ingredients that pose fewer health concerns when the body absorbs them

**Cream, spray or powder – and how often?** Sprays and powders cloud the air with tiny particles of sunscreen that may not be safe to breathe. Choose creams instead. Reapply them often, because sunscreen chemicals break apart in the sun, wash off and rub off on towels and clothing.

**Message for men: Wear sunscreen.** Surveys show that 34 percent of men wear sunscreen, compared to 78 percent of women. Start using it now to reduce your cumulative lifetime exposure to damaging UV radiation.

**Got your Vitamin D?** Many people don't get enough vitamin D, which skin manufactures in the presence of sunlight. Your doctor can test your level and recommend supplements or a few minutes of sun daily on your bare skin (without sunscreen).

### Sun Safety Tips For Kids

Kids are more vulnerable to sun damage. A few blistering sunburns in childhood can double a person's lifetime chances of developing serious forms of skin cancer. The best sunscreen is a hat and shirt. After that, protect kids with a sunscreen that's effective and safe. Take these special precautions with infants and children:

#### Infants

Infants under 6 months should be kept out of direct sun as much as possible. Their skin is not yet protected by melanin. So when you take your baby outside :

- **Cover up** with protective clothing, tightly woven but loose-fitting, and a sun hat.
- **Make shade** with a stroller's canopy or hood. If you can't sit in a shady spot, put up an umbrella.
- **Avoid midday sun** — take walks in the early morning or late afternoon.
- **Follow product warnings for sunscreen on infants under 6 months old** – Most manufacturers advise against using sunscreens on infants or urge parents and caregivers to consult a doctor first. The American Academy of Pediatrics says that small amounts of sunscreen can be used on infants as a last resort when shade can't be found.

#### Toddlers and Children

Sunscreen plays an essential part of any day in the sun. However, young children's skin is especially sensitive to chemical allergens as well as the sun's UV rays. When choosing a sunscreen, keep these tips in mind:

- **Test the sunscreen** by applying a small amount on the inside of your child's wrist the day before you plan to use it. If an irritation or rash develops, try another product. Ask your child's doctor to suggest a product less likely to irritate a child's skin.
- **Slop on sunscreen** and reapply often, especially if your child is playing in the water or sweating a lot.

- **Choose your own sunscreen for daycare and school.** Some childcare facilities provide sunscreen for the kids, but you can bring your own if you prefer a safer, more effective brand. Share EWG's safe sunscreen tips and product suggestions with your child's caregiver.

## Sun Safety at School

Sometimes school and daycare policies interfere with children's sun safety. Many schools treat sunscreen as a medicine and require the child have written permission to use it. Some insist that the school nurse apply it. Other schools ban hats and sunglasses on campus. Here are a few questions to ask your school:

- What is the policy on sun safety?
- Is there shade on the playground?
- Are outdoor activities scheduled to avoid midday sun?

## Teens

Teenagers coveting bronzed skin are likely to sunbathe, patronize tanning salons or buy self-tanning products. Not good ideas. Researchers believe increasing UV exposure may have caused the marked increase in melanoma incidence among women born after 1965. Tanning parlors expose the skin to as much as 15 times the UV radiation of the sun and likely contributed to melanoma increases. Many chemicals in self-tanning products have not been tested for safety; the major self-tanning chemical, dihydroxyacetone, is not approved by FDA for use in cosmetics around the eyes.

Tan does not mean healthy. Here are a few more tips for teens:

- **Make sunscreen a habit** for every outdoor sport and activity.
- **Find sun-protective clothing, hats, and sunglasses** that you like to wear.
- **To parents of teens: Be good role models** – let your teen see you protecting yourself from the sun.

**Jennifer will be speaking at the Wellness Expo in Fort Worth on August 15<sup>th</sup> at 1:30 p.m. on the topic of "Improving Digestive Stress." We have \$2 off coupons in our office. Ask if you would like to receive one**

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