

# July Newsletter

## Sun & Skin Care



July, 1 2018

Sun can be hard on our skin if we're not careful to protect it, but commercial sunscreen isn't all that healthy either. The sun is still the best source of Vitamin D. It creates all of this vital vitamin with about 20 minutes of exposure a day, especially if you're getting the healthy fats the body needs to create that Vitamin D. It is essential though that we prevent overexposure. Here are a few natural ways to help:

1. *Wear Clothing*- After the initial 20 minutes its best to cover up if you can with light colored clothing.
2. *Eat Well*- Eating foods rich in healthy fats and antioxidants helps protect your skin from UV damage. Eat dark vegetables, colorful fruits and vegetables that contain carotenoids for a healthy bronze glow. Nuts, seeds, coconut oil, avocados and Omega-3 Fatty Acid supplements protect the skin.
3. *Astaxanthin* is more powerful than Vitamin C, E or CoQ10. It protects the skin from solar injuries and prevents DNA from being damaged by UV rays.
4. *Red Raspberry Seed Oil*- This is one of the best seed oil sunscreens. It averages between 28-50 SPF and blocks UVB rays as well.
5. *Wheat Germ Oil*- It is a natural moisturizer and has SPF 20.
6. *Hydration*- It is important to keep skin moisturized from the inside out. Avoid conventional sunscreens, instead opt for non-nano zinc based sunscreens with clean ingredients. Check labels!

Many companies are offering some healthier options when it comes to sun protection. You can also make your own if you feel up to buying adventurous ingredients, like beeswax and zinc oxide powder, and mixing them up in your kitchen. \*\*Remember to always protect your eyes, face and scalp by wearing hats.

Have a great Summer!

Have questions? Shoot me an email [winkchiro@comcast.net](mailto:winkchiro@comcast.net)

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