

Arnica IV – 26th April 2018 – Bedhampton with Alastair Hay – homeopathical.

Do we need sunscreen?

In fact, in the years since sunscreen use began, skin cancer rates have actually risen and a 2007 document from the FDA stated that: *“The FDA is not aware of data demonstrating that sunscreen use alone helps prevent skin cancer”*
In fact, many reports show that most sunscreens actually raise skin cancer risk.

Paradoxically, the process by which sunscreens absorb UV rays can result in the release of harmful compounds which could possibly cause skin cancer and premature ageing.

Considering many people these days are actually Vitamin D deficient, I consider lack of sun exposure to be a much bigger problem than too much sun exposure.

Sunshine only becomes unhealthy when you get excessive exposure to UV rays, which can lead to skin damage, or worse, skin cancer.

Remember: You should never get sunburned!

How to Calculate an SPF That’s Right for You

Fair skin — can stay in the sun 10 minutes before burning
Olive skin — can stay in the sun 15 minutes before burning
Dark skin — can stay in the sun 20 minutes before burning

Multiply the SPF by the number of minutes you can stay in the sun before burning. For example: (SPF) 20 x 10 (Fair skin) = 200 minutes (amount of time you can stay in the sun before burning if you have Fair skin and use an SPF of 20).

Babies & Children

Protecting the skin of our little ones is serious business. Not only is their skin more susceptible to sunburn but babies and children require super gentle ingredients. It’s not just about the SPF here. It is not advisable to use sunscreen on a baby under the age of 6 months. Their immature skin is more susceptible to irritation and damage from UV rays and sunscreen ingredients. Best to protect their delicate skin with **clothing, hats, and shade**.

Shade!

In the event that I’m going to be out in the sun for much longer than my skin is used to, it is often easy enough to just put on a hat or shirt to shield my skin. It is more effective at stopping excess sun exposure, costs less, and doesn’t harm the ocean.

External – natural also = kind to environment as well as you, esp marine-life.

Researchers estimate that over 5,000 metric tons of sunscreen wash off of swimmers each year. This “swimmer pollution” threatens a large part of the coral life in the ocean and indirectly many other ocean species as well.

Physical barrier – mineral – zinc oxide and titanium dioxide (avoid nano-particles) – reflect the sun’s rays but often appear white on our skin. Generally more expensive than chemical sunscreens. Zinc oxide is generally better tolerated by sensitive skin. Used in nappy-rash creams as a barrier cream.

Non-nano zinc oxide is the safest active sunscreen ingredient available besides shade. As far as protection goes, titanium dioxide does not protect against UVA rays as well as zinc oxide, and should be used along with zinc to provide best UVA and UVB defence.

Chemical barrier – require absorption by our skin.

Green People



Jason



Annemarie Borlind



Lavera



Badger



Organic Pharmacy



Weleda – sun-range currently unavailable

Dr Hauschka – sun-range currently unavailable

Liz Earle - sun-range currently unavailable

NYR - sun-range currently unavailable although there is a facial moisturiser with SPF

Arbonne (currently no sun range)

Forever Living (non-natural ingredients that would make you shudder)

Tropic (no sun range)

[Love Lula] – stockist

We NEED daylight on our skin. Esp eyes and solar plexus.

Remember...

a tan is your body's way of trying to protect itself from sun-exposure.

reapply every two hours, and after swimming or sweating.

sunscreens generally have a shelf-life of only about 6 months once opened. After that their SPF will diminish.



Petrochemicals esp. Petrolatum (mineral oil) – cheap, potentially carcinogenic, blocks pores. Remember you're slapping a fat on your skin and then baking it in the sun!

Silicones – (dimethicone) – makes the cream feel smooth and provides water-resistance but also blocks pores and environmentally toxic.

Acrylates – basically, plastic.

Preservatives – included to stop the oils going off. Avoid parabens and methylisothiazolinone (MIT). These commonly used preservatives have links to neurotoxicity, allergic reaction, foetal impairment, and hormonal disruption.

Synthetic fragrances - cause headache, nausea, dizziness, skin irritation, and are associated with asthma and even cancer.

Vitamin A - It's not a toxic ingredient but retinyl palmitate (a form of vitamin A) has been shown to be photosensitive, meaning it could increase the chances of developing skin cancer, skin damage, and skin aging when exposed to sunlight.



Antioxidants - Antioxidants could boost our body's natural defence against the formation of UVA-induced free radicals; therefore serving as a second layer of protection against UV radiation that passes through the first layer of UV protection.

Natural plant oils - Light, nourishing plant oils hydrate and condition the skin. Some natural oils even have a bit of SPF. Red raspberry, olive, and coconut oils all help to bolster UV protection.

Anti-inflammatories - Sun damage causes inflammation. Calming ingredients soothe skin and prevent signs of premature aging. Coconut oil, jojoba oil, and shea butter are good for all skin types. They are inherently anti-inflammatory and have a very low rate of contact dermatitis or irritation.

Individual oil SPFs –

- Almond Oil- SPF around 5
- Coconut Oil– SPF 4-6
- Zinc Oxide SPF 2-20 depending on how much is used
- Red Raspberry Seed Oil SPF 25-50
- Carrot Seed Oil – SPF 35-40
- Shea Butter – SPF 4-6

Easy way to make your own Sunscreen

Get a bottle of your favourite lotion (that doesn't contain citrus oils!)

Add a couple of tablespoons of non-nano Zinc Oxide

Mix well

Internal – Foods that boost natural sun protection

Citrus fruit -

Research has found that a long-term intake of natural vitamin C, together with vitamin E, can reduce the potential for sunburn. Besides being high in Vitamin C, citrus fruits contain limonene, which has been associated with a whopping 34 percent lower risk of skin cancer. Citrus fruits also contain antioxidants, which work to protect your cells from free-radical damage (which happens during sunburn) that can lead to skin cancer.

Carrots -

Carrots are one of the best dietary sources of beta-carotene. Beta-carotene also helps protect the skin against the free radical damage caused from sun exposure. Because of this, carrots can provide increased protection against sunburn, especially when combined with vitamin E.

Strawberries -

Strawberries contain a powerful combination of antioxidants and vitamin C, which both help protect your skin from sun damage. They can also help sunburned skin heal.

Strawberries contain tannins that can help reduce the sting of a sunburn. If by chance you do get some sunburn, grab a few strawberries and mash them up. Then slather them on your sunburn for natural relief. Rinse off your skin after a few minutes.

Green tea (and white tea) -

When you sip a cup of green tea, your body is getting catechins, which have disease-preventing properties and protect against sunburn inflammation and long-term UV radiation damage. Green tea also has tannic acid in it, which helps calm sunburn pain, and antioxidants called EGCGs. A University of Wisconsin study showed EGCGs stopped genetic damage in human skin cells exposed to UV light.

Pomegranates -

The seeds are rich in antioxidants. Pomegranates also contain ellagic acid, which can help protect your skin from cell damage induced by the sun's UVA and UVB rays. In one research study, when pomegranate extract was used in conjunction with sunscreen, it increased the SPF by 20 percent! Pomegranate also increases glutathione, a power-house antioxidant, which also increases protection from free radical damage.

Almonds -

Almonds are one of the best sources of vitamin E, which protects and repairs the skin from sunlight. Almonds also contain quercetin, which has been shown to protect against UV damage and the wrinkle-causing breakdown of collagen. One study found that after participants were exposed to UV light, the participants who took the same amount of vitamin E found in 20 almonds had less sunburn than the participants who did not that amount of vitamin E.

Red grapes -

Phytonutrients in grapes can slow down the formation of destructive reactive oxygen species (ROS) that form in skin cells, which has been linked to sun damage, skin cancer and cell death. Grapes also contain proanthocyanidins and other polyphenols found in the grape's seeds that inhibit skin cancer induced by UV rays. Grapes also contain quercetin, a study published by Toxicology and Applied Pharmacology found that quercetin was responsible for lessening oxidative DNA damage caused by UVB exposure, and was able to help protect the skin from related inflammation.

Leafy greens -

Green lettuce, spinach, kale, and Swiss chard, are excellent sources of the antioxidants lutein and zeaxanthin. These have been shown to halt cell growth prompted by UV light in animal studies.

Tomatoes -

When you eat tomatoes, you are adding lycopene to your diet. Lycopene is a carotenoid and antioxidant that neutralizes the free radicals produced from too much sun, and minimizes any inflammatory response to UV damage by your body, according to Mayo Clinic. This effect is magnified when you eat processed tomatoes (cooked or smashed into foods such as ketchup, tomato paste, or tomato juice), which makes the lycopene more bioavailable. In a German study, participants who ate a quarter cup of tomato paste with olive oil every day for 10 weeks experienced 35 percent LESS skin reddening when exposed to UV radiation than those who did not eat the tomato paste. In another study, people eating five tablespoons of lycopene-rich tomato paste daily for three months experienced 25 percent more natural protection against sunburn.

Watermelon -

This staple summer fruit is also high in lycopene and contains 40% more lycopene than tomatoes!

Turmeric -

Ayurvedic and traditional Chinese medicine have used turmeric for centuries due to its strong antioxidant and anti-inflammatory properties. Laboratory studies suggest that turmeric can help protect the epidermal skin cells from the damage caused by UVB radiation.

Flax seed (linseed) -

Omega 3 fatty acids in flax seeds can protect your skin from sunburn, reduce additional inflammation if sunburn occurs, and fight against skin cancer. According to the National Institute of Health, flaxseed oil can protect your skin against UV rays and keep your skin moisturized so it won't dry out, as well as fight against skin cancer.

Expect to pay more for natural skin care. The ingredients literally cost more.