
sun rays and sun screens

Posted by natural_energy_visible_di - 2008/07/15 04:41

new studies show that sun screen isn't safe. But shh... don't tell anyone because then the big company's wont get as much money.

Every day a story appears that turns our previously blissfully ignorant lives upside down. Don't eat regular apples, they're coated with pesticides. Don't drink out of BPA plastic bottles, they leach toxic chemicals. Don't wear conventional cotton tees, they're often times made on the backs of child labor. Grim, right? Well here's another one for you. Regular sunscreen? Forget about it. A new study from the Centers for Disease Control reveals that "the bodies of nearly all Americans are contaminated with a sunscreen chemical that has been linked to allergies, hormone disruption and cell damage". That chemical is oxybenzone and it can be found in 600 sunscreens manufactured and sold in the U.S.

I've never used traditional sunscreens as my internal health meter tells me they are toxic. I have used a single 4 oz. bottle of a titanium dioxide sunscreen by Aubrey for the past 7 years. It's almost empty so I need to go shopping once again since Aubrey doesn't seem to make this product anymore. The good news is that there are many more products to choose from. I'll probably look for another product that contains titanium or zinc oxides which provide a physical barrier rather than a chemical barrier. According to Lily Talakoub, M.D. at the University of California, San Francisco, zinc oxide or titanium dioxide "physically block both UVA and UVB rays from penetrating the skin. They provide better protection than chemicals that work by reflecting the sun's rays." To find out the best sunscreen for you, check out www.ewg.org. They have evaluated many, many sunscreens and have given them a rating. I won't purchase anything with a higher rating than "0."

Your best bet for dealing with the sun?

First, keep your immune system as strong as possible. Let your diet consist of fresh, organic foods and reduce or eliminate processed foods. Increase the amounts of superfoods and antioxidants in your diet. Limit your exposure to full direct sun during the hottest part of the day: 10:00am til 4:00pm. Gradually increase your exposure to full direct sun, adding 15 more minutes/day. The belief is that we can safely acclimate our skin without burning it. Keep yourself covered as much as possible beyond the amount you have acclimated to. And most important: Detox your body several times/year. In other words, get out the oxybenzone and the myriad of other chemicals that are stored in your tissues so they don't contribute to dis-ease!

=====

Re:sun rays and sun screens

Posted by DianaR - 2008/07/15 06:33

I think people forget that one of the affects of being alive is being bombarded with substances, both natural and otherwise, that damage our bodies. It is how we age, it is how we live.

If we can compare the number new cases of skin cancer against the use of sun screens, contamination with sunscreen might be preferable.

I caution folks to really benefit vs. harm when it comes to the use of substances that might improve the quality of life, by preventing a disease, for thousands if not millions of people. Skin Cancer is so disfiguring that I gladly risk contamination by those substances found in it.

=====