

Sun screening products

Written by Karel Nunnink

What you put on your skin is incredibly important, because your skin is your largest organ and some if not most of what you put on will get absorbed into the skin.

If you create a truly natural sunscreen product using exotic botanicals with powerful sunscreen properties, you will never be able to market it as a "sunscreen" product. That's because the FDA decides what can be used as sunscreen and what can't, regardless of what really works in the real world. And there are really only two natural ingredients the FDA has allowed to be sold as sunscreen: Zinc oxide and titanium dioxide.

Any other non-chemical sunscreen ingredients, if sold as "sunscreen," would be considered mislabeled by the FDA and result in your products being confiscated... even if they offer fantastic sunscreen protection!

Read the ingredients list of any sunscreen product sold at Wal-Mart, or Walgreens, or any other mainstream store.

You will not be able to pronounce most of the chemicals found in the ingredients list. That's because most sunscreen products are formulated with **cancer-causing fragrance chemicals**, parabens, harsh alcohols, toxic chemical solvents and petroleum oils. A typical sunscreen product is actually

a chemical assault on your body

. That's why research shows that using typical sunscreen products may actually *cause* more cancer than it prevents.

Vitamin D deficiency is perhaps the most widespread vitamin deficiency in North America. According to the research, 70 percent of whites are deficient in vitamin D, and up to **97 percent of blacks** are deficient

Chronic vitamin D deficiency promotes cancer winter flu and infections, depression, osteoporosis and hormonal imbalances. Depending on whom you believe, vitamin D alone can prevent anywhere from 50% to nearly 80% of all cancers

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By blocking vitamin D production in the skin, **sunscreen products actually contribute to cancer-promoting nutritional deficiencies**

This doesn't mean you should never wear a sunscreen product, of course. If your skin is really pale and you're planning a day on the beach in Hawaii, you will obviously benefit from some level of sun protection using a truly natural sunscreen product. But an informed health-conscious person would try to allow their skin to achieve a natural, healthy tan (yes, a tan truly is healthy if it's combined with good nutrition, see below) through sensible exposure levels that activate vitamin D production in the skin.

Here's the real secret about sun exposure that *no one* in conventional medicine is talking about . You can **boost your internal sunscreen** by eating antioxidant-rich foods and superfoods.

The supplement **astaxanthin**, also found in algae and some other seafood including salmon for example, is very well known for boosting your skin's natural resistance to sunburn. Its fat-soluble carotenoids are actually transported to skin cells where they protect those cells from UV exposure.

The more natural antioxidants you have in your diet, the more sunlight your skin will be able to handle without burning. Nearly everyone mistakenly believes that a person's sunlight burn response is purely a genetic factor. They're wrong. You can **radically improve your resistance to UV exposure** through radical dietary changes.

The truth is actually more complicated: **Skin cancer can only be caused when UV exposure is combined with chronic nutritional deficiencies** that create skin vulnerabilities.

To create skin cancer, in other words, you have to eat a junk food diet, avoid protective antioxidants, and then also experience excessive UV exposure. All three of those elements are required. Conventional medicine completely ignores the dietary influences and focuses entirely on just one factor: Sunscreen vs. no sunscreen. This is a one-dimensional approach to the issue that's grossly oversimplified to the point of being misleading.

It's amazing, actually: **Your skin is made entirely out of the food you eat**, so how could your diet not affect your skin health?
what you eat largely determines how your skin reacts to UV exposure

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Be careful when shopping for so-called "natural" sunscreen products. While there are some good ones out there, many are just examples of *greenwashing*, where they use terms like "natural" or "organic" but still contain loads of synthetic chemicals anyway.

A good guide for checking on sunscreen products is the *Environmental Working Group* guide (EWG) at:

<http://www.ewg.org/skindeep/>

Some of the products that are *truly* natural include **Loving Naturals sunscreen** and **Badger All Natural Sunscreen**

. Read the ingredients labels to see for yourself. Don't use any sunscreen product containing ingredients that sound like chemicals:

- Methyl...
 - Propyl...
 - Butyl...
 - Ethyl...
 - Trieth...
 - Dieth...
- etc.

Always buy unscented sunscreen unless for some reason you just enjoy coating your skin with artificial perfume chemicals. A typical sunscreen product is made with over a dozen cancer-causing fragrance chemicals, and they're absorbed right through your skin. Most sunscreens, when applied as directed, are really just **toxic**

chemical baths

that heavily burden your liver and can give you cancer.

Always read the ingredients of any sunscreen product before using it. Don't poison yourself with sunscreen!

Perhaps more with sunscreen than any other personal care product, the "official" information distributed through

the mainstream media is hopelessly misleading (if not downright false). Remarkably, no one in the media or the government is even willing to admit that fragrance chemicals are bad for your health. Similarly, no one is willing to admit that the chemicals you put on your skin get **ABSORBED by your skin .**

Without those two truths being acknowledged right up front, the rest of whatever they say about sunscreen is worthless babble. Any honest talk about sunscreen must acknowledge the simple truth that the chemicals you put on your skin get absorbed into your skin, and that most sunscreen products are made out of a chemical cocktail of cancer-causing substances.

So buyer beware. Sunscreen products are a minefield of lies, fraud and disinformation designed to keep you ignorant of the importance of sun exposure as well as the health risks associated with using cancer-causing chemicals on your skin.

Stick with truly natural sunscreen products (when needed) and try to build up a healthy tan *while consuming large quantities of superfoods and antioxidants* in your diet. Consider taking astaxanthin or other fat-soluble nutrients on a regular basis. Engage in daily juicing of fresh fruits and vegetables which are loaded with living nutrients. Time your sun exposure to build up a healthy tan

so that you don't need sunscreen at all. Contrary to all the misinformation we've all been fed, a healthy tan is actually a good sign that you're achieving adequate vitamin D synthesis in your own skin.

Again if this was the only chemical your skin would be exposed to, your systems could probably cope.

However if you consider all the other chemicals we are exposed to on a daily bases, in our food in the air and water then this can make a huge difference.

I have personally not used sunscreens for quite a few years, mostly because I intuitively did not want to put these strange chemicals on my skin.

Well research has now vindicated my actions.