

What about . . . SUNSCREENS?

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It used to be that people were pretty practical about avoiding the sun, if at all possible, when it was at its hottest during mid-day and wearing loose, white cotton or linen clothing and wide-brimmed hats during the summer. We started tanning slowly and carefully while farmers and other outdoor workers, wore long sleeves, gloves and large white handkerchiefs or light bandanas hanging from the backs of their hats to cover their necks. At the beach or poolside, zinc oxide was slathered on our noses and under our eyes. Of course there were always those who thought heavy tanning was attractive; they lay in the sun with reflectors later wondering why they looked 65 at 35 and had melanomas.

Then along came sunscreen . . . touted widely as the answer to fun in the sun. Time has passed and we are now discovering some of the truths of sunscreen.

Vitamin D - First and foremost, our bodies depend on a reasonable amount of daily sun in order to produce Vitamin D and sunscreensing chemicals can reduce absorption of vital sun energy up to 95%. D is vital for calcium absorption which is why the “powers that be” decided that milk needed to be fortified with it, but in reality, there is absolutely no artificial form of this which can take the place of natural sunlight. Actually blocking the rays of the sun from penetrating our skin (and wearing sunglasses continuously to block the sun from our eyes), does not allow our bodies to go about their proper business of manufacturing Vitamin D.

Cancer - Most sunscreens also block only certain “burning” rays while still allowing other rays through; the rays that cause skin cancers. Since the advent of sunscreens, users have forgotten about normal sensible precautions and have felt, due to clever advertising, that they were perfectly safe. Not true. In fact, skin cancers have tripled in recent years with over 54,000 cases being diagnosed annually.

Toxicity - Sunscreens are actually moderated by the FDA and classed as drugs since they contain “active” ingredients. Among such ingredients written in small print on your sunscreen label can be one or more of the following: PABA (para amino benzoic acid), Avobenzone, Cinoxate, Dioxbenzone, Homosalate, Menthyl anthranilate, Octocrylene, Octo methoxycinnamate, Octyl salicylate, Oxybenzone, Padimate O, Pheylbensimidazole, Sulisobenzene, Titanium dioxide, Trolamine salicylate, and Zinc oxide.

A study appearing in the May 2004 Journal of Chromatography indicates there is significant penetration of at least some chemicals, including Titanium, Oxybenzone and other metabolites into the skin especially since directions include liberal and frequent application. OMC, Octo methoxycinnamate, used in 90% of all sunscreen products to block the more powerful UVB sunlight, has been shown in the laboratory to kill mouse cells—in fact, according to sci-

entists at the Norwegian Radiation Protection Authority, exposing this chemical to midday UV light actually doubled its cellular-killing potential.

It is our belief that it is far better for our bodies to avoid as many chemicals as possible; we already overload our livers detoxifying those we cannot avoid. The reflective qualities of small amounts of Zinc oxide may be less problematical.

In reality, sunscreen protection begins with nutrition and healthy cellular structure. Eating plenty of organic vegetables and fruits supplies your body with both the anti-oxidants and minerals necessary for it to produce adequate melanin when exposed to the sun. In order to truly assure ourselves of adequate amounts of these nutrients, we naturally suggest utilizing the basic **DYNAMITE** supplements of **Elixir**, **Plus** or **Regular Dynamite** and **Tri-Mins+**. Some people also choose to take extra **Izmine** (a component of **Elixir**) capsules to increase cellular integrity via valuable trace minerals or **Cell Mend** with its valuable silica. In fact, we know of one veterinarian who recommends it as a sun-burn specific for horses with a lot of exposed white skin on noses and around eyes like many paints or appaloosas. To increase anti-oxidant levels even more, we suggest adding in some **Hiscorbadyne** capsules per day and perhaps a half ounce of **DynaSpark** electrolyte to your plentiful and vitally hydrating daily water ration.

Rejuvenating Skin Cream can help allay facial skin damage while thoroughly massaging **Tan O' the Isles** (TOTI) into the skin once or twice daily will help supply all the superficial fats healthy skin needs; consuming plenty of Omega 3 fatty acids will assure that the underlying cellular structure is also receiving adequate fats. The correct Omega 3:6 ratio has been proven by a 2001 study by the National Academy of Science to be a critical factor in avoiding skin cancers. *"Epidemiological, experimental, and mechanistic data implicate omega-6 fat as stimulators and long-chain omega-3 fats as inhibitors of development and progression of a range of human cancers, including melanoma."* The ideal ratio of 1:1 has been transformed to an alarming 1:30-50 due mainly to the enormous dietary increases of vegetable oils, mistakenly recommended as “healthy fat” but high in Omega 6. A realistic vegetable oil source of Omega 3 fatty acids is coconut oil, especially for cooking, although small amounts of walnut oil for salads also provides a good ratio. Omega 3 fatty acids are found in abundance in **free range only** animal foods such as eggs, poultry, beef, buffalo, etc. and some carefully chosen wild (not farmed) salmon.

Common sense must also prevail by returning to big hats, long loose clothing and avoiding heavy exposure during the most intense sunlight hours from 12-3. Those in the warmest climates may just have it right: take a siesta then! ■