



Live Your Perfect Weight Weekly Insights

June 1, 2009

SUN PROTECTION TIPS

“A good rule for going through life is to keep the heart a little softer than the head.” - John Graham -

Did you know that one million Americans are diagnosed with skin cancer every year? With summer fun beginning it is important to use sun protection with a good sun cream, light fitting clothes that cover your body and a hat for your head. Also stay in the shade when you can.

Sun creams are not fool proof and if you are swimming you will need to re-apply often because it will wash off.

Read the labels and avoid any sun protection product with oxybenzone, which has been known to cause allergies, cellular damage and is implicated as a hormone disrupter. Find a natural, healthy sunscreen to protect your face as the sun can cause aging, and don't forget to put it anywhere where the skin is exposed to the sun's rays, including using a sun protector made especially for lips! (No lip gloss with petro chemicals, please!)

Also, with babies and children, please protect their delicate and tender skin and keep them out of the sun as much as possible. Be sure to apply sun protection cream several times while they are out in the sun. Also, remember to give them lots of liquid to drink.

Here are a few great brands of sun creams: (free advertising, but I don't think they will mind!)

Soleo Organics; Aubrey Organics; Badger Sunscreen; California Baby; Dr. Brandt; Jason Natural Products

Be sure to do a regular self-examination and check out any moles for changes in size or color. If you notice any suspicious spots have your doctor look at them because if you catch skin cancer early, it can save your life.

Remember to drink lots of water, so you don't get overheated from dehydration. Have a fun summer and stay protected!

Till Next Time!

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