

## Fun in the Sun

Having fun in the sun is what the summer is all about. Avoiding the pain of sunburn is key to enjoying summer

fun. The skin burns when prolonged exposure to the sun's ultraviolet (UV) light destroys the protective vitamins and minerals in the outer surface of the skin. Keeping the vitamin and mineral balance in the skin helps to prevent sunburn.

Traditional methods of preventing sunburn include avoiding exposure during the peak times of the day between 10 AM and 2 PM, and wearing a hat and protective light colored clothing to reflect the sun. Most authorities agree that using sunscreen is the best prevention against sunburn when exposed to sun for a prolonged time. Please find a sunscreen that safely blocks the UV rays that cause sunburn, without harmful chemicals.

Sunlight converts Vitamin D in the skin, which moves calcium from the gut and tissues into the blood. Vitamin F moves calcium from the blood into the tissues, like muscles. Without sufficient Vitamin F there can be leg and toe cramps due to the lack of calcium in the muscles.

Sunburn is in part a deficiency of Vitamin F and calcium. Calcium protects the skin. The skin burns



when Vitamin D moves calcium into the blood. Sunburn occurs without Vitamin F to move the calcium back to the skin. Vitamins A and C are also needed for calcium metabolism.

To prevent sunburn make sure your summer diet contains the some of the following foods, especially before going out in the sun:

- Calcium: almonds, filberts, parsley, and kale
- Vitamins A: hot red peppers, carrots, apricots, sweet potatoes and kale
- Vitamin C: hot green and red peppers, almonds, sweet red pepper and kale
- Vitamin F: flaxseeds, nuts, avocado, butter, cod liver oil, Omega oil

If these foods are unavailable, minimally take food based calcium and Vitamin F supplements prior to sun exposure. Taking the above nutrients in supplemental form is another option for sun loving people who do not regularly eat the above foods. The dosage will differ for each individual based on skin type, height and weight, and ethnicity.

Healthy skin protection also includes avoiding the synthetic fats found in margarine, salad oils, and cooking oils. It takes 51 days to break down these fats, compared to 18 days for butter and olive oil. The synthetic fats cause an increase in free radicals, and injure the immune system, just as the chemicals in many sunscreens do.

If sunburn does occur, the following folk remedies work well to put the fire of the sunburn out.

- Apply a fresh aloe leaf from the aloe vera plant. Aloe is a natural, soothing, and healing plant. It cleanses, clears and nourishes the skin while it heals.
- Apple Cider Vinegar applied using a

spray bottle often provides instant pain relief. The skin must be kept moist. The vinegar helps to prevent blistering and peeling. Distilled vinegar works too, if apple cider vinegar is not available.

- Apply soft terry towels soaked in cold water and placed in the freezer to get them cold. Wrap the towels around the affected areas. Cold draws the heat out of the burn.
- Apply wet tea bags or a towel drenched in cold tea over the sunburned skin. Tea works as an antioxidant and pulls the heat out of the burn. Soak in a cool tub of tea, if needed. Let the skin air dry.
- Apply sliced pieces of raw cucumber or potato to reduce sunburn redness and inflammation. These vegetables cool and soothe the skin.
- Apply regular yellow mustard to the sunburned skin. Once it dries, wash it off. This prevents the sunburned skin from blistering.
- Apply Emu oil to the sunburned skin. It is soothing and healing, while it repairs.
- Apply old fashioned oatmeal cooked, or put oatmeal in tepid bath water. Let the skin air dry.
- Apply a compress of baking soda dissolved in water, or add ½ cup of baking soda to a tepid bath and soak. Baking soda is cooling. Let the skin air dry.

Protecting the skin from the sun, and treating sunburn right away will help ensure the most fun in the sun for everyone. Consult a physician when chills and fever, or flu like symptoms occur, or a rash and blistering appear. These are symptoms of sun poisoning.



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WATCH YOUR THOUGHTS; THEY BECOME WORDS. WATCH YOUR WORDS; THEY BECOME ACTIONS. WATCH YOUR ACTIONS; THEY BECOME HABITS. WATCH YOUR HABITS; THEY BECOME CHARACTER. WATCH YOUR CHARACTER; IT BECOMES YOUR DESTINY.

From Don Daughtry