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SUN SENSE

Ah, the feel of the hot summer sun on your skin! After a long, cold winter, it's refreshing to spend time in the warmth of the sun - but BEWARE your health is in danger no matter how good you think that tan looks and feels.

A HEALTHY TAN?

In their favor, ultraviolet (UV) rays produced by the sun activate Vitamin D, kill certain germs and boost our mood - but overexposure to UV rays damages the skin irreparably. The sun's ultraviolet rays are actually radiation that comes in two types - UVB & UVA rays. UVBs are the immediate sunburn villains - they're the rays that "roast" your skin. Though they don't dive as deep into the skin's layers as UVAs, UVBs can damage the DNA at the heart of skin cells, and are one of the foremost causes of skin cancer. These same rays also help you by triggering your skin's natural protection process - tanning. Tanning is really a form of damage control - a tan is living proof that your skin has suffered UV attacks. Keep in mind that these self-defense systems are thrown out of whack when overworked by repeated and prolonged exposure to the sun. UVA is a long wavelength that penetrates the skin very deeply, degrading the elastic fibers in the skin. UVAs account for about 95% of all ultraviolet energy. Unlike UVBs which peak in intensity from 11 a.m. to 3 p.m. in summer, UVAs release energy throughout the daylight hours. Exposure to UVA and UVB rays have a cumulative effect on the body. The more exposure the more potential damage is done. In fact, skin cancer cases have grown by 750% since 1990.

PROTECT YOURSELF!

Don't be fooled - sunburn appears in up to four hours after sun exposure and can last three days. Sun protection is basically putting a barrier between your skin and the sun. Sun screen doesn't work, unless you put it on! Did you know that UVAs can pass through glass - windshields and windows don't block them! Also, clouds only filter out some UV rays, so use your sunscreen even on cloudy days. Know your skin type and protect yourself accordingly. Use a sunscreen that's appropriate to your skin and to the level of sun you're exposed to. Wear protective sunglasses as UV rays can cause cataracts. Don't stay out in the sun between

11 a.m. and 3 p.m. The sun's rays are less intense early in the morning and late in the afternoon.

Thank you to www.sunprotection.org, www.melanoma.com, & www.cancer.org for the information used in this newsletter.

CHIROPRACTIC IS COOL!

Your chiropractor is concerned with your complete health. Exercise, nutrition, and regular chiropractic care will help you reach and maintain optimum wellness.

Enjoy a pleasant and safe summer!

WHAT DO YOU HAVE TO LOSE?



Is your life a fat-storing, sugar-burning emergency? In the next couple of issues we will discuss my top 7 weight loss tips for busy people. I will keep these tips short and to the point - sort of like an executive briefing. If you do any one of these tips consistently, you will improve your weight loss results.

TIP #1: Hydration Your body can go many days without food but only three or four days without water. What do you drink on a daily basis and how much? To stay properly hydrated, drink at least $\frac{1}{2}$ your bodyweight in ounces of clean, filtered water each day to help the body get rid of the unwanted fat you are aiming to lose. Drink 1 or 2 glasses of water in the morning to activate your organs. Drink a glass of water 15 to 30 minutes before a meal. Sipping hot water throughout the day is a helpful hydration therapy for many people. Gauge your hydration to your level of activity and if you live/work in a dry place. Crowd out caffeine, soda, and other acidic drinks which throw off the body's delicate internal acid/alkaline balance. The body parks away these acids in FAT CELLS! Don't drink yourself to death with excessive soda and sweetened beverages consumption. Start by swapping out just one can of soda for a glass of clean, pure water each day to help you lose 10 pounds. Bottom line: if you wish to lose weight, replace coffee, tea, soda, vinegar, energy drinks, fruit juices, beer, and hard liquor with good, pure water. The choice is yours. Our bodies are 60-75% water, not 60-75% soda. Perhaps the old adage *you are what you eat* should be *you are what you drink!*

Lynnette Feusner, founder and director of *MountainWest Health and Hope*, is a certified holistic health coach specializing in "waist" management. Visit her website at: www.mountainwesthealthandhope.com.