

## Safe Fun in the Sun

### Nutrition Offers UV Shield

Sharron Leonard

Because sunlight activates the synthesis of vitamin D, a nutrient that works with vitamin A to build strong bones and good eyesight it is essential for health. Furthermore, bright light, specifically sunshine, can improve your mood and help ward off depression. But all things in moderation. Overexposure to UV rays can cause potentially extensive damage to the skin, an all-too-common occurrence. "Skin cancer is now considered epidemic throughout the nation", according to The Centers for Disease Control Prevention. "Over one million residents in the United States are expected to get skin cancer this year more people than the collective total of all who will get cancers of the breast, prostate, lung and colon. Exposure to

toxic molecules. These are known as free radicals and can lead to malignancies. Sunscreen, adequate coverage and sunglasses have long been recommended to avoid this damage, but diverse studies now suggest some promising supplemental strategies for UV protection from the inside out. Certain nutrients and a low-fat diet have shown specific anti-cancer properties.

### Free Radical Control

Antioxidants have long been known to neutralize free radicals and render them inactive, protecting cellular structure. Powerful antioxidants include vitamin C (citrus fruits, strawberries, broccoli, tomatoes), vitamin E (asparagus, raw



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ultraviolet (UV) rays in sunlight causes 90 percent of the skin cancer cases." And this overexposure may double the risk of melanoma, a type of skin cancer that causes more than 80 percent of skin cancer deaths.

UV rays cause oxidative damage and can actually change the skin's DNA cellular structure, creating highly unstable and

nuts and seeds, spinach), beta-carotene (yellow and orange vegetables) as well as the minerals zinc (shell fish, legumes, whole-grain foods) and selenium (nuts, whole-wheat bread, oatmeal). A recent study published in the Journal of Investigative Dermatology demonstrates that lutein and zeaxanthin, plant

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pigments found in predominately green leafy vegetables, also have strong antioxidant properties that diminish the effects of UV irradiation by reducing the acute inflammatory responses. Lutein- and zeaxanthin-rich foods include green, leafy vegetables such as spinach, kale, broccoli and turnips as well as corn and egg yolks.

As long ago as 1991, studies have shown green tea consumption and topical application afford protection against skin tumors. More recent research corroborates these results and points to the polyphenols in green tea, which contain antioxidant and anti-inflammatory properties. In addition, one major element in green tea, epigallocatechin-3-gallate (EGCG), is thought to stop production of an enzyme required for cancer cell growth. Several cups of green tea might be a worthwhile addition to your daily routine.

Avoiding fatty foods may also provide benefit. Studies suggest that a low-fat diet can reduce the incidence of premalignant lesions called actinic keratosis. To maintain a low-fat diet, the U.S. Department of Agriculture recommends that you get most of your calories from organic, whole foods such as grains, fruits, and vegetables and to avoid foods high in saturated fats. For more information, visit the website [www.health.gov/dietaryguidelines/](http://www.health.gov/dietaryguidelines/).

## Know the Index

Even though it is helpful to counteract damage to your skin through nutrition, it remains vital to shield yourself from the sun's invisible UV rays and avoid them when they're at their most intense. The UV Index, a measurement of ultra-violet sun radiation, can assist in protecting you from potentially harmful exposure. This forecast of UV intensity ranges from a nighttime low of 0 to a very sunny 10-plus. It is greatest when the sun hits its apex (noon), then rapidly decreases as the sun moves across the afternoon sky. The higher the UV Index, the shorter the time for skin damage to occur. To determine the UV Index in your area, check your local newspaper, TV and radio news broadcasts, or you can visit [www.epa.gov/sunwise/uvindex.html](http://www.epa.gov/sunwise/uvindex.html), the U.S. Environmental Protection Agency's website. This rating allows you

to determine your geographic risk and, in turn, the level of adequate sun protection needed.

Regardless of your sun-screening defenses, always be vigilant about checking your skin for possible signs of melanoma. "When melanoma is detected in its early stage, surgical removal cures the disease in most cases," according to the American Academy of Dermatology. "If the disease has spread to lymph nodes, the 5-year survival rate is 30-40 percent. If the disease has spread to distant organs, the 5-year survival rate is 12 percent."

Melanoma appears as a pre-existing mole that changes, or as a new mole on previously unaffected/clear skin. Performing skin self-exams every few months and knowing the characteristics to look for in any mole identified will enhance early detection and reduce risk. For more information on early detection, visit [www.skincancer.org](http://www.skincancer.org).

And don't forget common sense practices:

--Avoid long-term sun exposure and

wear a hat, sunglasses, and protective clothing.

--Apply sunscreen with SPF of 30 or above.

--Avoid artificial tanning devices.

--And be aware of sun exposure year-round.

With a few protective measures, you can continue to enjoy fun in the sun safely. Wear your sunscreen--in the winter months as well as the summer--seek shade, cover up with sleeves and pants, and don't forget your hat!



A colorful diet can help provide sun protection from the inside out.

# Stay Hydrated

Jennie Hastings Stancu

Has your therapist told you about the importance of drinking water? After all, our bodies are composed of approximately 60 percent water, and all of our bodily functions are sustained by water. Dehydration is one of the most common detriments to our health, and one of the easiest problems to fix. Make staying hydrated simple and seamlessly interwoven throughout your day.

**START EACH DAY OFF RIGHT:** Start your morning with a tall, room-temperature glass of water with lemon squeezed into it, before you start taking any tea, coffee, or food. Front-loading hydration is helpful to the body. And be luxurious with your water--for a special treat, add mint, cucumber, or lemon.

**HALF YOUR WEIGHT:** It is difficult to know how much water is enough. One rule of thumb is to take half your body weight in pounds, and drink that many ounces of water per day. So if you weigh 150 pounds, this would equal 75 ounces of water. If you are working hard, or you

live in a particularly dry climate, you might need to drink even more than this.

**WHAT ABOUT BPA?:** You've probably seen the phrase "BPA free" on water bottles. BPA stands for bisphenol A, which is a chemical found in polycarbonate plastics and epoxy resins.

According to [Mayoclinic.org](http://Mayoclinic.org), some research has shown BPA can seep from a container into foods and beverages, and this is concerning because of possible health effects BPA has on the brain and behavior. Look for non-plastic bottles, or look for the "BPA free" logo.

**OTHER DRINKS:** Drinking herbal tea is a good way to stay hydrated. You can also augment your hydration with electrolyte-fortified water or sports drinks. However, be aware that a lot of these drinks have incredibly high levels of sugar in them. Hydration isn't a healthy habit if you drink a day's worth of sugar in every glass. So check the label before you buy.

Jennie Hastings Stancu is a licensed massage therapist and author.



Stay hydrated to keep your body performing optimally

## Healthy Grilling Tips

Summertime and grills go together like a hot dog and mustard. But could that hot dog actually be doing you harm? Alice Bender, registered dietician at the American Institute for Cancer, says that diets high in beef, pork, and lamb, as well as processed meats like hot dogs, are linked to an increased risk of colon cancer. She suggests that sticking with chicken and fish can "make this summer's backyard grilling both healthier and more flavorful." Use herbs and spices to amp up flavor, and try marinating for 30 minutes before you grill, which can reduce the amount of heterocyclic amines--the potentially cancer-causing compounds formed when grilling.

Here are some other tips to help reduce health risks associated with the grill:

### TRIM THE FAT

Fat can increase smoke, which may contain carcinogens, so choose leaner meats and trim excess fat.

### DON'T BURN IT

Charred, well-done meat can increase your risk of pancreatic cancer, according to a study from the University of

Minnesota.

### BUT COOK IT THROUGH

Make sure that you hit the USDA recommendations for internal temperature, which can be found at [www.foodsafety.gov](http://www.foodsafety.gov).

### MORE VEGGIES!

Grilling vegetables does not create the same heterocyclic amines as grilling meats. Plus, veggies have less fat and cholesterol in general.

### KEEP IT CLEAN

Don't let a charred mess build up on your grill, because it will eventually find it's way onto your food.



July/August 2018

Happy 4th of July!

Stay cool!

Heaven Scent's air conditioning is running cool and comfy!

Heaven Scent will be closed

Wednesday and Thursday July 4th and 5th

July/August Special

Raspberry White Peach Facial \$99

This facial includes a raspberry white peach enzyme to gently exfoliate the skin and a white peach mask to nourish, hydrate, stimulate collagen and reduce photo-damage. It smells oh so good! Great for all skin types including sensitive skins and anti-aging.

Take care of summer skin. A good facial to clean and hydrate the skin is just as important in summer as winter.

Thank you for supporting small local businesses.

Heaven Scent will be closed for vacation July 30 through August 10.

Please plan accordingly if you need to pick up product which may now be scheduled online if you choose.

## Heaven Scent

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In some cases online scheduling may not show discounted special price but it will apply when you check out at your appointment.

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