

**THE NATUROPATHIC
PERSPECTIVE**
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Sunshine Health

'Tis the season for fun in the sun! While we love to play and relax in the summer sunshine it is becoming more and more important to protect ourselves from the potentially harmful rays from the sun. Moderate sun exposure and a gentle tan can actually be healthy... but we need to be wise in how we acquire the colour.

Sunshine tips to remember this season:

- avoid direct sunshine in excess of 10minutes between 11am and 3pm, unless well protected
- allow your skin to be exposed to sunlight for 20minutes most days; ~8am and after 6pm are gentle exposure times but still adequate for vitamin D synthesis
- being near the water leads to sunlight being reflected; sitting on a dock, by poolside or on a boat and feeling protected by an umbrella may lead to a false sense of security... you can still burn if your skin is not protected (especially fair-skinned individuals).
- lightweight, breathable clothing fabrics are a terrific way of keeping your skin shaded while avoiding the need for strong sunscreens. Look for natural fibres (pure cotton, hemp, linen, etc.) and light colours. Wear a hat.
- the lower the SPF of a sunscreen the fewer chemicals tend to be needed in the formulation; ideally use a low SPF (ie. 10-15) while out in the sun and reapply it frequently if sweating, swimming or outside for prolonged periods. Don't forget your ears!
- hydrate yourself well; you lose a great deal of water and electrolytes each day in the summer. Water is often not enough when you have been perspiring in the summer heat... mix 1part 100% fruit juice with 4-5parts water in your bottle when playing outside.
- have fun!

Emma's Update:

A big learning curve for Emma this past month included being organized; having healthy foods available in her kitchen and making time to prepare nourishing dinners & packed lunches were the biggest challenges. She also realized the importance of making time to grocery shop well in advance of needing to... this occurred when she came home at the end of a long day and found only cheese, condiments and ice cream in her fridge! Anxiety over publishing her results in this column and worrying about being a positive example were more of a hindrance than a help and consequently lead Emma to acquire a distinct case of Scarlett O'Hara-itis with respect to food choices and exercise; *"I'll worry about that tomorrow"*. After being lovingly scolded by me for trying to do it alone for 1month without asking me for assistance she now understands that I am here to support and guide her along this new path to wellness. This past week has been better and Emma feels like she is beginning to find a workable routine... including support for blood sugar and her adrenal (stress) glands.

Emma's statistics on June 23rd, 2006

Weight: 170 lbs

Fat mass: 29.1%

Phase angle*: 6.5

Resistance**: 529.8

Values may be influenced today by day 01 of her menstrual cycle; weight and phase angle.

*indicator of cellular health

**value will decrease as fat-free mass increases