

Here Comes the Sun; Throw Out the Sunscreen

In Western New York, summer has finally moved in. The sun is shining brightly and weekends are filled with barbecues and trips to the beach.

Don't forget the sunscreen, right?

Not so fast.

Slathering on sunscreen could actually be causing deficiency in Vitamin D.

Some of the functions of Vitamin D include preventing cancer, boosting immunity, and maintaining healthy teeth and bones. Those who are

deficient often feel lethargic and catch colds and other bugs frequently.

Sunscreens can protect against both UVA and UVB radiation from the sun. UVA radiation is associated with the aging and cancer-causing effects that we are all so worried about, but our bodies use UVB radiation to make Vitamin D! And Vitamin D actually *protects* us from those very problems.

Even low SPF formulas effectively block UVB rays and prevent our bodies from making Vitamin D.

Is it any wonder why Vitamin D deficiency is being called the new epidemic?

In fact, melanomas often occur on areas that are not exposed to sunlight, suggesting that there are other factors at play other than ultraviolet rays. I'd guess it has to do with the inability of the skin to properly protect because of a deficiency of Vitamin D.

Dr. Joseph Mercola recently wrote about a boy who was so low in Vitamin D that he had rickets! The cause was discovered when his mother reported that she was coating him from head to toe in sunscreen whenever he stepped outside.

Instead of sunburn, he was headed towards serious health complications because his body was prevented from doing what it was designed to do.

A usual, it distills down to common horse sense.

Don't want too much sun for fear of a burn?

Wear protective clothing and spend part of the day in the shade.

Hell-oh!

Sunburn is never a good thing, but if it does occur, try my go-to natural solution. Add a few drops of *Calendula* tincture to some cool water and gently pat it on the burn. *Cantharis 30* is also a great remedy should a burn occur.

Instead of depending on well-marketed skin products, ill-informed dermatologists, and pop-culture edicts, buy yourself a jar of coconut oil, rub some into the skin and get outside. And then thank God—the sun is finally here again.

*Some info in this article came the Dr. Mercola's article that can be found [here](#).

Our 12 month study of homeopathy – [How to Raise a Drug Free Family System](#)– has begun. The second monthly webinar is June 19th. Joette has decided to add more time to each webinar because there's so much that needs to be covered. She will also offer time at the end for your questions.

There is still time to join! We can priority ship your materials in time for you to participate in the next webinar.

Email us and find out about our easy payment plan. [click here](#)