

Protection from Sunburn: No Chemical Concoctions for Me – Only Common Sense and Homeopathy



I've seen the headlines screaming out already: "Best New Sunscreens," "Recent Research on Skin Cancer Risks," and "Keep Your Children Protected." Pardon my political incorrectness, but how does covering my precious babe in a smattering of synthetic glop equate to protection? Also, didn't our ancestors work in the blazing sun for centuries without developing skin cancers? Something doesn't quite add up.

Because I refuse to put anything on my skin that isn't 100% food, I forgo the sunscreen ([you can check out other articles on the subject here](#)). Instead, my family and I bask sensibly in the vitality-giving rays of the sun. Even my fair-skinned husband does it. A slather of antioxidant-rich coconut oil to nourish and protect the skin and a sun hat go far in reaching this goal sans chemicals.

I will admit though that occasionally we overdo it and end up with a bit of sunburn. Does this mean seemingly endless days of painful suffering? Not with homeopathy!

The first remedy for burns that we pull from our trusty remedy kit... is [Cantharis 30C](#). The hallmark of this remedy

is burning pain, a familiar sensation to sunburn sufferers.

We match the potency to the severity of the burn, so 6, 12 and 30 would be potencies appropriate to minor or moderate burns. A more severe burn with symptoms such as fever and chills might require a higher potency, such as 200 or even 1M. If you've not adequately studied homeopathy, contact your homeopath.

When the burn is still very painful, offer the remedy quite frequently, maybe every hour or two. As the pain subsides, space out the doses. If pain returns, give the remedy again. This can be done for days or for a more severe burn, even weeks.

In addition to taking the remedy orally, much relief can be gained from dipping a soft cloth in water with some of the remedy pellets dissolved in it and applying it as a compress. [Calendula Flower tincture](#) is also wonderful for these compresses because it promotes cell healing and repairs skin quickly.

A tincture means the medicine is made in alcohol instead of pillules. When in this form, use the ratio of 1:4. That is, use one drop of *Calendula* to 4 drops of pure water for burn management. Distilled, filtered or spring water are all good for this use.

Calendula officinalis grows readily, and I urge everyone to grow it. Every year, I plant a plot of the seeds in the finest soil in my garden. In autumn, the bright orange flowers are a welcome sight. I gather their nearly fully opened buds and then dry them for later use as a tincture or salve. Just pack a dark glass bottle full of the flowers and cover it with grain alcohol or vodka. Come summer you'll have it at the ready for burns, scrapes, and cuts.

Now get out into the sun and sport a summer glow.

