

# RULES FOR SUN SAFETY

Enjoy the life giving, brain boosting, warm, radiant sun, safely!

## FOLLOW THE SEVEN S'S OF SUN SAFETY

- SEEK** THE SUN IN MODERATION
- STAY** OUT OF THE SUN ~once you get your daily dose
- SLIP** ON PROTECTIVE CLOTHING
- SLIDE** ON UV BLOCKING SUNGLASSES
- SLAP** ON A HAT
- SLOP** ON SUNSCREEN
- SUPPLEMENT**- "INTERNAL" SUNSCREEN

## 1 SEEK THE SUN IN MODERATION

- Give the body a chance to produce vitamin D before applying sunscreen.
- Aim for 15 minutes of sunlight/day.
- Optimizing vitamin D levels may reduce the risk of many internal cancers, and actually reduce the risk of melanoma as well.
- Stay out just long enough for the skin to turn the very lightest shade of pink.



## 2 STAY OUT OF THE SUN ONCE YOU'VE GOT YOUR DAILY DOSE OF VITAMIN D

SEEK THE SHADE ONCE YOU OR YOUR CHILD HAS BEEN IN THE SUN JUST LONG ENOUGH FOR THE SKIN TO TURN THE LIGHTEST SHADE OF PINK. FIND SHADE OR MAKE YOUR OWN WITH AN UMBRELLA.

## 3 SLIP ON PROTECTIVE CLOTHING

WEAR LIGHT WEIGHT, DARK COLOURED CLOTHES FOR BEST PROTECTION. DRY CLOTHES OFFER MORE PROTECTION THAN WET ONES. AVOID "TREATED" SUN PROTECTION CLOTHES TO AVOID CHEMICALS COMING INTO DIRECT CONTACT WITH YOU OR YOUR CHILD'S SKIN FOR AN EXTENDED PERIOD OF TIME. TRY A RASH GUARD AT THE BEACH.

## 4 SLIDE ON SUNGLASSES

EYES ARE SENSITIVE TO THE NEGATIVE EFFECTS OF THE SUN. SLIDE ON SUNGLASSES THAT BLOCK 100% UVA & UVB RAYS, THAT FIT CLOSE TO THE FACE & PROVIDE FULL COVERAGE.

## 5 SLAP A ON HAT

WEAR A HAT THAT HAS A BRIM AND THAT SHADES YOUR OR YOUR CHILD'S FACE, HEAD, EARS AND NECK.

## 6 SLOP ON THE RIGHT SUNSCREEN



**CHOOSE THE BEST SUNSCREEN. APPLY IT LIBERALLY AND OFTEN.**

- choose a mineral based sunscreen that is non-nano sized
- Avoid all spray-on sunscreens
- Avoid sunscreens with the following ingredients: oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate.
- Avoid the "inactive" ingredient, methylisothiazolinone, a known allergen

## 7 SUPPLEMENT WITH AN "INTERNAL" SUNSCREEN

PROTECT YOURSELF OR YOUR CHILD'S SKIN FROM THE INSIDE OUT BY SUPPLEMENTING WITH ONE OF THESE "INTERNAL SUNSCREENS":

1. CURRCUMIN
2. VITAMIN B3
3. ASTAXANTHIN
4. OPTIMIZING VITAMIN D3

EAT AN ANTI-OXIDANT RICH DIET WITH LOTS OF FRUIT & VEGGIES WHILE AVOIDING INFLAMMATORY PROCESSED FOODS & SUGAR



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# LINKS FOR SUN SAFETY

Enjoy the life giving, brain boosting, warm, radiant sun, safely!

- 1. SEEK THE SUN IN MODERATION** Recent studies indicate that avoiding the sun is more harmful than smoking, and those who sunbathe have a longer life expectancy than those who avoid the sun. **Try to get about 15 minutes of mid-day sun on a daily basis.** Stay out just long enough that your skin turns the very lightest shade of pink and never get sunburned. <https://www.ncbi.nlm.nih.gov/pubmed/26992108>
- 2. STAY OUT OF THE SUN ONCE YOU'VE GOT YOUR DAILY DOSE OF VITAMIN D** Once you've gotten your daily dose of sunshine, it's important to get out of the sun, seek shade wear protective clothing and/or apply the right sunscreen. <https://www.sciencedaily.com/releases/2017/03/170308083938.htm>
- 3. SLIP ON PROTECTIVE CLOTHING** Wear protective clothing – light weight, dark coloured, dry, tightly woven and polyester fabrics provide the best protection. Avoid "treated" sun protection clothes to avoid chemicals coming into direct contact with you or your child's skin for an extended period of time. Try a wet suit or rash guard at the beach. <https://www.livescience.com/35811-sun-protection-clothing-protects-against-uv-rays.html>
- 4. SLIDE ON SUNGLASSES** UV radiation from the sun can damage to not only the skin of the eyelid but also the cornea, lens and other parts of the eye, and may contribute to the development of certain types of cataracts, growths on the eye and possibly macular degeneration. **Slide on sunglasses that block 100% UVA and UVB rays.** Fit the sunglasses so that they are close to the face and wrap around to provide full coverage. [https://nei.nih.gov/hvm/healthy\\_eyes\\_glasses](https://nei.nih.gov/hvm/healthy_eyes_glasses)
- 5. SLAP ON A HAT** Wear a hat that covers your or your child's scalp, face, neck, tops of ears and shoulders. For every inch of brim worn, the lifetime risk of skin cancer is reduced by 10%; therefore, a 6" brim means a 60% risk reduction. <http://www.coolibar.com/section/Sun-Hats/2222.uts>
- 6. SLOP ON THE RIGHT SUNSCREEN** Choose a mineral based sunscreen that is "non-nanosized" and not a spray-on. Check out <http://www.lifehousechiropractic.ca/blog/> for all the details and research that supports this recommendation. You can find sunscreens that meet my requirements online or Garden Goddess available at Loblaws/Superstore/Zehrs.
- 7. SUPPLEMENT WITH AN "INTERNAL" SUNSCREEN** Eating healthy - veggies, fruit, healthy fats, and unprocessed foods, or supplementing with curcumin, vitamin B3, astaxanthin, and optimizing D3 levels can help protect you from the sun from the inside out!