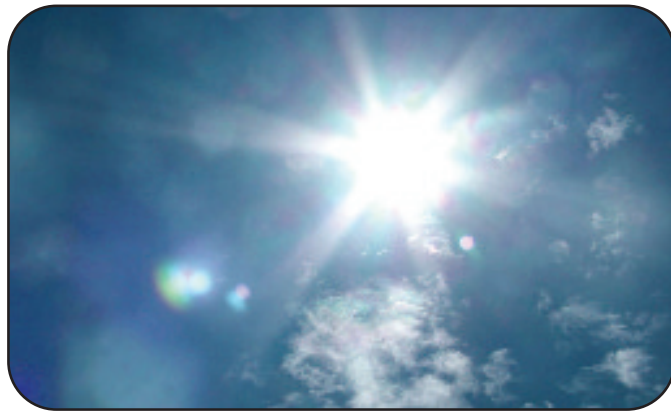


# The Dangers of Sunscreen

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Sunscreen has been touted widely as the answer to fun in the sun. But as time passes, we have discovered some of the truths of sunscreen.

First and foremost, our bodies depend on a reasonable amount of daily sun in order to produce Vitamin D, and suncreening chemicals can reduce absorption of vital sun energy up to 95%. Vitamin D is vital for calcium absorption which is why the “powers that be” decided that milk needed to be fortified with it, but in reality, there is absolutely no artificial form of this which can take the place of natural sunlight. Actually blocking the rays of the sun from penetrating our skin (and wearing sunglasses continuously to block the sun from our eyes), does not allow our bodies to go about their proper business of manufacturing Vitamin D which can mean weaker bones, higher risk of osteoporosis, and even ocular health issues.

Most sunscreens also block only certain “burning” rays while still allowing other rays through; the rays that cause skin cancers. Since the advent of sunscreens, users have forgotten about normal sensible precautions and have felt, due to clever advertising, that they were perfectly safe in the sun as long as they were slathered in sun screen. Not true. In fact, skin cancers have tripled in recent years with over 54,000 cases being diagnosed annually.

Sunscreens are actually moderated by the FDA and classed as drugs since they contain “active” ingredients. Among such ingredients written in small print on your sunscreen label can be one or more of the following: PABA (para amino benzoic acid), Avobenzone, Cinoxate, Dioxbenzone, Homosalate, Menthyl anthranilate, Octocrylene, Octo methoxycinnamate, Octyl salicylate, Oxybenzone, Padimate O, heylbensimidazole, Sulisobenzzone, Titanium dioxide, Trolamine salicylate, and Zinc oxide.

A study appearing in the May 2004 Journal of Chromatography indicates there is significant penetration of at least some chemicals, including Titanium, Oxybenzone and other metabolites into the skin especially since directions include liberal and frequent application. OMC, Octo methoxycinnamate, used in 90% of all sunscreen products to block the more powerful UVB sunlight, has been shown in the laboratory to kill mouse cells—in fact, according to scientists at the Norwegian Radiation Protection Authority, exposing this chemical to midday UV light actually doubled its cellular-killing potential.

It is my belief that it is far better for our bodies to avoid as many chemicals as possible; we already overload our liver’s detoxification abilities with those chemicals we cannot avoid. The reflective qualities of small amounts of Zinc oxide may be less problematic. **In reality, sunscreen protection begins with nutrition and healthy cellular structure.** Eating plenty of organic vegetables and fruits supplies your body with both the antioxidants and minerals necessary for it to produce adequate melanin when exposed to the sun.

In order to truly assure ourselves of adequate amounts of these nutrients, I naturally suggest utilizing the basic DYNAMITE® supplements of **Elixir™**, **DYNAMITE®** or **DYNAMITE® Plus** and **Tri-Mins™ Plus**. Some people also choose to take extra **Izmine™** (a component of **Elixir™**) capsules to increase cellular integrity via valuable trace minerals or **Cell Mend** with its valuable silica. In fact, one veterinarian recommends **Izmine™** as a sunburn specific for horses with a lot of exposed white skin on noses and around eyes like many paints or appaloosas.

To increase anti-oxidant levels even more, we suggest adding in some **Hiscorbodyne™** daily. Without needing artificial sunscreens, **Rejuvenating Skin Cream** can help allay facial skin damage while thoroughly massaging **Tan-O-The-Isles** into bodily/exposed skin once or twice daily will help supply all the superficial fats healthy skin needs to repair and protect itself.

Actually, fats are the unsung heroes of skin care. A 2001 study by the National Academy of Science proved the critical nature of a dietary 1:1 ratio of Omega 3, melanoma inhibitor, to Omega 6, melanoma stimulator, fats in preventing skin cancers. Unfortunately, this ideal ratio has been skewed in modern diets to 1:30-50 mostly due to extreme use of high Omega 6 vegetable oils being used as the sole source of so-called “healthful” fat. In reality, Omega 3 sources are mainly coconut oil (safe for cooking and for salads), free-range animal products (eggs, meat, poultry, etc.) and wild salmon, although some pre-Omega 3 can be found in walnut and flax oil.

Of course, with all this knowledge, common sense must also prevail by returning to big hats, long loose clothing and avoiding heavy exposure during the most intense sunlight hours from 12-3. Those in the warmest climates may just have it right: take a siesta then!

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