



# The Spinal Column

*This newsletter provided compliments of Upper Cervical Health Centers of America®*

## Is Sunscreen Bad For Your Health?



Did you ever think that the sunscreen you use could be hazardous to your health? That's the word from of the Environmental Working Group (EWG), which recently released its 2010 list of the best and worst sunscreens. This nonprofit group says that the majority of sunscreens on the market don't work well and actually called some of them dangerous.

The EWG named two dangerous chemical components in many popular sunscreens among some of the problems. The first chemical called oxybenzone can get into the bloodstream and disrupt hormones throwing the body "out of balance." The second chemical, called retinyl palmitate, appears to accelerate both skin damage and tumor growth! Overall, the EWG only recommends about 8% of the sunscreen products on the market today.

### Health Benefits from the Sun

Getting safe sun exposure without sunscreen every day is actually one of the best things you can do for your health. Sun exposure allows your body to naturally produce your own supply of vitamin D and although you can obtain vitamin D from natural food sources, sunlight is by far the best way to get it.

Vitamin D plays a crucial role in your overall health and well-being. It supports optimal blood pressure levels, cardiovascular health, kidney function, muscle strength, healthy teeth, strong bones and immune system just to name a few of the numerous benefits.

In fact, safe sunlight exposure has also been shown to help protect against as many as 16 different types of cancers, including; breast, colon, endometrial, esophageal, ovarian, bladder, gallbladder, gastric, pancreatic, prostate, rectal, and renal cancers, as well as non-Hodgkin's lymphoma.

The key is it to find healthy balance between getting enough natural sunlight to maximize your vitamin D production and maintain your optimal health, while at the same time protecting yourself from damage that occurs from overexposure to the sun. While some sun exposure is good for us, remember that a sunBURN provides no benefit and is never good for your skin.

### To Prevent Skin Damage You Must Protect Against the Most Damaging Rays

Ultraviolet light from the sun comes in two main wavelengths – UVA and UVB. UVB is considered the "good form" that helps your skin produce vitamin D. On the other hand, UVA is considered the "bad form" because it penetrates your skin deeply and causes more cellular damage. Unfortunately, UVA is the most constant throughout the day and can even cause a scorching sunburn on a cloudy day! Therefore, wearing a sunscreen that doesn't protect you from UVA is of little or no benefit at all and can actually be detrimental to your overall health. For prolonged exposure to the sun, be certain you are actually using a sunscreen that provides UVA protection.

The best sunscreen is a hat and a shirt (cotton clothing provides about SPF 15). No chemicals to absorb through the skin, no questions about whether they work. However, options do exist to provide safe protection from the sun during times when you may not be able to control the amount of sun exposure you receive. For instance, if you take your kids to an amusement park or the beach, you may be in direct sunlight all day. Choose from among the top-rated sunscreens for broad-spectrum protection with fewer hazardous ingredients.

### How to Research Your Sunscreen

Thanks to the Environmental Working Group, you are now able to see exactly how your sunscreen rates for both toxicity and sun protection on the internet at [www.ewg.org/2010sunscreens/best-beach-sport-sunscreens/](http://www.ewg.org/2010sunscreens/best-beach-sport-sunscreens/). Their website lists the top-rated titanium and zinc containing sunscreens, as well as provides you with some non-mineral options that rank lower on the toxicity scale. The site is also a great reference for surprising facts about sunscreen, and contains a sunscreen hall of shame, showing the absolute worst offenders on the toxicity scale.

### Some Other Tips to Decrease Your Risk of a Burn

Consuming a healthy diet full of natural antioxidants is not only healthy but it also provides your body with the resources to counter damage from exposure to ultraviolet radiation. Fresh, raw, unprocessed foods deliver the nutrients that your body needs to maintain a healthy balance of omega 6 and omega 3 oils in your skin, which is your first line of defense against sunburn.

If you are regularly consuming processed foods and your cells are loaded up mostly with damaged, oxidized fats, you simply aren't giving your skin the proper fat protection it needs at a cellular level.



### Astaxanthin--the Hottest New Internal Sunscreen

Yes, a specific nutrient has been identified as being profoundly useful in protecting against sun damage!

Astaxanthin (produced from algae) has recently jumped to the front of the line in terms of its status as a "supernutrient," becoming the focus of a large and growing number of peer-reviewed scientific studies. One of the benefits of astaxanthin that has piqued the interest of researchers is its ability to reduce signs of aging, by helping protect your skin from sun damage. In fact, one study revealed that taking 4 mg of Astaxanthin per day for two weeks significantly increases the amount of time necessary for UV radiation to redden your skin!

Other studies lend further evidence to astaxanthin's effects as an internal sunscreen showing that it was substantially effective in preventing photo-aging of the skin (as measured by markers for skin damage) and is 100 times stronger than beta-carotene and 1000 times stronger than lutein in preventing UVA skin damage. The Journal of Dermatological Science published a study in 2002 finding astaxanthin is able to protect against alterations in human DNA induced by UVA light exposure.

### Skin Cancer and Sun Exposure

Although it is well established that OVERexposure to the sun can cause skin damage (and contribute to basal cell and squamous cell carcinoma), studies have never confirmed that it CAUSES the most serious skin cancer called melanoma. In fact, melanoma is more common in indoor workers than in outdoor workers! It is also common (75% of cases) to occur on regions of your body that are not exposed to the sun at all (inside the cheek, scalp and under nail beds for example).

Melanoma occurrence has been found to decrease with healthy sun exposure, and can be increased by some sunscreens. An Italian research article, published in the European Journal of Cancer in June 2008, confirmed that melanoma patients who were exposed to sunlight more frequently prior to their diagnosis, actually have improved survival rates.

As with all cancers, it is a healthy immune system that protects you from viruses, bacteria, allergies, autoimmune diseases and yes...skin cancers! You are much more equipped to minimize your skin cancer risks through a proper diet, healthy sun exposure and upper cervical care!

- YOU ARE INVITED -



## Ladies Day of Indulgence

Saturday, May 14th. 10am to 5pm

Five Sullivan Brothers Convention Center

Upper Cervical Health Centers and House of Hope are hosting Ladies Day of Indulgence. Join us and 30 plus indulgences featuring jewelry, fitness and health, latest fashions, award winning wine, beauty, home, food, sweets and creative interests. Don't miss the keynote speakers including Dr. Kyle Troyer, Dr. Marilyn Hines, Val Bullerman (Life Coach), and Stephanie Wharton (Hy-Vee Dietician). Live music from 1pm to 5pm. Great door prizes and hands on demonstrations. All profits will go to the House of Hope.

This day is for ladies! Celebrate Health & Wellness, pamper yourself and support area businesses. Tickets are \$20 and can be purchased online at [www.ladiesday.eventbrite.com](http://www.ladiesday.eventbrite.com), at Upper Cervical Health Centers (1935 Main St., Cedar Falls) or at the House of Hope. Tickets will also be available at the door for \$25. If you have any questions, please do not hesitate to contact us at (319) 266-5934.

## Doctor Kyle Troyer



Dr. Kyle Troyer saw a huge need for Upper Cervical Care in Cedar Falls and opened his practice there upon graduation from Palmer College. The miracles he has witnessed in his office have him convinced of the power of Upper Cervical!

*"This is my family's form of health care. If we can keep the Upper Cervical spine aligned, we know the power is on and our own Innate wisdom is on the job! My greatest joy is serving mankind Chiropractic the way it was intended: to allow for a greater expression of life."*



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