

Natural Ways to Protect Yourself from the Sun

It's time to get serious about sun protection. While the importance of using sunscreen is the first rule of skincare, internal sun protection through nutrition is an additional benefit to protect your skin against the ravages of UV damages.

Several research studies demonstrate the role of antioxidant rich foods to increase the body's ability to protect itself from the sun. Ultraviolet rays from sun exposure produce free radicals in large quantities that cause photo aging and cell damage. Fortifying the body with antioxidant and nutrient rich foods internally is a great strategy to fight sun damage.

Certain Natural ingredients, when ingested, act like an internal sunscreen to protect your skin against the ravages of UV damage. Carotenoids: the family of antioxidant pigments including beta-carotene, lutein, and lycopene have been shown to create a protective barrier against UV radiation when consumed. Just munch on lots of orange, yellow and red vegetables everyday or cover your bases with a supplement of mixed carotenoids. Make sure the beta-carotene is the natural variety though because synthetic beta-carotene is inferior.

Omega-3 fatty acids not only protect your heart and brain from aging, they protect your skin. Omega-3's helps prolong the time that it takes skin to get burned during sun exposure, and also helps reduce the risk of skin cancer. In fact, one study found that after taking fish oils for three months, light-sensitive folks were able to withstand almost twice the amount of UVB radiation as normal before burning.

There are many simple lifestyle changes you can make to protect yourself from the sun's harmful rays. Choosing your essential fatty acids wisely, increasing raw vegetables loaded with skin protecting antioxidant phytonutrients, avoiding processed foods and sugars and most

importantly using a 100% all-natural, non chemical sunscreen can reduce the risks of skin cancer and other harmful effects of the sun.

Hazle Drugs Certified Nutritionist, Bill Spear can help you protect yourself against the harmful rays of the sun NATURALLY with selections of nutritional supplements and natural sunscreens. Everyone loves our natural sunscreens. We offer several brands designed to nourish and revitalize your skin. Stop in today or call for more information.

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