



# How To Choose A Healthy Sunscreen

as toxicity, allergic reactions, hormone disruption or cancer causing agents.

**What to avoid:**

**Oxybenzone** – this is used as a UV filter in sunscreens. Health concerns regarding this chemical are endocrine disruption (inhibiting the function of your pituitary gland, pineal gland, thyroid gland and adrenal gland in particular), cellular damage, and hormone disruption. This chemical is rated between high and moderate for health concerns.

**Avobenzone(aka Butyl-Methdiebenzoylmethane)** – This is also listed as a UV filter. This chemical breaks down under the exposure of sunlight so it is commonly mixed with Oxybenzone to try to slow the rate at which it degrades. This has been listed as a known carcinogen because it breaks down into free radicals when it is exposed to sun. The FDA has stated that as long as it is under 3% then it is allowable. This chemical is rated mild for health concerns but long term or heavy usage as a high carcinogen.



*Research has shown that the chemical ingredients in some popular sunscreens are playing havoc with our health.*

**Protect your family from the sun - naturally!**

**Parabens** – This is added to sun products as a preservative to extend shelf life. Once again these have been scientifically linked to hormone disruption in our bodies along with a being a known culprit of endocrine dysfunction. Parabens have also been listed as immune toxicants. This chemical is rated moderate for health concerns.

**Fragrances** – This is an issue because sunscreens are petroleum based products and the fragrances

used can cause allergic reactions. This chemical is rated mild for health concerns.

**Vitamin A** – Although when taken internally vitamin A can be very beneficial, research is showing that vitamin A in the form of retinyl palmitate applied in large amounts

topically can potentially increase the risk of skin cancers and is listed by the FDA as a known reproductive toxicant and should be limited. This chemical is rated actually high for health concerns contrary to popular belief.

**What to look for:**

In place of the chemical UV filters look for products that are mineral based such as zinc oxide. People who have sensitive skin and are irritated by typical

sunscreen will find that these mineral based sunscreens will not have the same irritating effect.

Vitamin E or coconut oil as a moisturizer in the sunscreen. Coconut oil happens to naturally be an SPF 4-6

To avoid these issues look for a sunscreen that uses essential oils for the fragrance or sunscreens that are fragrance free.

Look for around an SPF 15-30, anything over an SPF-45 has not actually been verified to give coverage for that long.

There are many choices out there for good, natural sunscreens that will more than fit these criteria to give you an absolute worry free summer!

For more information on the chemicals found in daily products visit:

[www.ewg.org/skindeep/ingredient#](http://www.ewg.org/skindeep/ingredient#)

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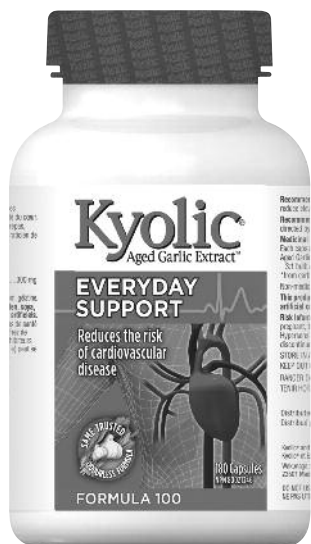
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A healthy heart begins with a healthy diet. Reducing excessive saturated fat, cholesterol and sodium is a first recommendation. Adequate intake of fruits, vegetables, water, calcium, magnesium, and omega-3 fatty acids is encouraged to support a healthy heart. Kyolic® Aged Garlic Extract™ has been research proven to enhance circulation and reduce a wide range of cardiovascular risk factors such as elevated homocysteine, serum cholesterol, triglycerides and platelet aggregation.



### Kyolic Aged Garlic Extract Formula



- ♥ Superior odourless garlic supplement that effectively reduces the risk of heart disease.
- ♥ Lowers cholesterol levels, enhances circulation, and fights fatigue.
- ♥ Supports immune system and provides benefits for overall health.
- ♥ Easy-to-swallow tablet or capsule

### Kyolic Cholesterol Control



- ♥ For the maintenance of healthy cholesterol and homocysteine levels.
- ♥ Combines garlic and lecithin, proven to support healthy blood pressure, cholesterol levels and circulation.
- ♥ Completely odourless formula, no after taste.
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