



Arcana Natural News

Arcana Natural Health

Volume 1, Issue 1

August 2009

How to Choose a Sunscreen

We know we should be wearing a sunscreen to protect our skin, but how do we know which product to choose? Here are a few tips to help make the decision a little easier!

1. **Choose a Product Containing Zinc oxide or Titanium dioxide.** These are the only sunscreen ingredients that provide a “physical barrier” to UVA and UVB radiation. Sunscreens without zinc oxide and titanium dioxide contain ingredients that are “chemical screens” to UVB, but usually not UVA. These chemicals (such as oxybenzone and octi-

noxate) actually penetrate the skin and enter the blood stream where they can build up in the body. They can act as estrogen-mimics and disrupt normal hormone signaling in both men and women. Zinc oxide and titanium do not penetrate healthy skin and do not act as hormone disrupters.

2. **Choose a Sunscreen with an SPF of 15 or 30.** SPF ratings that are lower do not provide enough protection, and ratings higher than 30 do not provide all that more protection. More



important than seeking out ultra-high SPF products is that you apply your sunscreen generously—most people put on only a quarter to two thirds enough sunscreen to actually reach the product’s SPF rating.

3. **Avoid Powders and Sprays.** Powdered and spray sunscreens pose a higher risk of inhalation during application than a cream or a lotion. This can lead to increase absorption, as well as irritation of the lungs.

Inside this issue: Sun Safety

Green Tea and Skin Cancer Prevention 2

Recipe: Green Tea After Sun Spray 2

New Natural Sunscreen at Vitality 2

Sunshine, Sunscreen and Vitamin D 3

Mara’s Updated Website 3

Specials 4

Sun Safety Tips

1. **Use Sunscreen:** be sure to put it on 30 minutes before you go out into the sun, and re-apply after 2 hours and after swimming, sweating or toweling off. Even the best sunscreens won’t work if you don’t use it correctly!

2. **Avoid Midday Sun:** summer sun is more intense between 10am and 4pm.

3. **Seek Shade or Bring your Own:** cover up with a shirt, hat and UV protective sunglasses or bring an umbrella. Remember once an item of clothing is wet, it will

no longer protect you from the sun’s rays!

4. **Skip Sun Lamps and Tanning Beds:**

These expose your skin to harmful UV rays.

5. **Check Yourself:** for spots and changes. This is particularly important if you have freckles, moles.

With all of this hot weather, sunshine is on everyone’s mind! I hope you enjoy this month’s newsletter on Sun Safety!



The Secret to Skin Cancer Prevention is in Your Tea Bag

Green tea just keeps getting better and better! Not only does green tea reduce the risk of breast cancer, heart disease, high cholesterol and diabetes, but it has recently been found that it can reduce the risk of skin cancer.

According to the American Cancer Society, skin cancer is the most common of all cancers, with melanoma being the

most deadly form. Most skin cancers are associated with exposure to the sun's harmful UV rays, or exposure to other chemicals, such as cigarette smoke.

Green tea contains tumor-inhibiting polyphenols, which include the anti-oxidant epigallocatechin-3-gallae (EGCG). These compounds, applied either topically or orally (as a supplement

or in tea form) protect the skin from ultra violet radiation-induced damage and prevent skin tumor formation. It has been found that the green tea prevents UV-radiation-induced suppression of the immune system, which has been considered a risk factor for the development of skin cancer.

So drink up and enjoy!



Green tea contains skin-cancer fighting compounds called epigallocatechin-3-gallae (or EGCG for short)

Recipe: Green Toner and After Sun Spray

Ingredients:

- 100ml Witch Hazel
- 1 Tbsp Green Tea
- 40drops Lavender Essential Oil

spray!

Alternatives: try replacing some of the witch hazel with aloe vera juice or lavender hydrosol.

Mix Witch Hazel and green tea in a glass, ceramic or stainless steel container. Steep the tea overnight. Strain and pour into the spritzer bottle. Add lavender essential oil. Shake and

The witch hazel will help to tone the skin, while the green tea will help protect the skin from the sun's harmful rays. The lavender will soothe sun damaged skin. Keep the spritzer in the fridge for an extra refreshing spray



Green tea and lavender...the perfect match for your skin

New Erbaviva Sunscreen at Vitality Natural Wellness Clinic

After much research, trials and samples, we at Vitality Natural Wellness Clinic, have finally found a sunscreen that meets our standards!

We are pleased to introduce the erbaviva sunscreen. It is titanium dioxide based, with an SPF of 15. Unlike most other titanium dioxide or zinc oxide products we

tried, it goes on smooth, doesn't leave a sticky or oily feeling and doesn't make you look patsy white!

It is suitable for the most sensitive skin (even babies) and ideal for both face and body. It offers full spectrum UVA and UVB protection and has a lovely, light fragrance (no fake coconut

scents in this product!).

This product will be available August 7th at Vitality Natural Wellness Clinic.

P.S. We also have natural deodorants by the same company which are fantastic!



New Erbaviva Sunscreen now available at Vitality Natural Wellness Clinic



Sunshine, Sunscreen and Vitamin D

It seems that every time you turn on the news, or read a newspaper, there is an article about the importance of vitamin D. There is also great concern that we, in the northern hemisphere, do not get enough sunshine to produce adequate amounts of Vitamin D.

Vitamin D's main purpose is to keep normal levels of calcium and phosphorus in the blood stream. Calcium needs vitamin D to help transport it from digested food in the stomach and small intestines to the blood stream. Research suggests that vitamin D may help prevent osteoporosis, high blood pressure, cancer and some auto-immune diseases.

Your body obtains the vitamin D it needs from two main sources: UV

radiation hitting the skin; and to a lesser extent, from the diet. Here is the problem. If we protect our skin from the damaging effects of UV radiation on the skin (ie by covering up or using sunscreen), we are also blocking our body's main source of Vitamin D.

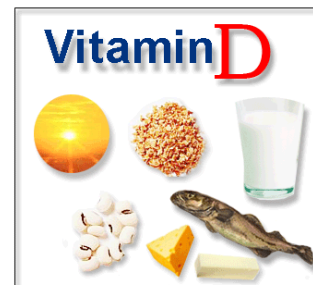
So what is a person to do? How do you get adequate vitamin D without risking your skin? Here are a few tips to make sure you are getting enough vitamin D:

1. Maximize your dietary intake: make sure you are eating vitamin D rich foods everyday. Salmon, sardines, shiitake mushrooms, and egg yolks all naturally contain vitamin D. Some foods like milk, orange juice, yogurts,

and cheeses are fortified to increase their vitamin D content.

2. Limited UV Exposure: if you will be outside in the sun for less than 20 minutes during a cool period of the day (before 10am or after 4 pm) there is little risk for sun damage. Don't get carried away though!

3. Supplementation: most experts agree that children and adults who stay out of the sun require 800-1000 IU daily. Supplementation should be in either capsule or liquid form.



Sources of Vitamin D

“Research suggests that vitamin D may help prevent osteoporosis, high blood pressure, cancer and some auto-immune diseases”



Cold water fish are a great source of vitamin D.

Check out Mara's updated website!

I've finally updated my website!

The new website is much more interactive. You will be able to find infor-

mation about new services that I'm offering, as well as recipes, upcoming workshops and....will be able to buy products online (this should be

available by the end of August).

Check it out at www.arcanahhealth.com



Arcana Natural Health

Unit #5 4603 Marine Ave
Powell River, B.C.
V8A 2K7

Phone: 604-485-6161
Fax: 604-485-6161
Email: mara@arcanahealth.com

Down to earth advice



UpComing Events

August 21: **Blackberry Festival** on Marine Ave

Sept 21-Nov. 9 **Health Matters:** A series of Work shops offered through the Powell River Rec. Centre. To register for the following workshops please call 485-2891.

Sept. 21: Nutrition for the Sports Enthusiast:

Sept. 28: Bone Basics: A Holistic Approach to Osteoporosis

Oct. 19: Herbs for Pets

Nov. 9 De-Mystifying Detoxification

This Month's Specials

10% off the Following Supplements:

- AOR Liquid Vitamin D
- AOR Bone Basics (120 caps or 240 caps)
- AOR EGCG (green tea extract) (available August 7)
- Thorne vitamin D capsules (available August 7)

Tea Special:

Gunpowder Green Tea

Sml: \$3.99 (reg \$4.50)

Lg: \$7.69 (reg \$8.25)

New Product!

Green Tea Toner and After Sun Spray

100ml \$9.99 (reg 12.99)

Available at Vitality (and soon to be online at www.arcanahealth.com)



Gunpowder green Tea on Sale this month