

Summer Safety!!!



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Wishing you a Safe and Happy Summer!

Ahh Summer! BBQ's and Beaches come to mind. Now before you put your toes in the sand and the meat on the grill keep in mind that Ultraviolet Rays from the sun can do a number on your skin. They are the most common cause of premature aging. Now I know we all want to look as young as we can for as long as we can. Right? Here's some tips on how to protect yourself.

Reduce your exposure during the peak hours from 10am to 4pm. And don't be fooled on overcast cloudy days- you can still get burned since 80% of the sun's rays can penetrate through the clouds. Sure you can stay inside or hang out in the shade during these times BUT I know you want to enjoy your summer.

Make sure you **apply sunscreen generously**. Apply liberal amounts evenly on all areas of the skin. And don't forget you lips, nose, ears, neck, hands, feet and head (if necessary). Apply at least 20 minutes prior to heading out in the sun and reapply every 2 hours and especially after swimming (unless it is waterproof).

Now don't forget about those pearly whites. They need to be protected too. **Sunglasses** deflect harmful UV rays that reflect off the water, sand, and other surfaces plus they can

help reduce the risk of cataracts and other eye conditions- and you won't have to squint!

Cover up! You can always wear protective clothing that covers most of your body. Try to avoid sheer clothing since the sun can penetrate through. Go and buy a fashionable wide-brimmed hat or carry an umbrella. Yeah I know a bit old fashioned but maybe you'll start a new trend. Who knows?? Here's one you may not be aware of...Antioxidants. Yes that's right.

Environmental assaults such as sunlight, pollution, stress and even normal metabolism produce free radicals in our bodies that can damage cells, alter DNA and cause skin to age prematurely.

Phytonutrients such as carotenoids and flavanoids- antioxidants found in fruits, veggies, and plants- combat these free radicals and protect your body against cellular damage. So be sure to include lots on antioxidants to your diet.

I would like to wish you a wonderful summer full of Fun and Excitement- or Peace and Quiet!

Stay Young - protect yourself from the sun!
Have a great summer!!! ☺

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