



THIS WEEK'S TOPIC

Practical Summer Therapies

"If you increase sun exposure, you should also increase levels of antioxidants, especially people who work in the sun every day."

Do you love summertime? Perhaps you've heard the buzz about vitamin D and sunshine. Let me encourage you to get outside in the natural sunlight. If you want healthier levels of vitamin D, increase sunlight with as much skin exposure as possible for at least 20 minutes daily.

You won't get vitamin D if you apply most sunscreens. Not using sunscreen means you need to take other precautions not to burn. According to most experts the greatest value in sun exposure occurs until the skin gets slightly pink.

Whenever you think about the sun, one word should stand out in your mind... Oxidation." The sun is necessary for life but it also causes oxidation.



Plants that are exposed to the greater amount of sun have greater levels of naturally occurring antioxidants. For example, home grown tomatoes are higher in antioxidants than hot house tomatoes. The stresses of wind, sun, and dehydration will cause oxidation and the plant adapts by manufacturing more antioxidants. My point is that if you increase sun exposure, you should also increase levels of antioxi-

dants, especially people who work in the sun every day ... construction workers, farmers, postal workers, landscapers and others. Excess exposure causes excess oxidation.

You can increase antioxidants by increasing foods with color. Also you should supplement with a broad range antioxidant formula as a part of your daily nutrient regiment.

This is a transcript from a "video magazine" we send out each week called the Wellness Minute, if you're not getting our Wellness Minute videos each week, sign up at the front desk

One more word about oxidation, athletes unknowingly increase oxidation. During intense exercises they are breathing and burning more oxygen than someone who is at rest or low output. Think of a cyclist, a runner, or someone training for a fall sport. Now if we add smog, sun, and dehydration the need for antioxidants increases. Ask your Wellness practitioner for a full spectrum antioxidant designed to recharge your body's ability to regenerate natural antioxidants.



Also during the summer months, we need to be concerned about electrolyte imbalance. About 15 years ago I personally developed a strange pattern of fatigue, lethargy, and apathy every June; the cycle repeated itself for about 3 years. I would start out strong in May; but by mid-June when the summer heat turned up, I really found myself struggling for energy. I thought it was winter burnout, and I just needed a vacation.

What was interesting is that it didn't seem to get bad until I really started sweating. Someone suggested I take some electrolytes to see if it made any difference and literally in 24 hours I felt remarkably different. That was my personal lesson in the value of electrolytes. Since then I have increased my intake of minerals and unre-

fined Celtic sea salt and don't struggle with that issue.

There are also nutritional supplements for "athletic" injuries in the garden. I say that with tongue in cheek because I am an avid organic gardener. I like to think of gardening as athletics as I spear weeds and squat with wheel barrels of both dirt and vegetables. OK, maybe it's not athletic but injuries do occur and I can tell you personally that if you use proteolytic enzymes before, during, and after a 4 or 5 hour

garden workout, you will experience less stiffness and muscle pain. Proteolytic enzymes taken in tablet form will significantly reduce healing time by as much as 50%.

One double blind study showed proteolytic enzymes significantly reduce skin temperatures. Proteolytic enzymes can be a healthy way to speed up the healing process if you do get too much sun.

You can get nutritional supplements and other summertime therapies through your Wellness professional. Ask how to increase antioxidants, electrolytes, or find out which proteolytic enzymes are best. Everyone will agree, if you are healthy, you can have a great summer.