

What You Need To Know About Sunscreens

We've all been warned that sun exposure can cause skin cancer, but that's only a small part of the story. The fact is that skin cancer was very rare 100 years ago and is still extremely rare among many populations who spend all day in the sun. **Statistically, the greatest rise in skin cancer has been in countries where chemical sunscreens have been heavily promoted.** There is almost no skin cancer among dark skinned people living in Africa, while African-Americans have far higher rates of skin cancer and on average stay in the sun less than those in Africa.



Chemical sunscreens go thru the skin & into the bloodstream

It seems very likely that the recent rise in skin cancers is due to factors other than just sun exposure. Drs. Cedric and Frank Garland of the University of California, San Diego, have pointed out that while sunscreens protect against sunburn, there is no scientific proof that they protect against melanoma or basal cell carcinoma in humans. Further, the Garlands believe that the increased use of chemical sunscreens is the primary cause of the skin cancer epidemic. Dr. Marianne Berwick epidemiologist of Sloan Kettering Cancer Center, concluded after years of study: "We don't really know if sunscreens prevent skin cancer at all."

Commercial sunscreens have been around for nearly 100 years. They started out as zinc oxide paste that lifeguards applied on their noses. No one else liked the look, so scientists created sunscreens with clear chemicals that absorb UV light. In 1944, Coppertone became the first mass-market sunscreen.

Fact: many popular chemical sunscreens contain ingredients very likely to cause cancer. There are 17 individual sunscreen ingredients that are FDA approved. Fifteen are clear chemicals that absorb UV light. Of these, nine are known endocrine disruptors that interfere with the normal function of hormones. Two are made of minerals that reflect UV light.

Since the skin is a porous organ, chemical sunscreens don't just sit on the surface, they are absorbed into it and quickly find their way into the bloodstream. These chemicals reach all organs and tissues of the body before being detoxified by the liver. They have been found in blood, urine, and breast milk for up to two days after a single application. Since these chemicals cannot be considered safe, this is a problem. Because some sunscreens lose as much as 90% of their sun-blocking effectiveness in just an hour and need to be reapplied often, the toxic load can add up quickly.

Most chemical sunscreens contain oxybenzone, a synthetic estrogen that easily penetrates the skin. It is an endocrine disruptor and can mimic real estrogen, feminize tissues, cause reproductive disorders in men and women an increase incidence of cancers, birth defects and other serious health problems. It's unfortunate that few doctors recognize or acknowledge this.

Over 40% of sunscreens contain topical vitamin A, often listed as retinyl palmitate. Government studies have shown that tumors and lesions develop 21% faster when skin coated with vitamin A is exposed to sunlight.

Poisoning that takes place slowly over decades is very difficult to pinpoint and study reliably. The long-term affects of exposure to sunscreen chemicals are largely unknown.

Is Sunscreen Really Necessary?

The answer is: probably sometimes. If you live in a Northern climate and take a sun-filled winter vacation, your body would not have adequate time during a short vacation to gradually tan and build up thicker skin. Or if you have an indoor job and plan to spend one day a week outdoors all summer it would be best to use a safe, natural sunscreen because they help prevent sunburn and its accompanying skin damage. If you have time to gradually increase your sun exposure, sunscreen may not be necessary or advisable.

Sunscreens definitely reduce vitamin D production and as a result reduce the numerous powerful health benefits natural, sun-created vitamin D provides, including cancer prevention. Exposure to sunlight has also recently been proven to help reduce high blood pressure.

Alternatives to Sunscreen:

Wear clothes - shirts, hats, shorts, and pants shield your skin from the sun's UV rays – without the goop. Early in the season a light-weight long-sleeved shirt is a good start.

Find shade or make it - picnic under a tree, umbrella, or canopy. Keep infants in the shade – they lack tanning pigments (melanin) to protect their skin.

Plan around the sun - if your schedule is flexible, go outdoors in early morning or late afternoon when the sun is lower in the sky. UV radiation peaks at midday, when the sun is directly overhead.

Don't get burned - red, sore, blistered (then peeling) skin is a clear sign you've gotten far too much sun. Repeated sunburn increases skin cancer risk. Once the skin turns pink the health benefits of vitamin D production cease.

When choosing sunscreens you should completely avoid those with oxybenzone and vitamin A (retinol or retinyl palmitate). **Safe active ingredients are zinc oxide or titanium dioxide (basically powdered minerals that reflect sunlight).** Safe inactive carrier ingredients could include coconut oil, jojoba oil, vitamins D and E, sunflower oil, or shea butter.

A word of caution – I've found that one formula from a given manufacturer may be safe while another from the *same* company may have dangerous ingredients. Do your homework or shop at a health food store that does the research for you.

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Organic Popcorn
Made With Butter Flavor
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You really won't believe it's not butter. They blend their plant-based butter alternative with organic coconut oil, so this snack is ready for movie nights, sunny days, and everything in between.

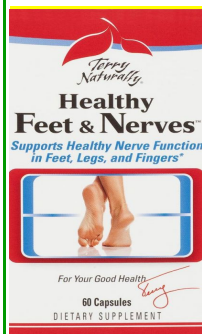
Customer Quote Of The Month
"Your salad bar is the best!" - Caitrin Guiley, Gold Hill



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Cosmic Bliss coconut milk ice creams are creamy-smooth and packed with flavor in over a dozen varieties of pints, bars, and GF sandwiches.

The History of Coconut Bliss in Southern Oregon

When they were known as Luna and Larry's Coconut Bliss Sunshine was the first store in Southern Oregon to begin stocking it approx. 17 years ago. About once a month we would drive to Eugene and meet them at the back alley door of their little business, fill 2 large coolers and bring back our coconut treasure. It caught on and we convinced Larry if he would deliver to Ashland his business would explode, and it did, across the country and around the world!!

On Sale, All Varieties 20% Off Thru July



Relief From Decades Of Acid Reflux
A Very Unusual Success Story

Zackie Fox from GP had suffered from extreme acid reflux for nearly 40 years. When she would eat virtually anything, copious amounts of stomach acid would come up into her mouth, nose, and even her eyes, She required acid preventing and neutralizing drugs daily.

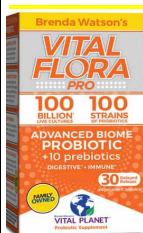
Zackie's problem began years ago after tackling a serious cleaning project on her farm. Unaware of the dangers she unfortunately mixed ammonia with bleach and the resulting highly toxic fumes burned her esophagus and trachea. She's been dealing with the acid problem ever since. Some days she had to take Tums and Prilosec non-stop.

Recently Zackie read about a product called **Vital Gut Renew** in the Sunshine newsletter and decided to give it a try.

The Results: In about 2 weeks reduction in her stomach acid was noticeable & he can now go 2-3 days without her acid reducing drugs.

Vital Gut Renew is an advanced formula created to help soothe and heal the gut by helping the body rebuild and strengthen healthy cells lining the esophagus, stomach and intestinal wall. It combines L-glutamine, a naturally-occurring amino acid, with other time-honored herbs to promote optimal digestive function.

Vital Gut Renew was also formulated to address Leaky Gut Syndrome, a serious and all-too-common health concern. Leaky Gut can be caused by repeated exposures to foods and medications that a person may be sensitive to which causes chronic inflammation, damage, and thinning of the intestinal wall. Also known as Increased Intestinal Permeability, Leaky Gut can compromise your health by allowing undigested proteins into the bloodstream causing allergies, fatigue, and a weakened immune system.



Sunshine's Best Probiotic
Vital Flora High Diversity Probiotic
The Perfect Complement To Vital Gut Renew

100 different strains, 100 billion count

Beneficial bacteria in the gut play multiple different critical roles in our bodies. **In the digestive process good bacteria break down food** so nutrients can be absorbed through the intestinal wall. Also, the 60 trillion good bacteria that reside in a healthy human gastrointestinal tract **create a living shield that inhibits pathogens** including E. coli, salmonella, unhealthy yeasts, and other threats from penetrating the intestinal lining and entering the bloodstream. Last but not least, **these friendly bacteria help manufacture essential nutrients** like vitamins B-12, K-2, as well as many immune enhancing compounds that scientists have yet to fully understand or even fully identify.

Unfortunately, a great extinction has been happening in our guts. Many beneficial strains of bacteria have actually gone extinct in many locations due to consuming the typical SAD (standard American diet) of overly processed and sterilized foods. Humankind **is experiencing a rapid loss of probiotic diversity.**

A recent Stanford University study confirmed that the gut microbiota of indigenous peoples living close to the land is more diverse than, and substantially different from, that of people in industrialized countries. Studies show that **people with greater microbial diversity in the gut have a significantly decreased incidence of many chronic diseases.**

20% Off Vital Probiotics & Gut Renew Thru July 23rd

Unfortunately Covid Is Back

The CDC Confirms COVID-19 Cases Are Nearly Six Times Higher Than This Time Last Year

Because the current vaccines and boosters are fundamentally mismatched for preventing infection from the now-circulating omicron variants, it's especially good news that the current omicron strains are less serious than prior ones.

News sources across the country & around the world verify infection rates have soared despite high vax rates. Last year, the New York Times reported that there was "no one left to vaccinate in Portugal." It was among the most highly vaccinated places on earth. Portugal has had multiple Covid waves since that Times article, and the latest is the biggest yet. This is in a country with a nearly 100% vax rate.

Data from the state of New Mexico provides another illuminating example. Over 90% of adults in NM have been jabbed including over 99% of people over 65. Nonetheless, the Albuquerque Journal reported recently that Covid-19 cases in New Mexico are up 121% in the last month or so. There are at least a dozen similar examples from states and regions around the country right now.

Further, it's now been shown that the scarce protections against omicron offered by the vaccines and boosters significantly wane after only 2 or 3 months and are essentially gone within six, making another booster necessary. But the backside to this never-ending booster party is that straightforward data from the UK has shown that after a few months *those who are boosted are far more likely to become infected with omicron than the unvaxxed*, - repeated jabs appear to have confused and diminished our immune systems and have created negative efficacy – actually increased the recipient's chance of being infected!

If your doctor has shown you actual data that the vaccines are working to prevent omicron infection, hospitalization and death (not just mouthed the words "safe and effective") & you feel good about it, I would encourage you to continue getting your boosters. If not, you may want to think very carefully before rolling up your sleeve again.

Now that Emergency Use Authorization (EUA) has been granted for the Covid vaccine for 5-11 year-olds should your kids and grand-kids get it? Why? **There is not now, nor has there ever been a Covid "emergency" in children.** Cumulative mortality reports from 46 states (and NYC, PR, and GU) showed that between 0.00% & 0.02% of all child COVID-19 cases resulted in death. Among healthy children without serious comorbidities, it's even lower - so low as to be nearly nonexistent. The original 2-dose regimen applied to 5-11-year-olds was shown to be only 20-30% effective against symptomatic infection for a whopping 2-3 months (not a typo!). After that period of time, virtually all "effectiveness" was lost. It's simple math to conclude that the risk of side effects far outweighs the nearly nonexistent "benefits" for children.

For protection against and faster recovery from Covid and other respiratory infections: Keep your weight within normal guidelines, avoid excess sugar and alcohol, get plenty of vegetables, exercise, fresh air and rest, and consider supplementing with extra vitamins C & D, zinc, and quercetin.



For healthy microbial balance of the respiratory tract and relief from congestion and coughing due to infection, allergies, or smokey skies (sorry but we are heading into that season too), the absolute favorite formula of the Sunshine staff and customers is Lung and Bronchial Tonic from Natura, an Ashland company.



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Relief From 40 Years Of Extreme Acid Reflux
The All-Star Weight-loss Team Is On Sale



Rob Pell,
owner at
Sunshine

Need A Health-Related Guest Speaker For Your Group?

If you have a group of 15 people or more who are interested in holistic healthcare or lifestyle, I'd be very happy to work with you, free of charge. I make room in my schedule every month for one or occasionally two public presentations.

You can choose a topic of particular interest to your group or I can make suggestions for you. Either way we can allot time to include a question-answer period so we'll all learn something new. Call me @ 541 474 5044 between 1 & 6 p.m. and we can discuss availability & options.

Thank you very much to all the groups who have invited me to speak at their meetings. A partial list includes:

- * The Pulmonary Patients Support group at Asante
- * The Breast Cancer Survivors group at the Asante Women's Health Center
- * The Grants Pass Lion's Club
- * Grants Pass Soroptomists
- * JoCo Drug Court Parole program
- * JoCo Republican Women
- * Grants Pass TOPS group (Take Off Pounds Sensibly)
- * The Western Welcome Newcomers Club
- * Asante Hospital Auxiliary Members

In preparing for each presentation I learn a lot and engaging in the Q & A session with attendees is always fun for everyone