

DR. CHRISTOPHER'S Herbal Legacy Newsletter

June 12, 2013

Summer Sun-Jo Francks MH

Humans have had to put up with living in the sun for all time. It's amazing that we survived this far and didn't all die from skin cancer considering that sunscreen has only been around for a small percentage of the time humans have been on the earth under the sun. With summer upon us we may want to go outdoors and be subject to the sun's rays. Too much exposure all at once will result in painful sunburn. It is recommended by Dr. Christopher that gradual sun exposure is the best. Start with 5 to 10 minutes at a time and increase the amount of time every few days.

Our skin produces vitamin D from the sun's UVB rays. SPF 8 sunscreen blocks 95% of UVB rays but does not block the UVA rays which some studies have shown may cause melanoma skin cancer. Interestingly vitamin D helps prevent melanoma cancer. Keep in mind that after the skin starts to turn pink it no longer manufactures vitamin D. Therefore it is not possible to overdose on vitamin D when it's produced by the skin or from a natural food source. Most individuals are actually deficient in Vitamin D so a little bit of sun is beneficial. A little bit of sun sounds great, but what if someone is planning a day at the beach, pool or lake? Skin that is already tanned is the best protection, but if that is not possible or a person has skin that just won't tan, then some precaution must be used. It may be necessary for some people to use sunscreen. There are natural sunscreens which use minerals such as zinc oxide or titanium dioxide as a barrier on the skin to block the sun's rays (it is recommended that your own research be done on the safety of these products). Some of the chemicals in regular sunscreen have been shown to be carcinogenic.

This article is not intended to encourage you to stay out of the sun. On the contrary! Please go out in the sun and enjoy it. Walk barefoot on the grass. Breathe deeply. Swim in fresh water. Work in the garden. Connect with the earth and get grounded. Have fun! Chill out! Drink some herbal tea and relax. It's summer!



What if one does get sunburned? That's the time to use the wonderful gifts provided by nature. Here are a few suggestions on what to do for mild sunburn.

1. Apply Aloe Vera Gel
2. Use a fomentation of a tea made with comfrey or calendula or both and add a tablespoon of apple cider vinegar to each cup of tea.
3. Apply Complete Tissue and Bone oil or ointment.

4. Apply Beauty Facial Cream.

5. Use Dr. Christopher's Burn Paste (equal parts wheat germ oil, raw liquid honey, and comfrey leaf or root powder or Complete Tissue and Bone powder)

A few people have told me that when they changed their diets to the Mucusless Diet, taught at The School of Natural Healing, they didn't experience sunburn as much as they did before the dietary changes.

This is a wonderful time of year and there is an abundance of fresh fruits and vegetables available. Hopefully they are growing organically in your own garden. Have a happy healthy summer!

Jo Francks is a Master Herbalist graduate of The School of Natural Healing. She is also a Holistic Iridologist and Quantum Touch practitioner.