

This Issue:

Summer healthy ready

UV Rays and their affect on skin

Great tips for staying Hydrated

SUMMER HEALTH and PROTECTING YOUR SKIN

Dear patients and friends,

Summer is here, and this quarter's newsletter will be geared to help you have a healthy, pain free season! Summer means fun in the sun and vacation. To begin let's talk about protecting your skin now that you will be spending much more time in the sun. First, sunlight is good for you and helps your body metabolize the cholesterol under your skin into Vitamin D3. Secondly, to keep your skin healthy, avoid the mid-day sun which is when the high intensity Ultra Violet B waves are the strongest. This usually occurs between 11AM and 2PM. If you are outside during that time cover your head and arms






Benefits of Exercising Outside

1. Fresh air = More oxygen
2. Greenscapes raise serotonin levels.
3. More sensory stimulation.
4. Increases feelings of well-being and decreases depression.
5. Sun exposure increases Vitamin D levels and optimizes hormones!

with a hat and long-sleeved tee shirts for protection. Thirdly, use sunscreen that is at least 15 on all exposed body parts especially the nose and ears which are most susceptible to skin cancer. Also wear protective eyewear to filter UV light to the retina.

Summer also means increased physical activities. To those that are more sedentary, increasing physical activities abruptly can lead to sports injuries. Make sure you fully warm up and stretch. Also increase new activities slowly as to avoid overexertion strains and sprains. The best outdoor aerobic activities are walking, swimming, biking and hiking.

If you suffer from minor aches and pains from your increased activities get in the office and have them checked before they grow into bigger problems. If you have inflammation in your back, muscles or joints there are several excellent natural anti-inflammatory supplements

UV Index	Protect Yourself in 5 Ways
11+ Extreme	 Slip on sun-protective clothing
8, 9, 10 Very High	 Slap on SPF30+ sunscreen. Reapply every two hours
6, 7 High	 Slap on a broad-brimmed hat
3, 4, 5 Moderate	 Seek shade
1, 2 Low	 Slide on wrap-around sunglasses

Sun protection is generally not needed unless outside for extended periods

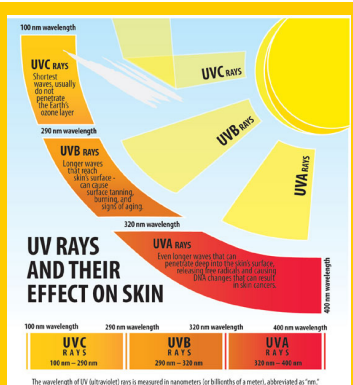
Cataracts and Other Eye Damage

Cataracts are a form of eye damage in which a loss of transparency in the lens of the eye clouds vision. If left untreated, cataracts can lead to blindness. Research has shown that UV radiation increases the likelihood of certain cataracts. All of these problems can be lessened with proper eye protection. Look for sunglasses, glasses or contact lenses if you wear them, that offer 99 to 100 percent UV protection.



GEO CHIROPRACTIC CLINIC News

A HEALTH AND WELLNESS NEWSLETTER



Ozone layer depletion decreases our atmosphere's natural protection from the sun's harmful ultraviolet (UV) rays. Major health problems linked to overexposure to UV radiation:

- Skin cancer (melanoma and non-melanoma)
- Premature aging of the skin and other skin problems
- Cataracts and other eye damage
- Immune system suppression

Understanding these risks and taking a few sensible precautions will help you enjoy the sun while lowering your chances of sun-related health problems.

Did You Know?

Skin cancer is the most common form of cancer in the United States. Ultraviolet (UV) radiation from the sun and from tanning beds is classified as a human carcinogen by the U.S. Department of Health and Human Services and the World Health Organization.

you can take for relief. Be careful with over the counter medications such as Tylenol, Aleve or Ibuprofen because they have very serious side effects if taken for prolonged periods. Some of the more serious side effects include kidney damage, liver failure, stomach ulcers, heart attack and stroke,

Summer also means changes in dietary habits. With warmer weather, eat lighter low fat and lower carbohydrate foods such as salads, fruit and vegetables. Here are 12 foods to make your summer diet healthier; avocados, cucumbers, tomatoes, zucchini, watermelon, oranges, celery, cantaloupe, apples, blueberries, ice green tea and salads with dark leafy greens.

Also drink plenty of spring water to avoid dehydration. In the summer months the incidence of heat stroke increases proportionally with the hot, dry weather. Do not work for prolonged periods in the hot sun especially if



you are older. Drink plenty of fluids and take an electrolyte replacement if necessary. Some of the better fluid and electrolyte replacements include coconut water, Pedialyte, Heed fluid replacement and Cytomax. I prefer Cytomax in that it does not contain sugar and has a high concentration of electrolytes. The worst replacement drinks include Gatorade, Powerade, Propel and Vitaminwater. All contain extremely high amounts of sugar or artificial sweeteners. A great warm weather technique to improve health is called Grounding. Have you ever noticed how good you feel walking

barefoot in the grass or on the beach? There is something that feels very rewarding when you connect your skin to the earth. This technique connects you to the earth in such a way that is electrically conducive. Because the earth is electron rich, when your skin touches it, there is an anti-oxidant and electrically grounding effect which eliminates free radicals. So, take your shoes off, go barefoot in the park or at the beach. It is very beneficial for your health. Summer vacation is also a great time to have your children's spines checked. Our recommendation is a bi-annual scoliosis screening to check for curvatures of the spine as well as periodic spinal check-ups for subluxations and asymptomatic pinched nerves. Remember, "as the twig is bent, so grows the tree".

I hope that this information is valuable to you and will help you have a happy, healthy and pain free summer!

The Doctors of GEO Chiropractic

