

LISA RENEE BERRY

Sun Screen

I spend most of my days in the sun in the summer. We have a pool and a boat. I adore the outdoors. I know sunscreen is bad for you, but, since I spend so much time in the sun, I have looked the other way, and not given much thought to the actual dangers. What I learned I found astounding. The main ingredients in sunscreen are: oxbenzone, octinoxate, retinyl palmitate, homosalate, octocrylene, paraben preservatives. The majority of these ingredients are Endocrine Disruptors. Retinyl palmitate produces free radicals that when exposed to sunlight will increase the development of malignant cells, and octocrylene produces oxygen radicals that cause skin mutations.

Most Americans are worried about skin cancer, so they chose to use the various popular sunscreens on the market. What they don't realize is that skin cancer doesn't start in with the skin, it starts in the liver. When the liver can't properly metabolize vitamin D, it creates free radicals that can cause cancer, along with other factors. Anger is stored in the liver, so when someone is spiritually unbalanced and has anger issues this just increases the stress on the liver, and is the root of the cause.

So, as people apply sunscreen to thier skin thinking they are preventing skin cancer they are only putting toxic chemicals on thier skin that will disrupt thier endocrine system, which in turn creates a hormonal imbalance.

The sun is not the enemy. Natural sunlight has many benefits, the main one being, it's the number one source of vitamin D. Common sense is one of the best sunscreens thier is. When your skin gets pink, then it's time to get out of the sun. Any exposure after that, and your body will not absorb anymore vitamin D.

I have created my own natural sunscreen. Which is as follows: 1/2 cup of coconut oil and 30 drops of Young Living Myrrh Oil. Myrrh oil has been used for centuries for protection from the sun. Zinc oxide is also a natural alternative for sun protection.

In closing, any product that is harmful to our bodies is also harmful to the planet. Our bodies are made from Mother Earth, and she is part of us. So it only makes sense to use products that are created by the Earth and not man made chemicals.

Editor's Note: Young Living now has a Mineral Sun Screen Lotion SPF 50, Reef Safe with only natural, safe, effective ingredients.