



Everything Zen Nutritional Consulting Newsletter

Summer Is Here ~ Time For Some Fun in the Sun

We have all heard the many dangers associated with excessive sun exposure ~ mainly skin cancer. And although this is true, we mustn't forget that the sun is also GOOD for us.

In fact, when our skin is directly exposed to sunlight, it produces vitamin D. Vitamin D helps with: diabetes, heart disease, arthritis, infertility, PMS, seasonal affective disorder (SAD), fatigue, depression, autoimmune disorders, obesity and syndrome X. It also works with calcium to prevent osteoporosis. (D2, found in milk is synthetic and not as good as calciferolcial the natural form from cod liver oil and sunlight.)

Did you know that new research findings suggest that sunscreen, despite preventing sunburn does nothing to prevent skin cancer?? So, you may be wondering... how *can* you prevent skin cancer??

One of the biggest factors that is responsible for skin cancer, is an imbalanced ratio of omega 3 to 6 oils. You all know how adamant I am that flax and fish oils be added to every diet and supplement regimen, but new research finds that the omega 3 oils, in addition to providing the numerous benefits they do, also help protect the skin from malignancies.

In fact, in our society, not only are we NOT taking in ENOUGH of the omega 3s (found only in cold water fish (and fish oils), flax oil (you need to consume A LOT of seeds to get the required amount of oil), hemp oil, pumpkin seeds & walnuts) BUT we are taking in FAR too much of the omega 6 oils ~ found in: soy, canola, safflower & sunflower oils ~ which are used extensively in processed, pre-made, fast & restaurant foods. Omega 6 oils are also found in: meat, chicken, vegetables, nuts & seeds.

For optimal health, we need a 1:1 ratio of omega 3 to 6 oils, but most of us are getting 1:20 and even up to 1:50 ratio ~ which greatly imbalances the body and leads to numerous and VARIOUS symptoms. So, start to add: flax & hemp oils to your foods (1-2tbsp per day ~ AFTER cooking is complete!) and take a fish oil supplement in the summer and cod liver oil in the winter (cod liver also contains vitamin D, which is ONLY necessary in the winter due to decreased sun exposure).

Also, slowly increase your sun exposure, start with 10 minutes per day and gradually build up to avoid getting burned. Use clothing to protect yourself ~ hats, thin long sleeve shirts etc. And try NOT to be outside between the hours of 10 & 2 as that is when the sun is strongest.

One more thing... the darker the skin, the LONGER one needs to be in the sun to reap the benefits of vitamin D production ~ just be sure to follow the above recommendations to avoid burning!

Eat Yourself Healthy Cooking Classes in Missis-sauga! Check our website for more information or call **416-458-ZENN** to register!

Keep Mosquitoes At Bay

Summertime his here at LONG last... but you know what this means... mosquitoes are baack! With West Nile Virus running rampant, it is imperative that you take steps to protect yourself from these pesky little critters. Here are a few things you can do...

- Throw a **BOUNCE** fabric softener in your dryer, and rub yourself with bounce sheets before going out into wooded areas & moist areas
- DO NOT eat **BANANAS** during the summertime ~ their sweetness will attract mosquitoes to you
- Supplement your diet with B vitamins. Take one **B50Complex** with breakfast and with lunch, and take 100mg of **B1** with dinner from April to October (the B vitamins will also increase your energy and improve macronutrient assimilation)
- Bathe with **Citronella** soap (you can find this in health stores) ~ and light citronella candles when outside
- Plant **Marigolds** around your home, their scent detracts mosquitoes
- If desperate, try rubbing some **Vic's Vapo Rub** ~ its potent scent will scare off critters
- Use Buzz Away ~ a natural DEET-free bug spray that is as or more effective than Off, and other chemical repellents that contain DEET
- Eat **garlic**

The Dangers of DEET...

- It has been linked with brain cell death, Memory loss, Headaches, Weakness & fatigue, Muscle & joint pain, Tremors, Shortness of breath. & Can increase the risk of skin cancer if skin sprayed with it is exposed to the sun

Relieve Mosquito Bites

- Rub bites with lemon/lime slices, white vinegar, tea tree oil, MSM lotion, tiger balm, pure lavender essential oil, calendula cream/gel, homeopathic Ledum

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