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GET READY FOR SUMMER ... NATURALLY!!!

It was a long winter, but finally summer is here!!! This is the time we are thinking of vacations, BBQs, and sun-tanning. But even great vacations and beach time can be ruined by insect bites, sunburns and food poisoning ☹ I am not trying to put a damper on the summer mood, but these are important topics to discuss.

Travelling can leave us vulnerable to infections because now we are in a new environment, exposed to different insects, water, people and we don't have full control of cleanliness in our environment. Getting a stomach related illness is the best way to ruin a vacation.

We are all looking forward to the sunshine and sun-tanning. But it is easy to forget about the harmful effects of the sun. The same rays that tan us also age our skin, including wrinkles, fine lines and age spots. There is also the increased risk of skin cancer.

The good news is that there are many natural ways to prevent insect bites, prevent sunburns and protect you from different ailments you may get on your vacation. All this, without the nasty side effects from medications!!

1. Natural Ways To Prevent Insect Bites and Treat the Itch!!!

*When it comes to preventing insect bites, one of the best methods is the use of essential oils. Insects usually stay away from the strong smells of these oils. You can put a few drops of these oils in distilled water and spritz on your body. You can add a few drops in baby oil or olive oil and rub on your skin. Please always avoid the mouth and eye area as essential oils can burn these sensitive areas. Some of my favorite oils include:

- Citronella oil
- Lavender oil
- Eucalyptus oil
- Pennyroyal oil
- Basil oil
- Thyme oil
- Tea Tree oil
- Peppermint oil
- Lemongrass oil
- Catnip oil

Researchers at Iowa State University found the essential oil in catnip to be about 10 times more effective at repelling mosquitoes than DEET, the widely used synthetic repellent.



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* Wear light colored and loose fitting clothing when you are outside. Mosquitoes are attracted to dark colors

* **Thiamine Tablets.** Thiamine is a B Vitamin. It is very effective in keeping mosquitoes away. It is said to work by making your sweat smell unattractive to insects. Don't worry, humans can't detect this change in smell.

Dosage: 200-300mg a day.

Treating the Itch:

If you have tried all the things above and you still get a bit, here are some natural methods to relieve the itch:

- Rub a crushed wet aspirin over the bite. This works for some people as aspirin is a great anti-inflammatory.
- Apply witch hazel to the bite. This is very soothing plant extract that will reduce inflammation and soothe the itch.
- Rub the inside of plantain banana on the affected area. It works great to relieve the itch.
- Rub an onion on the affected area. It smells, but it works!

2. Preventing Sunburns.

There has been a lot of confusion about the new regulations regarding the labeling of sunscreens. The FDA has new rules to better inform and protect the consumer. According to the new rules, the final regulation allows sunscreen products that pass the FDA's test for protection against both ultraviolet A (UVA) and ultraviolet B (UVB) rays to be labeled as "Broad Spectrum." Both UVB and UVA radiation contribute to sunburn, skin cancer, and premature skin aging. Sunburn is primarily caused by UVB radiation.

Manufacturers are currently required to label sunscreens with an SPF number, which indicates how much protection they provide against UVB radiation, the primary cause of sunburn. But consumers have had no way of knowing whether sunscreens will protect them from UVA rays, the leading cause of skin cancer and premature skin aging.

Under the new rule, sunscreens that meet FDA's broad spectrum standard will be allowed to make the claim that they reduce the risk of skin cancer and early skin aging. Those that do not pass the test must indicate that they do not reduce such risks.



The rule also prohibits manufacturers from using misleading labels such as sunblock, waterproof, or sweatproof, but they can use the label "water resistant" if they include information on the label regarding how long water resistance lasts. In addition, the rule forbids manufacturers from claiming that sunscreens are effective for more than 2 hours unless they submit evidence to FDA to prove it. *American Chemical Society*
<http://pubs.acs.org/cen/news/89/i25/8925news5.html>

Under the new labeling, sunscreens labeled as both Broad Spectrum and SPF 15 (or higher), if used regularly, as directed, and in combination with other sun protection measures will help prevent sunburn, reduce the risk of skin cancer, and reduce the risk of early skin aging.

Products that have SPF values between 2 and 14 may be labeled as Broad Spectrum if they pass the required test, but only products that are labeled both as Broad Spectrum with SPF values of 15 or higher may state that they reduce the risk of skin cancer and early skin aging, when used as directed.

Any product that is not Broad Spectrum, or that is Broad Spectrum but has an SPF between 2 to 14, will be required to have a warning stating that the product has not been shown to help prevent skin cancer or early skin aging.

The proposed rule would limit the maximum SPF value on sunscreen labels to "50 +", because there is not sufficient data to show that products with SPF values higher than 50 provide greater protection for users than products with SPF values of 50.

<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm258940.htm>

Now that we understand the new labels on sunscreens, and we make sure we use them, here are some natural ways to protect your skin from sun damage including cancer!

It's all about the antioxidants!! These antioxidants protect our cells from sun damage and can reverse the damage that is done. Both taken internally and applied topically:

***The information provided is not intended to diagnose or treat any health condition. Please consult with your doctor or naturopathic doctor before starting any new supplement program as they may have interactions with certain medications. ***



The top 5 nutrients to add daily:

1. Grapeseed Extract: from grape seeds! 50X stronger than many other antioxidants
Dosage: 150mg 1-2x/day
2. Resveratrol: found in the skin of red grapes, red wine and peanuts.
Dosage: 200mg/day
3. Vitamin E: found in avocados, almonds and sunflower seeds. As a supplement use mixed tocopherols. Dosage: 400 IU/ day
4. Vitamin C: found in tomatoes, red/green peppers, melons, citrus fruits, broccoli
Dosage: use buffered vitamin C without sugar: 1000 mg/day
5. Green tea. At least 2 cups per day... Studies clearly show that the polyphenols in green tea help to prevent skin tumors and skin damage.

I personally recommend **Nasobih** Ultra Caps, 1-2 capsules per day. It contains all of the above listed ingredients plus more! I use Nasobih as a night cream, day cream and the take the capsules daily. I am very impressed with the results. For more information please visit www.nasobih.com.

The top 6 foods to eat:

1. Broccoli sprouts. An amazing study out of John Hopkins University just came out. They fed mice broccoli sprouts twice a week for 17 weeks and saw a 70% reduction in the formation of skin tumors. So add broccoli sprouts to your diet! Sprinkle ½ cup daily on your salad or in a sandwich.
2. Beta – carotene found in leafy greens and bright vegetables. Research shows that eating 5 servings of foods that contain Beta-carotene for 1 month is enough to protect your skin from sun damage.

Foods high in beta-carotene include carrots, sweet potatoes, apricots, squash, pumpkin, cantaloupe, mangoes, dark green leafy vegetables (kale, collard greens, spinach, leaf lettuce) and broccoli. Beta-carotene becomes most available to the body when vegetables are cooked, chopped or pureed.
3. Tumeric has excellent antioxidant properties. Use in cooking. Great in Indian dishes!
4. Dark chocolate. Choose chocolate with greater than 70% cocoa. Enjoy 2 squares/day. ☺
5. Lycopenes found in tomatoes and watermelons are excellent skin protectors.



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6. Fish oil. These Omega 3 oils have strong anti-inflammatory properties and are great for skin appearance. Have 2 serving a week of wild salmon, snapper, cod, mackerel and sardines. Avoid larger fish such as tuna and halibut due to concerns with mercury levels.

3. Natural Ways to Prevent Food Poisoning on your Vacation.

Getting a stomach related illness is the best way to ruin a vacation. From traveler's diarrhea to food related illness, increasing our immunity in our digestive system will help your body fight off these nasty bugs! Remember, 70% of our immunity is in our digestive system!

1. The best protection starts with the good bacteria in our lower intestine and colon. These "good bugs" keep our digestive tract clean and fights off harmful bacteria, viruses, fungus and parasites. Start your high quality probiotic 1 week before your trip and take everyday on your trip.
2. Oregano oil. Yes, its tastes nasty! But it works! I would never travel without my oregano oil. This oil is a strong anti-bacterial and anti-fungal agent. Take 2 drops of high quality oregano oil in a small amount of water everyday. If you get a sore throat, gargle with this oil/water mixture and swallow two times a day.
3. Grapefruit seed extract. This STRONG anti-bacterial agent is excellent to use either for prevention or at the first sign of a stomach problem. Take 2 drops diluted in water. NEVER use full strength as it will burn!!!

4. Treat cuts, burns, and bruises.... naturally!

There are numerous natural ways to treat bites, burns and bruises. Here are some of my favorites!

1. Aloe Vera gel liquid or capsules. Nothing heals a cut or soothes a burn like aloe vera gel.
2. Tea tree essential oil. This is the best essential oil to use as an anti-bacterial agent to prevent infection and to treat insect bites. Use full strength or mix with a small amount of carrier oil, especially when using on children. It is essential to use high quality oils.
3. Arnica ointment or Traumeel homeopathic ointment is excellent for bruises, sprains and overall injuries. Do not use this on an open wound. Most health stores carry homeopathic Arnica or Traumeel.



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Natural remedies work great on your whole family, especially children who can be very sensitive to the harsh chemicals found in standard products. Remember, prevention is the best way to treat anything! Keep your immune system strong, eat a good diet, take the suggested nutrients on a daily basis, and have your natural remedies with you in case you need them. And most of all..... ENJOY YOUR SUMMER!!!!!!!!!!

At Vitalia Health Care, we develop individualized programs to meet your specific health needs. We understand that no two people are the same. From a 1 hour initial evaluation, we can customize a "get ready for summer plan" that is specific to your goals. This includes our weight loss programs, specific nutrition evaluations and consultations, and developing a supplemental program specific to your health needs. Call us today at 604-732-3422.

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