



Keeping Your Skin Happy & Healthy



Summer—the time of year when we want to spend as much time as possible outside. We get vitamin D, fresh air, exercise, more connected to nature, and renewed. While these are all very positive benefits, time outdoors has its risks. Dehydration, sunburn and bug bites are very common issues in the summer. Here are some tips for preventing and dealing with these.

- ✔ *Stay hydrated.* With hot weather we need to drink more water. This keeps our brain functioning well, our skin healthy, and can help prevent sunstroke.
- ✔ *Rinse off after pool time.* Unless you are fortunate enough to play in a saltwater pool, be sure to rinse off after getting out, the chlorine can dry out your skin. Think of what your bathing suit looks like after a season; all the elastic is loose, the fibers are thin—that happens to your skin and hair as well.
- ✔ *Be sure to use sunscreen* (see our next article). If you do get burned, we have a wonderful oil-based solution for you -Solvarome. It contains essential oil of lavender, which helps promote healing and soothing of your sunburned skin. Solvarome also contains essential oils of rosemary

'Keeping Your Skin Happy & Healthy' is continued in the next column



Get a Burst of Energy!
...from Vitamin **B12**


Plus:

- ✔ assists in weight loss
- ✔ helps detoxify

**\$15 shots - a \$25 value!
or buy 8/\$100!***

Thursdays 6-7 PM

*Redeemable any time, by appointment



Vitaeh Health Center
vitality, naturally

Keeping Your Skin Happy & Healthy, cont'd

and rose geranium, making it a wonderful bug repellent, disinfectant and takes the itch out of bug bites. It's a great multi-purpose item to have in your summer medicine cabinet!

Skin is a reflection of what's inside

Often when we are toxic or ill, the first signs of trouble appear on our skin. Rashes, acne, itchy spots—these can be the tip of the iceberg when it comes to your health.

Our skin, measuring over 21 square feet¹, is our largest organ of elimination. Making sure that this channel is open is a key part of getting healthy and staying there. Make an appointment with your Naturopath today to find out how you can detoxify safely and effectively to give your skin and yourself that healthy glow!

Rosemary Lemonade to Help You Hydrate

This is our favorite summertime beverage. Not only is it refreshing, but the rosemary is great for your heart and brain.

Ingredients

- ✔ Large handful of rosemary sprigs
- ✔ Your favorite lemonade
- ✔ Honey to taste (optional)
- ✔ 16 ounce glass jar with lid



Directions

Place rosemary in glass jar. Cover with boiling water and put lid on jar. Let sit for 20 minutes and strain, keeping the rosemary water.

Fill half a chilled glass with lemonade and half with rosemary water. Add honey if you'd like and a sprig of mint—enjoy!

**Dr. Susan Mueller,
Lynnwood, Washington**

“Don't eat anything your great-grandmother wouldn't recognize as food.”

~Michael Pollan



Cover that Skin Up!

Why Sunscreen?



Sunscreens are products combining several ingredients to help prevent the sun's ultraviolet (UV) radiation from reaching the skin. Two types of ultraviolet radiation, [UVA](#) and [UVB](#), damage the skin,

ageing it prematurely thus increasing your risk of skin cancer.

UVB is the chief culprit behind a sunburn. UVA rays penetrate the skin more deeply and are associated with wrinkling, leath-ering, sagging and other light-induced effects of aging.

FACT: Washington is ranked the #8 worst state in the nation for melanoma.² That's why it is so important to be protected with sunscreen - even when the sun is behind the clouds, the harmful rays are still coming through. Remember, skin cancer is among the most preventable cancers.

Benefits of using Sunscreen:

- ✔ Anti-aging
- ✔ Prevent skin cancer
- ✔ Prevent skin damage- hyper/hypo pigmentation
- ✔ Keeps skin moisturized

Don't forget your...

EYELIDS and around the eye area. That particular area is extremely thin which is why it is so sensitive and delicate. Please make sure when applying face-sensitive sunscreen that it is applied in a circular motion using only your pinky finger.

We also have a tendency to forget our EARS. Because how often do we really touch them? And when it's hot out, we pull our hair up or cut our hair short. They need to be treated as equally as the rest of our exposed skin.

'Cover That Skin Up!' is continued in the next column



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NATURAL SKIN CARE SYSTEMS

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²<http://apps.nccd.cdc.gov/uscs/cancersrankedbystate.aspx>

Cover That Skin Up, cont'd

We recommend:

- Stepping outdoors for 10-15 min *without* sunscreen in the summer season to increase vitamin D levels
- Wearing SPF 30+ and SPF 50.
- Reapplying every 90 minutes when exposed to the outdoors.

(To build up a reservoir of sun protection you can apply the night before and again in the morning.)

**Shelley Miles, Aesthetician,
Lynnwood, Washington**

Thermography Open House!

Join us July 24th, 2014 for a free open house Thermography Seminar, and discover the better way to monitor your health!



Thermal imaging, **FDA approved** in 1982, is an unsurpassed, safe and noninvasive cancer/disease screening technique that can detect signs of breast cancer up to ten years earlier than is possible using mammography. Inflammation and other conditions

can immediately be detected. Not only used for breast cancer, both men and women can benefit from early detection.

No Radiation No Breast/Body Contact No Pain

Three Sessions, July 24th 2014:

12:00 - 2:00PM | 3:00 - 5:00PM | 6:00 - 8:00PM

Seating is limited, so please RSVP at (425) 742-3800.

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