



## “Got Sunscreen? Get Rid of It.”

FROM [WWW.DRDAVIDWILLIAMS.COM](http://WWW.DRDAVIDWILLIAMS.COM)

NOT SURPRISINGLY, MANY PEOPLE STILL BELIEVE SUNSCREENS ARE THE BEST DEFENSE FROM THE SUN'S "DANGEROUS" RAYS. BUT THE TRUTH IS THAT IN ADDITION TO BLOCKING POTENTIALLY HARMFUL RAYS, THEY PREVENT UVB RAYS FROM PRODUCING VITAMIN D3. THEY ALSO GIVE A FALSE SENSE OF SECURITY THAT PROMOTES OVEREXPOSURE. FINALLY, THE SUNSCREENS THEMSELVES CAN CAUSE THEIR OWN PROBLEMS.

### Sunscreens

MANY OF THE CHEMICALS USED IN SUNSCREENS AND COSMETICS TO BLOCK THE SUN'S UV RAYS BEHAVE LIKE ESTROGEN. (I'VE WRITTEN ABOUT THESE "XENOESTROGENS" IN THE SEPTEMBER 1993 AND JUNE 2000 ISSUES OF ALTERNATIVES, COPIES OF WHICH CAN BE ORDERED BY CALLING 1-800-718-8293.)

BASICALLY, EVIDENCE IS CONTINUING TO SHOW THAT THESE ESTROGEN-MIMICKING CHEMICALS ARE AT LEAST PARTLY RESPONSIBLE FOR A DECLINE IN MALE SPERM COUNTS, MORE FEMININE CHARACTERISTICS IN MALES, EARLIER PUBERTY IN YOUNG GIRLS, AND AN INCREASE IN HORMONE-BASED HEALTH CONCERNS.

TO BE ON THE SAFE SIDE, YOU SHOULD CHECK YOUR SUNSCREENS AND COSMETICS FOR THESE FIVE KNOWN XENOESTROGENS:

- OCTYL-DIMETHYL-PABA (OD-PABA)
- BENZOPHENONE-3 (BP-3)
- HOMOSALATE (HMS)
- OCTYL-METHOXYCINNAMATE (OMC)
- 4-METHYL-BENZYLIDENE CAMPHOR (4-MBC).

IN ADDITION TO THESE FIVE, THERE ARE OVER 20 OTHER CHEMICALS COMMONLY USED IN SUNSCREENS AND COSMETICS THAT HAVE HAD VERY LITTLE TESTING TO SEE IF ANY OF THEM ALSO EXHIBIT HORMONAL TRAITS. DON'T WAIT BEFORE SWITCHING TO A CHEMICAL-FREE PRODUCT; I CAN ASSURE YOU ANY EVENTUAL TEST RESULTS WON'T BE FAVORABLE.

IF YOU ARE ONE OF THE PEOPLE IN THE AT-RISK GROUP (OR IF YOU NEED TO BE IN THE SUN FOR MORE THAN 30 MINUTES DURING THE PEAK UV RADIATION TIMES), USE LIGHT-COLORED CLOTHING TO REFLECT THE SUN'S RAYS. WHEN THAT'S NOT A PRACTICAL SOLUTION, YOU SHOULD APPLY A NATURAL SUNSCREEN MADE FROM VITAMIN C AND/OR ZINC OXIDE.

YOU CAN MAKE YOUR OWN CHEAP VITAMIN C SUNSCREEN THAT PROTECTS FROM THE SUN'S UVA AND UVB RAYS. SIMPLY MIX 2 TABLESPOONS OF WIDELY AVAILABLE VITAMIN C POWDER (ASCORBIC ACID) WITH

8 OUNCES OF WATER OR AN ALL-NATURAL SKIN CREAM, AND APPLY IT TO YOUR EXPOSED SKIN. YOU'LL NEED TO REAPPLY THIS VITAMIN C SUNSCREEN EVERY 30 MINUTES.

I'VE OFTEN RECOMMENDED ZINC OXIDE FOR ANYONE WHO NEEDS LONG-LASTING PROTECTION FROM UV RAYS. WHILE THERE ARE A FEW SUNSCREENS THAT HAVE ZINC OXIDE AS AN ACTIVE INGREDIENT, YOU NEED TO BE SURE TO CHECK ALL THE OTHER INGREDIENTS BEFORE YOU BUY ONE. LOOK FOR NATURAL INGREDIENTS THAT WON'T SUBJECT YOU AND YOUR LOVED ONES TO A BATH OF THE UNHEALTHY ARTIFICIAL HORMONES.

SO GO SLOW AND BE CAREFUL, BUT ENJOY THE SUN THIS SUMMER.

Until next time,  
Dr. David Williams

P.S. IT'S TRUE THAT TOO MUCH EXPOSURE TO THE SUN CAN DRY OUT SKIN AND CAUSE IT TO LOOK OLDER BEFORE ITS TIME. HOWEVER, THESE EFFECTS CAN BE OFFSET BY DRINKING 64 OZ OF DISTILLED WATER EACH DAY AND BY USING NEEM SKIN LOTIONS TO MOISTURIZE AND REDUCE THE APPEARANCE