

# THE FOUNDATION HEALTH FORUM

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## HOW TO HAVE FUN IN THE SUN... AND IMPROVE YOUR HEALTH!

For over 20 years, sunscreen manufacturers have withheld crucial information from you about sunshine can cause serious risks to your health, luvuv"vjg"qr rqukvq"ku"vtwg<

- Uwpuetggpu"cn o quv"eq o rngvgn{"dqem"}{qwt" dqf{"ø"cdknkv{"vq"rtqfweg"uwpujkgp/uvk o wncvfgf" xkvc o kp"}F5)
- Vjqug"y jg"nkxg"qt"urp"o qtg"vk o g+"kp"vjg" uwp"jcxg"cu"uk i pkLecpvn{"fgetgcugf"e j cpeg"qh" fgxgnqrkp i"ecpegtl)
- Uwpnk i jv"jgnru"{"qwdwtp"hcw"hcuvgt."k o r t q x g u" d n a q q f"u w i c t"n g x g n u"c p f" o q t g l)



Vjg{"cnuq"fqpv"vgnm"}{qw"vjcv<

- Most sunscreens contain chemicals that actually cause ecpegt"qt"rtqfweg"qvjgt"wpjgcnvj{"tguwnvu)
- Uchg"uwpuetggpu"gzkuv000kh"}{qw"mpqy"y jcv"vq"nqam"htl)

### WHY YOU NEED MORE SUN EXPOSURE

Y j g p {" q w " c t g " g z r q u g f " v q " u w p u j k p g . " { q w t " u m k p " c d u q t d u " v j g " w n v t c x k q n g v " g p g t i { " h t q o " v j g " u w p " c p f " v j g p " e q p x g t v u " k v " v q " x k v c o k p " F 5 " \* e j q n g e c n e k h t q n + 0 } 1 This makes the sun your safest source of xkvc o kp" F50"Kv"ku"eq o r ngvgn{"pcvwtcn"cpf"pqv/vqzke)

[qw"pggf"cdqvw"7.222"kpvtcpvkqpcn"wpkvu"qh"xkvc o kp" F5" c"fc{0"2 Wphqtwpvcvgn{"v j g" i q x g t o g p v" t e q o o g p f u" 422/622" w p k v u" c" f c { 0 " 5 " " K v " k u " p q " y q p f g t " v j c v " p g c t n { " 97 " " q h " y q o g p " c p f " 73 " " q h " o g p " f q p v " i g v " g p q w i j " x k v c o k p " F 5 " v q " m g g r " v j g o " j g c n v j { 0 " 6

Jqy"ecp"yg"enqug"vjg"xkvc o kp" F5" fgLekvA"Kvøu"gcu{"#" Yg" o cmg" cv"ngcu"32.222"wpkvu"qh"xkvc o kp" F5" y kv j k p" 52" o kp w v g u " q h " h w n n " d q f { " g z r q u w t g " v q " v j g " u w p l 0 " 5 " " X k v c o k p " F 5 " d g p g L u v " k p e n w f g <

- Tg o c t m e d n g " t g u w n v u " L i j v k p i " q u v g q r t q u k u . " c w v q k o o w p g " f k u q t f g t u " n k m g " o w n v k r n g " u e n g t q u k u . " L d t q o { c n i k c . " t j g w o c v q k f " c t v j t k v k u . " e q n f u " c p f " l w l )
- Tgfwegu"vjg"tkum"qh"jgctv"cvvcem)
- Nqygtu"ejqnguvgtqn"cpf"dnqgf"rtguuwtg)
- Kpetgcugu"vjg"uvtp"vj"qh"}{qwt"dqpf)
- Rtgxgpvu"fgrtguuqk"cpf"ngxcvgu"o q q f)
- Rtgxgpvu"ecxkvk"gu"cpf"vqqvj"nquu)

- Rtgxgpvu"wpgzrncpkpgf"dqpg"cpf" o wueng" rckp" \*kpenwfkp i" dcem" rckp+0)
- Kpetgcugu"hgtnknkv{"cpf"dquvu"ugz" jqt o qpqu"kp" o gp"cpf" y q o gp)
- Rtgxgpvu"kp l c o o cvqt{"dqygn"fkugcug"cpf" qv j g t " f k i g u v k x g " f k u q t f g t u l 2

### SUNLIGHT'S ABILITY TO PREVENT OR DELAY CANCER

Qpg"qh"vjg" o quv"vutkmkp i" d g p g L u v " q h " u w p n k i j v " k u " k v u " c d k n k v { " v q " r t g x g p v " q t " f g n c { " f g x g n q r o g p v " q h " e c p e g t l ) Q p g " u w w f { " h q w p f " v j c v " 69.222" e c p e g t " f g c v j u " o k i j v " d g " r t g x g p v g f " g c e j " { g c t " k p " C o g t k e c " k h " r g q r n g " t g e g k x g f " o q t g " u w p u j k p g " q t " v q q m " u w r n g o g p v u " v q " t c k u g " x k v c o k p " F 5 " n g x g n u l 2 Q v j g t " u w w f k g u " j c x g " e a p l t o g f " v j c v " k p e t g c u g f " u w p " g z r q u w t g " n g c f u " v q <

- 57/97 " " f g e t g c u g f " e j c p e g " q h " f g x g n q r k p i " d t g c u v " e c p e g t l ) 6
- Wr"vq"88 " " f g e t g c u g f " f g c v j u " h t q o " o " d " c p f " f g n c { g f " f g x g n q r o g p v " q h " o " r t q u v c v g " e c p e g t l ) 9
- 72 " " h g y g t " e q n q p " e c p e g t " f g c v j u l 8

Kp" c " t g x k g y " q h " q x g t " 72 " u w w f k g u . " t g u g c t e j g t u " h q w p f " v j c v " v j q u g " y j q " t g e g k x g " t g i w n c t " u w p " g z r q u w t g " c t g " c v " c " n q y g t " t k u m " h q t " o g n c p q o c . " v j g " f g c f n k g u v " h q t o " q h " u m k p " e c p e g t l ) " K p " h c e v . " p p g " q h " v j g " d g u v " v j k p i u " { q w " e c p " f q " v q " r t g x g p v " f g x g n q r o g p v " q h " o g n c p q o c " k u " v q " i g v " c " l q d " y q t m k p i " q w w u k f g l " H q t " g z c o r n g . " o g n c p q o c " t c v g u " c t g " o w e j " j k i j g t " c o q p i " q h L e g " y q t m g t u " v j c p " n k h g i w c t f u " q t " h c t o g t u l 9

Y j { " f q u " u w p n k i j v " \* c p f " v j g " x k v c o k p " F 5 " k v " e c v c n { | g u + " j c x g " u w e j " c " r q y g t h w n " g h h g e v " k p " r t g x g p v k p i " e c p e g t A

- Vitamin D3 cuts off the blood supply to cancer cells.** Ecpegtu"pggf"pgy"dnqgf"xguugnu"vq"uwr rqt"vjg o 0"Xkvc o kp" F5" r t g x g p v u " h q t o c v k q p " q h " d n q q f " x g u u g n u " h g g f k p i " v w o q t u l 10
- Vitamin D3 triggers cancer cell death.** One of your dqf {"ø"dwkv/kp"rtqvevkqpu"ku"örqt i tc o o g f"egnm"fgcvj d l) Y j g p " e g n n u " f q p v " y q t m " r t q r g t n . { " q w t " d q f { " p q t o c m n { " u k i p c n u " h q t " v j q u g " e g m u " v q " f k g " t c v j g t " v j c p " d g e q o g " e c p e g t q w u l ) X k v c o k p " F 5 " k u " p g e g u u c t { " v q " u v k o w n c v g " c p f " t g i w n c v g " v j k u " r t q e g u u l ) Y k v j q w " g p q w i j " x k v c o k p " F 5 . " v j k u " r t q e g u u " d t g e m u " f q y p " c p f " e c p e g t " e g m u " j c x g " o q t g " q r r q t w p k v { " v q " i t q y l 11



- Vitamin D3 inhibits genes that are prone to mutation.** Egtvckp i gpgu vgp f"vq" r t q f w e g " e c p e g t q w u " o w w c v k q p u " o q t g " v j c p " q v j g t u 0 " X k v c o k p " F 5 " d q p f u " y k v j " v j g u g " i g p g u " c p f " r t g x g p v u " v j g k t " o w w c v k q p 0 " 12
- Vitamin D3 stimulates stronger immune defenses.** Your k o o w p g " u { u v g o " r n c { u " c " e t k v k e c n " t q n g " k p " r t g x g p v k p i . " L i j v k p i " c p f " f g u v t q { k p i " e c p e g t u 0 " X k v c o k p " F 5 " u k i p c n u " v j g " d q f { " v q " c v v c e m " v w o q t u 0 " 35
- Vitamin D3 raises the oxygen carrying capacity of your blood.** " E c p e g t " e g n m u " f q p o w " n k m g " q z { i g p 0 " Y k v j " g p q w i j " x k v c o k p " F 5 " k p " { q w t " u { u v g o . " e c p e g t " e g n m u " c t g " g z r q u g f " v q " o q t g " q z { i g p . " y j k e j " j g n r u " v q " L i j v " v j g o 0 " 36 . 37

## SUNLIGHT HELPS YOU BURN FAT UP TO 70% FASTER

Gzgtekukpi "kp" vjg"uwp" jgnru" {qwt" dqf" {"vq" dwknf" o wueng" cpf" dwtp" hc v " h c u v g t 0 " X k v c o k p " F 5 " k p e t g c u g u " v j g " q z { i g p " e c t t { k p i " e c r c e k v { " q h { q w t " d n q q f 0 " Y j g p " o q t g " q z { i g p " t g c e j g u { q w t " o w u e n g u . " { q w " y k m n " d w k n f " o q t g " j g c n v j { " o w u e n g " v k u u w g 0 " T g u g c t e j " k p v q " c v j n g v g " r g t h q t o c p e g " r t q x g u " v j k u " e n c k o 0 " C v j n g v g u " c t g " e q o o q p n { " c v " v j g k t " r g c m " k p " v j g " u w o o g t " o q p v j u . " y j k n g " v j g k t " y k p v g t " r g t h q t o c p e g " t e t g n { " o g c u w t g u " w r " v q " v j c v " k p " v j g " u w o o g t " o q p v j u 0 " 16

Cnuq. " y j g p " u w p n k i j v " d q q u v u " v j g " x k v c o k p " F 5 " k p " { q w t " u { u v g o . " { q w t " d q f { " e c p " d g v v g t " t g i w n c v g " k v u " e c n e k w o " n g x g n u 0 " J g e n v j { " n g x g n u " q h " x k v c o k p " F 5 " c p f " e c n e k w o " e c p " u r g g f " h c v " n q u u " d { " w r " v q " 92 " ' 0 " 39

## SUNLIGHT IMPROVES YOUR BLOOD SUGAR LEVELS

Tgurrpukdng"uwp"gzrquwtg"ecp"jgnr"rtxgppv"fgxgnr"rki"V{"rg"3" c p f " V { r g " 4 " f k c d g v g u " <

€# **Type 1 Diabetes:** A study with more than 10,000 r c t v k e r e p v u " u j q y g f " v j c v " x k v c o k p " F 5 " u w r r n g o g p v c v k q p " k p " k p h c p v u " \* n g u u " v j c p " p q g { g e t " q h " c i g + " c p f " e j k n f t g p " y k v j " 4 . 2 2 2 " K W " q h " x k v c o k p " F " r g t " f c { " t g f w e g f " v j g " k p e k f g p e g " q h " v { r g " 3 " f k c d g v g u " d { " c r r t q z k o c v g n { " : 2 " ' 0 " 2

€# **Type 2 Diabetes:** Qpg"uuvf" {"hqwpf"vjc"jcxkpi"nqy"ngxgnu" qh" xkvc o k p " F 5 " e c p " k p e t g c u g { q w t " e j c p e g u " q h " f g x g n q r k p i " k p u w n k p " t g u k u v c p e g \* c p " g c t n { " u v g r " k p " v j g " f g x g n q r o g p v " q h " f k c d g v g u + d { " c d q w " 4 2 " ' 0 " 1 8 " k p " c " u k o k n c t " u v w f { . " C w u v t c n k c p " t g u g c t e j g t u " u j q y g f " v j c v " r g q r n g " y k v j " n q y " x k v c o k p " F 5 " n g x g n u " w u w c m n { " j c f " j k i j " n g x g n u " q h " d n q q f " i n w e q u g " c p f " k p u w n k p 0 " 19 X k v c o k p " F 5 " f q g u p o w " l w u v " j g n r " r t x g p p v " f k c d g v g u 0 " k v " e c p " c n u q " j g n r " t g f w e g " k v u " u { o r v q o u 0 " k p " p q g " u v w f { . " t g u g c t e j g t u " h q w p f " v j c v " k p e t g c u k p i " x k v c o k p " F 5 " k p " v j g " d n q q f " v q " k f g c n " n g x g n u " k o r t q x g f " k p u w n k p " u g p u k v x k v { \* c " v g t o " h q t " j q y " y g n n " k p u w n k p " y q t m u " k p " { q w t " d q f { + " d { " 8 2 " ' 0 " 20

## HOW SUNSCREENS CAN HARM YOU

[q w " y q w n f " v j k p m " v j c v " y k v j " c n n " v j g u g " u w p / r t q f w e g f " x k v c o k p " F 5 " c f x c p v c i g u . " v j g " o g f k e c n " k p f w u v t { " y q w n f " d g " n q m k p i " h q t " y c { u " v q " d q v n g " u w p n k i j v 0 " K t a p k e c n n { . " v j g { " f q " v j g " g z c e v r " r r q u k v 0

Uwpuetggpu"cn o quv"eq o r n g y g n {" r t x g p v " v j g " d q f { " h t q o " o c m k p i " u w p / r t q f w e g f " x k v c o k p " F 5 0 " 21 S P F 8 ( S u n P r o t e c t i o n F a c t o r , t h e o q u v " t g n k c d n g " o g c u w t g " q h " u w p u e t g g p " L n v g t " g h L e k g p e { + " u w p u e t g g p u " t g f w e g " x k v c o k p " F 5 " r t q f w e w k q p " d { " ; 9 0 7 " ' . " c p f " ; ; 0 7 " ' d { " U R H " 3 7 " r t q f w e w u 0 " " U w p u e t g g p u " y k v j " j k i j g t " U R H u " d n q e m " { q w t " c d k n k v { " v q " c d u q t d " u w p n k i j v " c p f " r t q f w e g " x k v c o k p " F 5 " h q t " n q p i g t " r g t k q f u " q h " v k o g 0 " 22

## Chemical-based sunscreens give you a dose of something you don't want: TOXIC CHEMICALS.

### Oxybenzone

*Description:* D t q c f / u r g e v t w o " c d u q t d g t 0 " 45  
*Pros:* P g i n k i k d n g " r g p g v t c v k q p " d g n q y " u m k p " u w t h c e g 0 " 46  
 F q g u " p q v " u v c k p " e n q v j k p i 0 " F q g u " p q v " e c w u g " u m k p " k t t k v c k q p 0 " 19

### Cons:

P q v " h q t " w u g " d { " e j k n f t g p 0 " " P q v " y c v g t " t g u k u v c p 0 " 25  
 C u " c " r g p g v t c v k q p " g p j c p e g t . " o c { " k p e t g c u g " v j g " c o q w p v " q h " q v j g t " k p i t g f k g p v u " r c u u k p i " v j t q w i j " u m k p 0 " 26 " " E c p " k p v g t h g t g " y k v j " e g n n w n c t " q r g t c v k q p u " c p f " n g c f " v q " e g m n " f g c v j 0 " " O c { " d g " c u u q e k c v g f " y k v j " e c t f k q x c u e w n c t " f l u g c u g 0 " 49 Not for those with u m k p " r t q d n g o u " q t " c n n g t i k g u l 0 " 28

### Homosalate

*Description:* Generally added to other formulations to boost v j g " U R H 0 " 25

### Pros:

U v c d n g " k p " v j g " r t g u g p e g " q h " u w p n k i j v 0 " " Y c v g t " t g u k u v c p 0 " 25

### Cons:

U j q y p " v q " f k u t r v " j q t o q p p u . " c h h g e v k p i " v j g " f g x g n q r o g p v " q h " v j g " d t c k p " c p f " t g r t q f w e w k x g " q t i c p u " k p " n c d q t c v q t { " t c v u 0 " 29 " C u " c " r g p g v t c v k q p " e n h a n c e r , m a y i n c r e a s e t h e a m o u n t o f o t h e r k p i t g f k g p v u " r c u u k p i " v j t q w i j " u m k p 0 " 26 " " k p e t g c u g u " e c p e g t " e g m n " u r t g c f k p i " c p f " i t q y v j 0 " 52

### Octocrylene

*Description:* May be used in combination with other UV c d u q t d g t u " v q " c e j k x g " d g w g t " t g u w n v u 0 " 45

### Pros:

P g i n k i k d n g " r g p g v t c v k q p " d g n q y " u m k p " u w t h c e g 0 " 46

### Cons:

E c p " k p v g t h g t g " y k v j " e g n n w n c t " q r g t c v k q p u " c p f " n g c f " v q " e g m n " f g c v j 0 " " O c { " d g " c u u q e k c v g f " y k v j " j g t v " f l u g c u g 0 " 49

### Titanium Dioxide

*Description:* T g f g e v u " 5 2 " ' " c p f " c d u q t d u " 9 2 " ' " q h " W X " n k i j v 0 " " K v " f u n c t i o n s m o r e a s a c h e m i c a l s u n s c r e e n r a t h e r v j c p " c " r j { u k e e n " q p g 0 " 53

### Pros:

k p g z r g p u k x g 0 " 54

### Cons:

C u " c " o r j q v q e v k x c v q t o \* k p " v j g " r t g u g p e g " q h " n k i j v + . " k v " c e v k x c v g u " h t g t " t c f k e c n " c e v k x k v { " c p f " r t q f w e w k q p . " k p e n w f k p i " e c p e g t q w u " c p f " r t g e c p e g t q w u " c e v k x k v { 0 " 55

### Octisalate

*Description:* W u g f " v q " d q q u v " v j g " W X / D " r t q v g e v k q p " k p " c " u w p u e t g g p 0 " 45

### Pros:

P g i n k i k d n g " r g p g v t c v k q p " d g n q y " u m k p " u w t h c e g 0 " 46  
 I q q f " u c h g v { " r t q L n g 0 " 45 " " U v c d n g " k p " v j g " r t g u g p e g " q h " u w p n k i j v 0 " " Y c v g t " t g u k u v c p 0 " 25

### Cons:

C u " c " r g p g v t c v k q p " g p j c p e g t . " o c { " k p e t g c u g " v j g " c o q w p v " q h " q v j g t " k p i t g f k g p v u " r c u u k p i " v j t q w i j " u m k p 0 " 56

### Avobenzone (Parsol 1789)

*Description:* V j g " q p n { " e j g o k e c n " v j c v " c d u q t d u " v j g " y j q n g " W X / C " u r g e v t w o 0 " 25

### Pros:

E q p u k f g t g f " v j g " o q u v " g h L e k g p v " u w p u e t g g p 0 " 46 " F q g u " p q v " u v c k p " e n q v j k p i 0 " F q g u " p q v " e c w u g " u m k p " k t t k v c k q p 0 " 25

### Cons:

O c { " d t g e m " f q y p " c h v g t " c p " j q w t " q t " v y q " k p " v j g " u w p 0 " 57  
 F q g u " p q v " r t q x k f g " c p { " W X / D " c d u q t r v k q p 0 " 25  
 N k o k v g f " r q v g p v k c n " v q " c d u q t d " k p v q " v j g " u m k p 0 " 58

# APPLY THE RIGHT SUNSCREEN TODAY!

Uq."jqy"fq{qw"tgr"vjg"dgpgLvu"qh"vjg"uwp"ykvjqw"igwvki" uwpdwtpgfA"Vjg"eqwvpt{ou"htqg"o"quv"gzrgtv"qp"uwpnki"jv"cpf" xkvc"okp"5"o"5"Okejcg"Jqnkem"o"tgeq"o"ogp"fu"vjtg"vjkipi"u" crn{"vjg"tki"jv"uwpuetggp."cv"vjg"tki"jv"vk"og."cv"vjg"tki"jv"co"qwpv}

## 1. Buy Zinc Oxide: The Safe, Effective Sunscreen

Uwpuetggpu"ykvj" \kpe"Qzkfg"cu"vjg"cevkxg"kpigtfgkpv"iq"qp" vjkem."dww"vjg{"ctg"uchg"cpf"ghhgevkg<

- # \kpe"Qzkfg"ku"eq"o"rngvgn{"uchg"59."5:
- # Pgygt"o"cpwhcevwtkpi"vgejpkswgu"gpwtg"kv"iqgu"qp" engct."qt"hcfgu"kpqv"vjg"umkp"ykvj"kp"o"kpwwgu"5:
- # Kv"ku"o"qtg"ghLekgpv"kp"vjg"WX/C"tcpig."46"rtqgevkipi" c"ickpuv"dqvj"WX/C"cpf"WX/D"tc{u}
- # Kv"ku"mkf/htkpgfn{0"5:
- # Kv"tg"o"ckpu"uvcdng"gxgp"y"jgp"gzrqugf"vq"WX"tcfkcvkp." wpnkmg"qvjgt"kpigtfgkpvu"hwqpf"kp"o"quv"uwpuetggpu"62

## 2. When to Apply Sunscreen

Ftl"Jqnkem"tgeq"o"ogp"fu"igwvki"cv"ngcu"vjg"o"pkow"o" c"o"qwpv"qh"uwpnki"jv" {qw"pggf"vq"rtqfweg"cfgswcg"co"qwpvu" qh"xkvc"okp"5"before" {qw"crn{" {qwt"uwpuetggp"0"0"o"i"q"qvw" vjgtg"vjcv"7"qt"32"qt"37"o"kpwwgu"Ocmg" {qwt"xkvc"okp"5"kp" {qwt"umkp"0"Vjgp"rww"qp" {qwt"uwpuetggp"ykvj"cp"URH"qh"37" vq"rtgxgp"vjg"ghhgevu"qh"vjg"ejtqpk"gzeguukxg"gzrqwtg"vq" uwpnki"jv"0"63

Jqy"gxgt."Ftl"Jqnkem"7/"vq"37/"o"kpwwg"uwpnki"jv" r"tguetrvkqp"ku"pqv"tgeq"o"ogp"fgf"cetquu"vjg"dqctf"0"okv" fgrgp"fu"qp"vjg"rgtuqp"cpf"vjgkt"rctvkewct"ugpukvkv" {vq" uwpnki"jv"0"kp"igp"gtcn."K"tgeq"o"ogp"fu"vjcv"y"jcv"gxgt" {qwt" gvjpkkv" {qt"umkp"vqpg." {qw"igv"qvw"fqqtu"ykvjqw"cu"uwpuetggp" uq"ogy"jgtg"ctqwpf"42" "qh"vjg"co"qwpv"qh"vk"og"kv"y"qwnf" vcmg"vq"ecwug"cu"uwpdwtp."jqy"gxgt"nqpi"vjcv"oki"jv"dg"0"63

## 3. How Much Sunscreen to Apply

Oquv"qh"wu"fqppov"crn{"gpqwi"j"uwpuetggp"vq"igv"vjg" r"tqgevkipi"u"j"q"y"p"qp"vjg"ncdgn"Uvw"fkgu"u"j"q"y"o"quv"rgq"ng" crn{"47/72" "nguu"uwpuetggp"vjcp"vjg" {pggf"0"Vjcv"o"gcpu" vjcv"nguu"vjcp"72" "qh"vjg"URH"pw"o"dgf"enck"ogf"qp"vjg"ncdgn" ku"urtgcf"qp"cu"rgtuqp"u"umkp"0" "Hqt"gzco"rng."cu"uwpuetggp" ykvj"cu"URH"52"ykn"i"kvxg"vjg"tgc"r"rtqgevkipi"qh"cp"URH"37" Vjgtg"htg."fgt"o"cvq"nq"i"kuvu"tgeq"o"ogp"fu"uwp"i"rtqfwewu"ykvj" URH"82"y"jgp" {qw"y"cpv"vjg"tgc"r"rtqgevkipi"qh"URH"52"0"62

Qvjgt"tgeq"o"ogp"fu"cvkqpu"kpewfg<

- # Fqppov"htq"igv"vjg"vcu" {vq/"o"kuu"urqv."nkmg"vjg"vkr"u"qh" {qwt"vcu."dgj"kp"ng"i"u"cpf"kh"tgng"xcpv." {qwt"dcnf" urq"0"Ukpeg" {qwt"nkru"ecp"cnug"igv"uwpdwtpgf."wug"cu" WX/rtqgevkipi"nkr"dcn"o"cpf"tgr"rn" {kv"tg"i"wnctn"0
- # Tgr"rn" {uwpuetggp"cv"ngcu"v"gxgt" {v"y"q"j"qwtu"cpf"o"qtg" qh"v"p"kh" {qwt"t"u"y"gc"v"kipi"qt"i"gv"v"ki"y"gv+0
- # Rc" {cvv"gp"vq"vjg"gzrktcvkp"fcvg"qp"vjg"dqvw"0" Uwpuetggpu"ecp"nqug"vjgkt"ghhgevkg"pggu"qxgt"vk"og"o" wuwcm" {4/5" {gct"u"0"Kh" {qw"jcxg"swgukqpu"cdqvw" {qwt"rtqfwewu"gzrktcvkp"fcvg."rngcu"eqpvcev"vjg" o"cpwhcevwtgt} ■



ECNN"VQ"CEVKQP



Dgecwug" {qw"pggf"cv"ngcu"6.222"wpkvu"qh"xkvc"okp"5"cu" fc" {htq"o"cmn"uqwtegu."fq"y"jcv" {qw"ecp"vq"igv"cfgswcg" co"qwpvu"qh"xkvc"okp"5"0

1. Buy and use a Zinc Oxide-based sunscreen, eq"o"ogp"n" {hqwpf"cv"nqec"jgc"nv"jq"qf."pwtvkvqp"qt"urqtvu" uvqtgu" I"gpqtqwu" {crn" {tgeq"o"ogp"fgf"co"qwpvu"qh" {qwt" \kpe"Qzkfg"dcugf"uwpuetggp"0" Fqppov"htq"igv"vjg"jctf/vq/ tgcej"ctgcu}
2. Go outside and enjoy the sun for 10-15 minutes a day" \*qt"42" "qh"vjg"co"qwpv"qh"vk"og"kv"y"qwnf"vcmg"vq" ecwug"cu"uwpdwtp." THEN apply your sunscreen. Only u"j"q"v"gzrqwtg"vq"uwpnki"jv"ctg"tgs"wtg"vq"u" {pvj"gu"kg" xkvc"okp"5"kp"vjg"umkp"0" Hq"o"ur"tkpi"wpvkn"cwv"o"p." 37"o"kpwwgu"qh"gzrqwtg"vq"vjg"jcp"fu."ct"ou"cpf"hecg" dgy"ggp";"co"cpf"6"r"o"ku"cfgswcg"vq"rtqxfg" {qwt" xkvc"okp"5"tgs"wtg"o"gpv"0"64

3. Take a vitamin D3 supplement daily, especially in the fall and winter,"y"jgp"uwp"gzrqwtg"// "cpf" {qwt"cdknkv" {vq"rtqfweg"xkvc"okp"5"// "fk"o"kpku"j"gu"0"Xkukv" {qwt"nqec"jgc"nv"jq"qf"uvqtg"cpf"dw" {uq"og"xkvc"okp"5"0"0"D" {vcmkpi"cu" xkvc"okp"5"uwr"rng"ogp"v"fc"n" {7.222"wpkvu"ku"ecmng"fc"ouwhLekgpv"fc"n" {f"q"ug"o." {qw"ecp"uchgn" {rtqfweg"uw"o"gtvk"og" ngxgnu"qh"xkvc"okp"5"0"0" Pqvg"t"tgugctej"gtu"jcxg"hwqpf"vjcv"xkvc"okp"5"vqzkekv" {ku"tctg."cpf"vjcv"vcmkpi"32.222"wpkvu" qh"xkvc"okp"5"fc"n" {ku"uchg"okp"fc"v"vnu."vqzkekv" {i"gp"gtcn" {tgs"wtg"u"gxgtcn"o"qpv"j"u"qh"uwr"rng"ogp"vkvqp"qh"cv"ngcu"v" 322.222"KW"rgt"fc" {o"0"2

3\* EcpgpmLL0dXlvc o kp F R jct o ceqpi { .d Ugrw 4225. jwr dly y ylxvc o k p feqwpemlqt i l x lvc o k p FR jct o ceqpi { l u j v o n  
4\* Xcuswg | C. Ocpug | I. EcpgpmLL0dVjg Enkplecn K o rqtvcpeg Qh Xlvc o k p F \* E j qngcnekhtgq+< C Rctc fki o U j h w Y l v j K o r n e k c v k p u H q t C m J g c m j e c t g R t q x f g t u . d C m g t p e v k x g V j g t c r k u . U g r v l Q e v 4226. 32.7. r 0 .4 : / 590  
5\* Hq q f c p f P w t k v k p D q c t f . K p u v k w g q h O g f l e k p g . P e v k p c n C e c f g o { q h U e k p e g u l d F k g c t { T g h g t g p e g K p v c m g u \* F T k u < T g e q o o g p f g f K p v c m g u h q t K p f l x f w c m . X l v c o k p u . d 4226. j w r d l y y y l k o o l g f w l Q d l g e w H n g l O c u v g t l 431594 l 20 r f h  
6\* J q w u v q p F M . g v c m l d C u u q e k c v k p D g v y g g p X l v c o k p F U v c w u c p f R j { u k e c n R g t h t o c p e g V j g E J K C P V K U w f w { . d L q w t p c m q h I g t q p v q q i { U g t k u C D k q n q i k e c n U e k p e g c p f O g f k e c n U e k p e g u . C r t k n 4229. 84\*6-0  
7\* EcpgpmLL0dVjg V t w j C d q w X l v c o k p F V q z k e v { . d U g r w 4225. j w r d l y y y l x v c o k p f e q w p e m l q t i l x l v c o k p F V q z k e v { l u j v o n  
8\* L q j p G O . g v c m l d X l v c o k p F c p f d t g e u c e p e g t k u m c v j g P J C P G U K G r k f g o k q q i k e h q m y w r u w f w { . 3 ; 93 / 3 ; 97 v q 3 ; 4 C P e v k p c n J g c m j c p f P w t k v k p G z c o k p e v k p U w t x g { . d E c p e g T G r k f g o k q n D i q o c t m g t u R t g x l . 3 ; ; : \* 7 + 5 ; ; / 6280  
9\* N w e q o d g E . H t { g t C . H t g p e j O . N k w U . U c z d { O . L a p p u R U v t c p i g T 0 d G z r q u w t g v w v w t e x k q p t e f l e v k a p c u u q e k c v k p y l v j u w e g r v k d k a v { c p f c i g c v r t g u g p v k p y l v j r t q u v c g e c p e g . d V j g N e p e g . 57 ; < ; 4 . 4 . r 0 863 / 8640  
: \* I q t j c o G . g v c m l d Q r w k o c a X l v c o k p F U v c w u h q t E a q q t e v c n E c p e g T r t x g p k a p C S w e p k v k x g O g v c C p c n { u k u . d C o g t l e c p L q w t p c n q h R t g x p i x g O g f l e k p . 54 . 5 . r 0 432 / 4380  
; \* G n y q q f L O . L q r u p p L 0 d O n g c p q o c c p f u w p g z r q u w t g c p q x g t x g y q h r w d a k u j g f u w f k u . d K p v L E c p e g t 3 ; ; 9 Q e v ; - 9 5 \* 4 + 3 ; ; / 4250  
32\* U j q m t c x k O V . g v c m l d X l v c o k p F k p j k d k v c p i k i q i g p u k u l p v t c p u i g p k e o w t k p g t g v k p d c u v q o c . d K p x Q r j 0 . 3 ; ; 7 5 8 ; 50  
33\* O e v j k u g p K . g v c m l d C r v a u l p f w e g f d { X l v c o k p F e q o r q w p f u l p d t g e u c e p e g e g n m u k u k p j k d i v g f d { D e n / 4 d w v f q u p q v l p x q x g m p y p e c u r c u g u q t r 75 . d E c p e g T T u . 3 ; ; ; < 7 ; < 6 ; / 780  
34\* O c t w { o c o T . g v c m l d E q o r c t e v k x g i g p q o c p c p n { u k u f g p k L g u v j g X l v c o k p F t g e g r v q t i g p g c u c f l t g e v v c t i g q h r 75 o g f k v g f v t c p u e t r v k a p c n c e v k c v k p . d E c p e g T T u . 4228 < 88 \* ; + < 6796 ; / 50  
35\* C f q t k p N . g v c m l d X l v c o k p F t g e g r v q t c p i c i q p k u u . e c p e g c p f v j g k o o w p g u { u w g o c p k p t e c v g t e n e v k a p u j k r . d E w t t V q r O g f E j g o . 4228 - 8 \* 34 < 34 ; 9 / 35230  
36\* O i n g { I 0 d V j g R t g u p p U v c w u q h W a v t e x k q g v D i a q f K t t e f l e v k a p . d C t e j R j { u V j g t 0 . 3 ; 66 . 47 . 5790  
37\* Y l u p t U 0 d V j g K p f w e p e g q h W a v t e x k q g v N k i j v q p v j g Q z { i g p W r v c m g q h v j g V u u w u g u k p C t g e t k n Q e n w u u x g F l u g c u g u . d T c f k q d k n T c f l q j g t g . 3 ; 95 . X q n 0 360  
38\* M q e j J . g v c m l 4222 d 0 E k t e c p p w n r g t k f q h r j { u k e c n r g t h t o c p e g c p c n { u g f d { o g e p u q h u w p f c t f e q u k p a t c p c n { u k u c e c e g t g r q t 0 T q o L R j { u k q n 0 59 \* 3 / 6 + 73 / : 0  
39\* \ g o g n O D . g v c m l 4226 d 0 E c n e k u o c p f F c k t { C e e g n t c v k p q h Y g k i v c p f H v N q u u F w t k p i G p g t i { T g u t e v k a p k p Q d g u g C f w v u u 0 Q d g u v { T g u g e t e j 34 < 7 . 4 ; 2  
3 : \* I c d { C 0 d 4226 d 0 R t g x g p f l e c d g u c p f k p u w k p t g u k u v c p e g y l v j X l v c o k p F 5 0 J g c n v j P q u g u P g y u y k t g 0 8139 l 4226  
3 ; \* P g g f C I . g v c m l 4227 d 0 T g n e c k v k p j k r d g v y g g p h c u k p i u g t w o i n e w e q u . c i g . d q f f { o c u u k p f g z c p f u g t w o 47 j { f t q z { X l v c o k p F 5 k p r q u o g p q r w c u a n y q o g p l E n k p G p f q e t k p q n Q z h 0 84 \* 8 + 95 : / 630  
42\* E j k w M E . g v c m l 4226 d 0 J r q x l v c o k p k u k u F u u c u q e k v g f y l v j k p u w k p t g u k u v c p e g c p f d g v c e g n f { u w p e v k a p 0 C o L E n k p P w t 0 9 ; \* 7 + : 42 / 70  
43\* J q k e m O H 0 d V j g W X C f x c p i g . d P g y [ q t m U k o q p { U e j w u y t k d q m u . 4225 . r 0 3840  
44\* k d f . r 0 740  
45\* N g x { U 0 d U w p u e t g g p u c p f R j q r q t q e w k p d . j w r d l y y y l g o g f l e k p g l e q o l f g t o l v r l e 732 l j v o . C w i w u v 39 . 4228  
46\* X g t u e j q q t g O 0 d G x c n w c k p i U w p u e t g g p d . j w r d l y y y l u m k p c p f c i k p i l e q o l c t v k e n g l 44 : 7  
47\* D t c p p q p J 0 d W X C C d u q t d k p U w p u e t g g p u . d O c t e j 4229 . j w r d l f g t o c v a q i { l e c d w l e q o l e u l u m k p e c p e g t u l c w x c c d u q t d l j v o  
48\* R a p p C T . E j c t t q p C T . D t e p f T O 0 j w r d l y y l e q u o g k e u f c e v d c u g l e q o l k p i t g f l g p 0 r j r A k p i t g f 28 924 : 89 ( t g h w n ? ' 4 H y q t f u g e t e j 0 r j r ' 5 H s w g t { ' 5 F J q o q u c n e g ' 48 . 42260  
49\* C m g p . g v c m l j w r d l y y l e q u o g k e u f c e v d c u g l e q o l k p i t g f l g p 0 r j r A k p i t g f 28 926428 ( t g h w n ? ' 4 H y q t f u g e t e j 0 r j r ' 5 H s w g t { ' 5 F Q e v q t { a g p g ' 48 . 42280  
4 : \* D t { f g p C O . g v c m l T q f t i k w l G . X e n d w p c O E . T g { O . R a t t c u f g S w k p c p N 0 j w r d l y y l e q u o g k e u f c e v d c u g l e q o l k p i t g f l g p 0 r j r A k p i t g f 28 926594 ( t g h w n ? ' 4 H y q t f u g e t e j 0 r j r ' 5 H s w g t { ' 5 F Q z { d g p l q p g ' 48 . 42280  
4 ; \* O c T . g v c m l d W X L a m g u t y l v j c p i c i q k u k e c e v k a p c v c p f t q i g p t g e g r v q t u k p v j g O F C / m d 4 e g n v t c p u e t r v k a p c n c e v k c v k p c u u c { . d V q z e q u l U e l 0 . 4225 . 96 . 65 / 720  
52\* U e j n w o r h O . g v c m l d k p X l v t q c p f k p X l x q G u v t q i g p k e v { q h W X U e t g p u d . G p x t q o g p v c n J g c n v j R g t u r g e v k x g u . X a p o p 32 ; . P w o d g t 5 . O c t e j 42230  
53\* F w p h q t f T . g v c m l d E j g o k e c n q z k f e v k a p c p f F P C f c o c i g e c v c n { | g f d { k p q t i c p k e u w p u e t g g p k p i t g f l g p u 0 . V q z e q n N g w 3 ; ; 7 Q e v = 2 \* 3 / 5 + 83 / 9  
54\* N w R L . J q K E . N g g V E 0 d k p f e w k a p q h u k w g t e j t q o c k f g z e j c p i g u c p f o k e t a p w e n g k d { v k v c k w o f l k z k f g k p E j k p g u g j c o u g t q x c t { / M 3 e g m u d . O w v c k a p T g u g e t e j . 636 . 37 / 420  
55\* U g t r a p p P . g v c m l d F g n g v t k i q u w g h i g e v u q h u w p u e t g g p v k v c p k o f l k z k f g p e p q r c t v k e n g u q p F P C d g h i q t u v q h k o k v F P C f c o c i g d { r c t v k e n g u w t h c e g o q f k L e e v k a p . d R t q e l U R k G X q n 0 647 : . L w p g . 4223 . r 0 : 8 ; : 0  
56\* R a p p . 4226 \* O q t i c p . 3 ; ; : = M t u j p e p j w r d l y y y l e q u o g k e u f c e v d c u g l e q o l k p i t g f l g p 0 r j r A k p i t g f 28 926426 ( p a v j c p m u ? 3 . 4226  
57\* E j c v n c k p G . I c d c t f D 0 d R j q v q u c d n k i c v k a p q h D w w { a n o g v j q z { f l d e p l q { a n o g v j c p g \* C x q d g p l a p e s c p f G v j { n j g z { a n o g v j q z { e l p p e o c v g d { D k u / g v j { n j g z { a n z { r j g p q n o g v j q z { r j g p { n v t k i k p g \* V l p q u a t d U + . c p g y W X d t q e f d e p f L a m g t 0 R j q v a e j g o R j v q d k a n . U g r v 4223 . 96 \* 5 + < 623 / 80 R O K F \* 337 ; 6274 - V c t c u / Y c j n d g t i P . g v c m l d E j c p i g u k p w a v t e x k q g v c d u q t r v k a p q h u w p u e t g g p u c h v g t w a v t e x k q g v k t t e f l e v k a p 0 L K p x g u v F g t o c v a n . Q e v 3 ; ; ; : 335 \* 6 + < 769 / 750 R O K F \* 3272665 ; = Y g v l H . g v c m l d C o p g y n a p i e j c k p W X c d u q t d g t f g t x g f h t q o 6 / g v t w / d w { n 6 / o g v j q z { f l d e p l q { a n o g v j c p g c d u q t d c p e g u e d k a v { w p f g t u a c t k t t e f l e v k a p 0 L E q u o g v U e k . O c t / C r t 4227 . 78 \* 4 < 357 / 6 : 0 R O K F \* 37 : 92 : 750  
58\* J c f g p E I L . g v c m l j w r d l y y l e q u o g k e u f c e v d c u g l e q o l k p i t g f l g p 0 r j r A k p i t g f 28 9227 ; 8 ( t g h w n ? ' 4 H y q t f u g e t e j 0 r j r ' 5 H s w g t { ' 5 F X q d q p l q p g ' 48 . 42270  
59\* N g a p i . M 0 d U w p R t q g e v k a p # k u V j g t g c P e w t c n U w p u e t g g p v j c v Y q t m u A 0 . j w r d l y y l e u u q e k v g f e a p g v l e q o l c t v k e n g l 47 : : 72 l u w p a r t q e v k a p a k u a v j g t a c a p c w t c n a u w p u e t g g p l j v o n . L w p g 3 . 42290  
5 : \* O g f l e k p g u G x c n w c k a p E q o o l w g g . V j g t e r g w k e I q q f u C f o l p k u v e v k a p . C w a v t c n k p I q x g t p o g p v F g r c t v o g p v q h J g c n v j c p f C i k p i . j w r d l y y l e i c l i q x c l w p r o g f u l u w p u e t g g p l q v f l j v o . H g d 0 4 . 4228  
5 ; \* P c l c t k D 0 d Y j c v u v j g D g u U w p u e t g g p l d j w r d l y y l e y g d o f l e q o l e a p g p v l c t v k e n g l 355133 : 9830 j v o . L w p g 42290  
62\* F t g h w u E 0 d C E a p x g t u c k a p y l v j O k e j c g n J q a k e m . d P g y [ q t m V k o g u . L c p w t { 4 : . 42250 j w r d l s w g t l l p { v k o g u l e q o l i i u l h w m r c i g l j v o n a u g e ? j g c n v j ( t g u ? ; 624G4FC345 ; H ; 5DC37974E2C ; 87 ; E : D85  
63\* Y q u h T . g v c m l d U w p u e t g g p u / v j g w n k o c v g e q u o g k e . d C e v C F g t o c v q x g p g t q t E t e q 0 4225 - 33 \* 5 + 37 : / 84  
64\* F l h g h { D N 0 d U a c t w a v t e x k q g v t e f l e v k a p g h i g e v u a p d k a n q i k e c n u { u g o u . d R j { u k e u k p O g f l e k p c p f D k a q i { . 3 ; ; 3 . 58 \* 5 + < 4 ; ; / 54 : = j w r d l y y l e k g u k p l q t i l f q e u l 223 / 725 l 223 / 725 l j v o n

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