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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Make Your Sun Friendly

By Jennifer Clement

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Every day we hear about the dangers of the sun and negative effects it can have on the lives of our families. We continually hear about this problem, but very rarely do we hear suggestions for solutions to this issue (outside of the wear your sun block or the stay-out-of-the-sun warnings). As a working mom and taking these issues to heart, I had repeated confrontations with my children's daycare provider over what constitutes proper sun protection. It did not seem right to me that I was doing things such as walking backwards with the stroller or covering the stroller with blankets to protect my child from the sun while my daycare provider would not take even take the simplest precautions, such as applying sunscreen.

I have found that our kids being in the sun is a fact of life, be it going to soccer practice, the park, the beach, or just playing in the backyard. Our children rely on us to protect them from the pain of a sun-burn, no less the long-term effects of sun exposure. My mother continually struggles with recurring skin cancer and the American Cancer Society declared that "One severe sunburn as a child, doubles the chance for skin cancer later in life." This is a very real issue that we must face together with our families.

Here are some tips for enjoying the sun safely:

- 1)Limit Time in the Midday Sun - the sun's rays are strongest between 10 a.m. and 4 p.m.
- 2)Apply Sun Block before going outside. Most sun blocks take about 20 minutes to be absorbed and become effective. Make sure that you apply a "broad spectrum" sunscreen with a Sun Protection Factor (SPF) of at least 15 and reapply every 2 hours when working or playing outdoors. Even waterproof sunscreen can come off when you towel dry, sweat or spend time in the water.
- 3)Wear a Hat. A hat with a wide brim offers good sun protection for the eyes, ears, face, and the back of the neck - areas particularly sensitive to the sun.
- 4)Cover Up. Wear UV rated clothing or other tightly woven, full-length clothing.
- 5)Wear Good Sun Glasses. Check the label when buying sunglasses. Sunglasses that provide 99-100% UVA and UVB protection will greatly reduce sun exposure that can lead to cataracts or other eye damage.

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6) Seek Shade. Look to play in shaded areas of the park or the backyard. Just because one is outside does not mean that they have to be in direct sunlight.

7) Have Fun.

Our children have one thing that my mother or even many of us did not have as children... AWARENESS. Our children are blessed that we have an awareness of the problem and we are blessed with awareness of the solution. I hope that you enjoy these tips on how to make your sun friendly.

Jen Clement lives in South Florida and is a mother of two children and cofounder of

SunFriendlyProducts.com and can be reached via email at <mailto:jclement@sunfriendlyproducts.com>. Sun Friendly Products focuses on providing products that offer easy and effective sun protection for our families. For more information, please visit <http://www.SunFriendlyProducts.com> or call 866-SAFE-SUN.

Traveling In Costa Rica

By Carmen Ross

Costa Rica is full of fascinating things to see and do. When you visit Costa Rica the first thing that you will notice is the friendly environment that permeates every aspect of the society in Costa Rica. And there are not many places on earth that are as beautiful all year round as Costa Rica. In Costa Rica you will be able to sit on the beach and luxuriate under the sun or choose from a variety of adventures that you just cannot find back at home.

If you are staying in Costa Rica you will want to check out all of their fabulous museums. There are over 30 different fantastic museums in Costa Rica and each of them will take your breath away with their amazing artifacts. You will find some of the most fantastic finds in Costa Rica at their museums. These museums are a great way to spend the day when you need a little break from the sun and the beach.

The sun in Costa Rica is powerful so be sure to bring some good sunscreen and a hat, getting sunstroke in Costa Rica is no way to enjoy your vacation.

There are many other gorgeous sites to see in Costa Rica besides the sun and the museums and one of them is the variety of trees. If you love the outdoors then Costa Rica is the place for you. There are many hikes and treks that you can go on in Costa Rica that will thrill your senses. You will get to see a good portion of the wildlife in Costa Rica as they go about their daily business, which is always fun and exciting. Costa Rica is a great place to visit either on your own or with others.

Carmen Ross is the owner of Costa Rica Travel And Real Estate Site. (

). Her site contains information and resources for

people interested in traveling to Costa Rica and living in Costa Rica.



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