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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!

Sun Rays: Harmful or Beneficial?

By Natalie Katsman

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The argument never stops.

Human skin has special cells, melanocytes. These cells provide natural, built-in sun protection. You can see it in action each time you tan. Melanocytes produce dark brown substance, called melanin, which does not allow sun rays to penetrate deep into the skin layers as it would be damaging. At the same time sun light stimulates cell generation, skin becomes thicker, and therefore more resistant to UV rays.

Turns out the sun is actually good for the skin.

Well... People with fair skin don't have enough melanin producing cells, their sun protection mechanism is not strong, and these people get sun burns pretty quickly. UV rays have a very strong biological effect, they can damage protein molecules and even alter genetic material causing healthy cells become malignant.

So tanning is bad.

Could say so, but... Sun energy is good for health. Increased blood flow to the skin stimulates cell regeneration, helps to fight acne, smooth scars and minor skin imperfections. Sun light is a necessary factor for Vitamin D production. Sun stimulates immune system and makes us feel happier and healthier.

So where is the truth? As always, in the middle.

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Human body needs sun, but at the same time it must be protected. To make contacts with sun enjoyable (as they should be), remember:

- The most dangerous sun is between 10 a.m. and 3 p.m.
- Sun rays penetrate glass windows, so being in the sunny spot inside your house or while driving is just as dangerous as being outside.
- Don't be deceived by cold weather or clouds: clouds let UV rays through, and UV radiation is not felt as heat.
- Water won't prevent sunburns as the harmful rays can penetrate water three feet deep.

Wearing sunblock at all times is the best thing you can do for

your skin. Apply it 20–30 minutes before going outside so that the lotion absorbs and starts working. People with lighter skin should take extra precautions: wear hats, avoid direct sun exposure, use sunblock with a higher SPF and reapply it more often (remember, your skin does not have a strong sun protection mechanism, so it needs your help).

UV exposure is a major factor of premature skin aging. Sun rays are able to penetrate deep into the skin, dehydrate it and damage collagen tissues. Free radical damage may not stop there. Free radicals, the unstable molecules that appear during sun exposure, can damage healthy cells and lead to cancer.

Skin has a wonderful ability to repair itself and fight off the damage, but it needs proper nutrition to be able to do it effectively.

To help your skin repair itself more successfully, use products that contain antioxidants able to halt the destructive activity of free radicals.

Vitamin C, when applied topically, not only neutralizes free radicals, it boosts skin's ability to repair itself after the sun damage (American Academy of Dermatology, 2002 meeting). It is also shown to reduce the appearance of wrinkles and help to maintain an even skin tone.

Coenzyme Q10 is another powerful antioxidant. It is found in beef, fish, grains, eggs, beans, and spinach. Human body makes its own CoQ10, but the production declines with age. Coenzyme Q10 has exceptional antioxidant properties. Studies show that

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it can effectively counteract free radical damage and provide significant protection against UVA–induced depletion of cell membrane. In other words, it will prevent damage to collagen and elastin production and help you avoid wrinkles.

Omega–3 fatty acid (alpha–linolenic acid) is essential for healthy looking skin. Some studies suggest that it may inhibit cancer. Fish oil and many plant oils (canola, flaxseed, hemp, soybean) are rich in this acid. In cosmetics it is present either as a constituent of another ingredient (for example: Emu oil) or by itself.

Vitamins E helps to prevent skin dryness and protects against environmental factors and free radical damage. It is used in creams and lotions that relieve skin redness after sun exposure.

So stock up with skin armoring lotions, enjoy your summer and

keep your skin safe and beautiful. And if you would like to have a bronze tan all over, get one in a bottle.

Natalie Katsman is a co–founder of <http://www.natural–aid.com>, where you can find fine quality aloe vera products for beauty and well–being and subscribe to HealthySkin Newsletter filled with beauty tips, recipes and information on herbal healing, skin care and cosmetic chemistry.

Secrets To A Healthy Tan For Summer

By Jim Grayson

Suntan is preferred by lighter–skinned people, especially during the summer months. They like to give their skin a nice natural bronze color with the help of sun tanning. Getting a natural tan is a sign of being healthy and being attractive. No wonder many people rush off to the beach at the onset of summer with their tanning lotions and laze away on a towel for hours at end. The result is healthy tanned skin which people like to flaunt all day long.

People often believe that a perfectly tanned skin improves their personality and the texture of their skin. However, it is not advisable to be in direct sunlight for a long time. Excess exposure of the skin to sunlight can actually damage the skin and is the leading cause of skin cancer all around the world. Moreover, in countries like Australia, the atmosphere does not filter the sun rays completely as the ozone later in the atmosphere is depleting quickly. The ozone layer is responsible for filtering the harmful UV rays of the sun that can damage the skin beyond repair.

So what does a tan mean?

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A tan refers to exposure of the skin to the rays of the sun for a considerable amount of time. The UV-B rays of the sun encourage the cells of the innermost layer of the skin, known as the epidermis to produce more melanin pigments which on their way to the outermost layer known as the dermatitis are tanned by the UV-A rays of the sun. As a result vitamin D3 is also produced naturally under the sun. The vitamin also helps protect the bone and also protects us from diseases like osteoporosis. The direct rays of the sun also makes the immune system stronger against the invasion of germs and increases the body's overall physical powers. It has a positive effect on the functioning of the heart and improves blood circulation. Common skin diseases like acne, psoriasis and neurodermatitis can be treated with UV light. There are just some of the many positive effects that the sun offers in the form of its UV rays.

You should take the advice of experts if you would like to go for natural suntan. Different skins react differently to sunlight. An expert opinion should be sought, especially in the beginning. Do not overdo a suntan, as excess exposure to the sun's rays can prove to be harmful to your skin. Wear a suntan lotion when you go out in the open during summer. Do not sunbathe for more than once a day. Going to the beach or laying out in the sun once or twice a week is enough to maintain a good tan on the skin. Tanning in summer proves to be very beneficial as it prevents skin fatigue, prepares your skin for the long summer months ahead, builds a natural protection and produces a nice natural tan.

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