

This Free E-Book is brought to you by Natural-Aging.com.

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

Top Tanning Facts For A Safe Tan

By Ashish Jain

The custom of tanning one's skin has received a lot of publicity in the recent times. Because of its alleged link with cancer, tanning and its effects has become a major subject of debate among scientists, beauticians and even the women who would like to know all the facts about it before deciding on whether to go tanning or not.

Though it is commonly believed that tanning invariably leads to skin cancer, recent studies have shown that tanning may be a protective device against certain types of cancers. The risk of colon and breast cancer is reduced by exposure to tanning conditions as the sun retards the growth of cancerous cells that cause these conditions. By retarding its growth, cancer rates come down. This is proven by the fact that cancer of the breast and colon is more common in countries that are sun deprived.

Establishing the benefits of exposure to the sun from tanning is a scientific fact. One can also counter the belief that tanning should be stopped because it is one of the causes of skin cancer. Tanning need not be stopped altogether because of this risk. After all it is a known fact that deaths from melanoma, the variety of skin cancer that is the risk factor from tanning, is the least death risk as only 0.3% of death cases have been linked with this form of cancer.

Then again, in the early stages, there can also be a cure from surgery. Colon and breast cancer is a far bigger killer as the number of affected cases is around 20% to 65%. The chief benefit of tanning helps to control osteoporosis and thus it is an ideal way of enjoying the sun and benefiting from it.

Another fact that is seldom examined is the incidence of melanoma that is much lower in countries with sunshine. Scientific research has not been able to disprove this fact. It is only a handful of doctors and lobbyists of the anti-tanning groups who have linked the twin facts and come up with a theory. After all, skin cancer is more prevalent in northerly latitudes where the exposure to the sun for the population is much less than in the tropical and equatorial regions.

All this brouhaha about tanning has given rise to an unusual and unnatural fear of the sun among the population. This is a cleverly propelled myth by the multi-million-dollar pharmaceutical companies who wish to sell their sun screen and other sun protective lotions to women who are keen to look and feel

Top Tanning Facts For A Safe Tan

good without risking their health to tanning and running the risk of cancer or related problems. The industry that is supplying tanning equipment is the only one of the kind that is propagating the safe ways of tanning and this single player in a giant propelled market is a loser right from the start. The voice of the factual users of tanning appliances is thus never heard by the majority.

The fact that tanning can be a safe way of looking good and feeling fit thus needs to be implemented and put in the right perspective. The skin cancer cause is not as simple as it looks and the public need to be informed about the right facts. Skin cancer is a complicated issue. The fact that moderate tanning can avoid all the ill effects of sunburn and exposure to UV rays, tanning activity can be enjoyed without worrying about the risk of cancer. The tanning salons therefore have to adopt a vigorous campaign to educate the public about the correct facts regarding tanning and its effects, both long term and short term.

Michael Jason writes articles on different topics. For more information on tanning visit

<http://www.easy-tanning.com>

and for additional tanning articles visit the following article page

<http://www.easy-tanning.com/index.html>

To comment on this article visit:

<http://www.easy-tanning.com/tanningbeds>

Questions And Answers About Tanning Oils

By Kerri Stalton

Tanning oil has long been used by sun worshippers and beach bunnies looking for a way to get a dark, even tan. However, there are quite a few myths about tanning oil, and it can be difficult for consumers to sort out the facts from the fiction. There are many people who erroneously believe that tanning oil offers them protection from a sunburn, or that tanning oil makes a tan healthy for your skin. Still other people believe that tanning oil will help them gain a sophisticated bronze glow more quickly than simply lying in the sun. The biggest question about tanning oil is what exactly this product does, and there are few tanning oil users who fully understand the answer.

One thing that tanning oil does not do is protect your skin against a damaging sunburn. The only thing that can stop you from absorbing potentially harmful UV rays is a sun block that will stop UVA and UVB rays from penetrating your skin cells. Unfortunately, this kind of sun block will also stop you from tanning. Tanning oil cannot make it safe for you to get a tan, since there is technically no such thing as a safe tan. Because tanning is your body's attempt to protect your skin against the sun, your body will only begin to tan after your skin has suffered some damage.

Top Tanning Facts For A Safe Tan

Science tells us that tanning oil doesn't attract the sun to your skin; allow you to achieve a dark bronze with greater speed than your neighbors; or in any way improve your tanning prowess. However, using tanning oil can enhance the appearance of your tan. The oil softens your skin, creating a supple, attractive physique, and the oil changes the way that your skin reflects light; and can thereby give the illusion of making your tan darker. Many people who yearn for a deep, rich tan do so because they believe that it will make them appear more attractive, and a gentle application of tanning oil can help anyone to achieve this goal.

However, before you use tanning oil or try to get a sun kissed look, consider whether the risks of this beauty option may outweigh the benefits. If you are worried about showing early signs of aging, increasing your vulnerability to skin cancers like melanoma, or causing other kinds of damage to your skin, it may be time to ditch the tanning oil in favor of sun block. Although sun block won't leave you looking glamorously burnished, it will leave you looking healthy and wrinkle free for years to come.

Kerri Stalton is a featured writer for TanningBeauty. To learn more about tanning oil, visit us at

<http://www.tanningbeauty.com/oil/>

and to learn about tanning beds, visit us at

<http://www.tanningbeauty.com/beds/>



This Free E-Book has been brought to you by Natural-Aging.com.

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