



This issue

Pool Safety
Dehydration
Sunshine and Sunblock
Heat Stroke
Top 5 Activities
Treats to Beat the Heat
DIY Sunscreen



<http://www.babypost.com/food/recipes/perfect-picnic-ideas-kids>

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<http://www.forbes.com/sites/booked/2011/06/06/good-day-sunshine-for-writers/>

Summer Safety

Summer is finally here! The long awaited warm weather, sunshine, and outdoor fun is upon us. While summer is an enjoyable and often relaxing season, there are a few health and safety aspects that may want to consider. The sun rays are beating stronger this time of year, so protecting your skin is very important to prevent serious burns and skin damage, which can age skin and lead to skin cancer. It is also very important to stay hydrated during the warm weather, as you are losing a larger than usual amount of water and important electrolytes through sweat. For more tips on summer safety and DIY solutions, you may want to keep reading!



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Naturomedic.com
296 Welland Avenue
St. Catharines, ON
L2R 7L9
Phone: (905) 684-4934
Fax: (905) 684-1849
Email: info@naturomedic.com

www.Naturomedic.com

Pool Safety

Never leave children unattended near the pool. Accidents can happen, no matter what age or how well they know how to swim.

Make sure to put all toys away when you are done with them. Little ones may wander too close to the pool to get a toy and could fall in.

Water wings and inflatable tubes are not a replacement for poolside supervision.



Signs and Symptoms:

- Dry mouth/swollen tongue
- Weakness
- Dizziness
- Confusion
- Headache
- Fainting
- Inability to sweat
- Decreased urine output

It is important to drink at least 2L of water per day! On hot days or if you are exercising a lot, drink more!

Sunshine and Sun Block

While Ultra Violet rays can be harmful with prolonged exposure, there are many benefits to sunshine, including improving your mood and making the much needed vitamin D.

UVA penetrates deeper and causes tanning (this is the skin's attempt to prevent DNA damage).

UVB is responsible for reddening, sunburn, and can eventually cause skin cancer due to DNA damage. UVB is also involved in making vitamin D on the skin.

UVB makes vitamin D by converting naturally occurring cholesterol on the skin into pre-vitamin D. This is then absorbed into the skin within 24-48 hours and converted into active vitamin D by the liver and kidneys.

When you apply UVB-screening or broad-spectrum (UVA and UVB blocking) sun block, vitamin D is not made on your skin. Usually 10 minutes in the sun before applying sunscreen is sufficient to ensure

you are actually getting vitamin D. After sun exposure, only use soap for pits and sensitive bits and rinse the rest of your body with water only to avoid washing away the pre-vitamin D that hasn't yet been absorbed.

Tips for Safe Sun Exposure

- Avoid sunburns;
- Get sunshine during off-peak hours (Peak hours are 10am – 4pm);
- Cover exposed skin during peak sun hours. Hats and sunglasses can also protect your scalp and eyes;
- Look for clothing with UPF (ultraviolet protection factor);
- Sun reflected off of water can double your exposure (protect yourself against reflected rays).

To avoid unwanted chemicals and toxins in conventional sunscreen, make your own (see p.4) or check the EWG's guide to sunscreens: <http://www.ewg.org/2015sunscreen/?gclid=C Lmp1YjWqMYCFQccaQod73IAHw>

Heat Stroke

Heat stroke occurs when the body temperature reaches 40 C (104 F). Often caused by long exposure or excessive exercise in the heat.

Signs and Symptoms

- Fever
- Nausea/vomiting
- Racing heart
- Headache
- Mental or behavioral changes
- Decreased sweating
- Flushed skin

What to do

It is important to cool the affected person down! Get out of the heat/sun, apply cold water to the body (shower, sponges, wet towels, etc.), and seek medical attention!

Prevention

- Stay hydrated
- Limit alcohol intake
- Avoid wearing too many layers in the heat
- Avoid strenuous activities in the heat
- Take breaks from the sun or the heat.

5 Fun Activities To Get Your Family Outdoors

1. **Have a family picnic!** Pack up your favourite healthy meal or finger foods and head out to a local park (or even your backyard).
2. **Take a trip to the farmer's market.** Take advantage of the abundant fresh fruit and vegetables to teach your family about healthy food choices. Kids who are involved in picking and preparing food are more likely to eat their meals than those who don't participate in meal planning.
3. **Go for a walk or family bike ride after dinner.** Not only does this help with digestion, but it promotes physical activity for the whole family. What better way to bond than with a **healthy lifestyle?**
4. **Go on a nature scavenger hunt.** You can set up themes (like finding things starting with the same letter to spell out a word or the alphabet) or just see how many different animals you can spot on a walk.
5. **Set up a play date!** Kids can come up with many fun games outdoors when they have a playmate or two. Plus, this gives parents the opportunity to socialize with other adults!

Remember board games? On rainy days, don't resort to electronics to pass the time. Board games are fun, interactive, and many are appropriate for all ages. For an even better family activity, build your own board games!



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Tasty Treats to Beat the Heat

Strawberries and Cream Smoothie Popsicles

- 4 tbsp water
- 2 cups frozen strawberries (or other fruit of your choice)
- 4 tbsp coconut milk/cream

Blend fruit and water. Pour blended mix into popsicle molds, alternating with the coconut milk. Stir slowly once or twice to make swirl effect. Freeze. Enjoy on a hot day!



Homemade Sugar-free Ice Cream

2 servings:

- 2 frozen bananas (peeled and sliced before freezing)

In a blender or food processor, blend the frozen banana until it becomes a soft, smooth texture. You can add ¾ teaspoon of vanilla extract, unsweetened cocoa powder and 2 tablespoons of a milk-alternative of your choice, or experiment with fruit or nuts to make it your own! Frozen mango also works well when blended to give it that smooth ice cream texture.



Be Safe, Healthy, and Have Fun! From your friends at NaturoMedic.com

SPF of Natural Ingredients

- Coconut oil SPF 4-7
- Olive oil SPF 7
- Raspberry Seed oil SPF 25-50
- Carrot Seed oil SPF 35-40
- Almond oil SPF 5
- Shea Butter SPF 4-6
- Zinc Oxide SPF 2-20

Sunscreen Recipe

- ½ cup almond or olive oil
- ¼ cup coconut oil
- ¼ cup beeswax
- 2 Tbsp zinc oxide
- optional : 1 Tsp of red raspberry or carrot seed oils, essential oils, vanilla extract, etc.

1. In a glass jar (ie mason jars with lids), combine all ingredients except zinc oxide.
2. Place a pot with a couple inches of water over medium heat. Put the jar in the water with the lid loosely placed on top.
3. Mix the ingredients as they heat and add the zinc oxide at the end. It will thicken as it cools.
4. Store in the glass jar and use as you would regular sunscreen. This is 15 SPF.

For a simpler lotion, apply any of these oils directly to your skin. Adding zinc oxide (commonly found in diaper rash creams) helps the skin's natural healing process and blocks UVA rays. **While this mixture should be mostly waterproof, don't forget to reapply often and after swimming!**



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