

The Right Sunscreen

Cut through the hype and learn what works

Jason Barbara

According to the American Cancer Society, more than 2 million people are diagnosed with skin cancer in the United States each year. There are more than 2,000 over-the-counter sunscreen formulas on the market today. How can you tell which sunscreens are the safest, most effective, and represent the best value for your money? In most cases, the answer comes down to the difference between the two types of filtering ingredients.

Chemical or Physical?

The UV radiation in sunlight consists of UV-A, UV-B, and UV-C rays. UV-A and UV-B are both responsible for photoaging, skin cancer, sunburn,

- Work by absorbing UV radiation.
- Require application 30 minutes before sun exposure.
- Provide partial protection from UV spectrum.
- May irritate the skin and eyes.
- Not regulated for safety by the US Food and Drug Administration (FDA); some may even be carcinogenic.
- Not photostable (exposure to sunlight degrades effectiveness).
- Avobenzone is the most commonly used chemical filter ingredient.

PHYSICAL UV FILTERS

- Work by reflecting UV radiation.
- Start protecting immediately upon use.
- Provide full broad-spectrum protection.



Protection from harmful UV rays can do wonders for your skin.

tanning, and wrinkling. UV-C is not a factor in skin health, as it is absorbed by the Earth's atmosphere and does not reach us in significant amounts. Broad-spectrum sunscreen protects against both UV-A and UV-B. This protection can work in one of two ways: chemical or physical.

CHEMICAL UV FILTERS

- Non-irritating to skin and eyes.
- Safe, as particles do not penetrate the skin.
- Highly photostable (exposure to sunlight does not change effectiveness).

Zinc oxide and titanium dioxide are the most commonly used physical filter

Continued on page 2

*Wise people
are not sick.
They are sick of
being sick, so
they are well.*

-Tao Te Ching

Office Hours and Contact

414-949-SKIN

DeepRootsMassage.com

Shannon@DeepRootsMassage.com

Autumn Store Hours: Tues, Thurs 3pm-8pm

Wed, Fri 10am-5pm

Sat 11am-4pm

In this Issue

**The Right Sunscreen
Massage for Your Teenager?
The Scoop on Meditation**

Continued from page 1

ingredients. Clothing and shade structures also count as physical filters.

How Stable Is It?

One of the most important factors in the effectiveness of a sunscreen formula is also one of the least known to the general public. Photostability is an ingredient's ability to remain effective after exposure to sunlight. Many people are aware that this is an issue for numerous skin care ingredients, but may be surprised to learn that some active ingredients in sunscreen--a product whose sole purpose involves being exposed to sunlight--are not photostable. In addition, the FDA's new rules do not require sunscreen ingredients to be tested for photostability. Yet, many consumers expect that their sunscreen will protect them for longer than one hour.

Physical filters such as zinc oxide and titanium dioxide are photostable. Studies have shown that these ingredients suffer no degradation after more than two hours of sun exposure. However, the chemical filter avobenzone is not at all photostable, and degrades almost completely in less than one hour. Even worse, avobenzone also degrades on contact with other UV filters such as zinc oxide or titanium dioxide, and with metal ions such as iron oxide, which is commonly found in makeup. This goes a long way toward explaining why many consumers experience sunburn even after applying sunscreen as directed.

Health Concerns

Effectiveness is not the only thing to consider in any product being applied to the face or body. Significant health concerns have also been raised about many sunscreen ingredients. Here are some issues to consider.

Avobenzone has been found to generate free radicals beyond acceptable safety levels after sitting on the skin for just one hour, and children and pregnant women have been advised not to use products containing it.

Octocrylene, which is known to act as an endocrine disrupter, is used in many sunscreens as a stabilizer. It can also cause skin irritation. According to the Archives of Dermatology, "Octocrylene appears to be a strong allergen leading to contact dermatitis in children and mostly photoallergic contact dermatitis in adults."

Chemical UV filters can also have harmful effects on the environment. Octocrylene does not seem to be effectively contained in wastewater treatment plants, and studies in Switzerland have indicated that it accumulates in fish. Oxybenzone, a chemical UV-B filter often used in combination with avobenzone, has been found to negatively impact reef ecosystems and biodiversity.

Physical UV filters, in contrast, have an excellent safety profile. The FDA has long considered zinc oxide to be a safe ingredient for both external use and as a food additive, even in infant formula.

Considering all these factors, physical UV blockers represent the best choice overall. The main challenge in getting consumers to use sunscreens based on physical filters is purely cosmetic: zinc oxide and titanium dioxide tend to feel thick and greasy, and are visible on the skin, leaving a white residue. However,

new advances mean there are now an increasing number of sunscreens that use these ingredients in formulations that allow for clear application.

When evaluating a sunscreen, the most important considerations should be safety and effectiveness. Carefully examine the ingredients and make use of all available information to make the best choices for yourself and your family.

Jason Barbaria is director of marketing at Dermagenics, a skin care line that includes sunscreen, cleansers, and moisturizers.



Learn what to look for to get the right sunscreen.

Massage for Your Teenager?

Bodywork Can Ease Adolescent Angst

While teens may be less likely than their parents to go to a massage therapist, there are plenty of reasons why this age group should be encouraged to give it a try. The benefits of massage are well documented, among them relief of muscle tension, lowered stress hormones, increased sense of relaxation, improved immune function, and even a heightened ability to concentrate, according to studies conducted by the Touch Research Institute at the University of Miami School of Medicine. But for teenagers, there's an additional payback.

The teenage body is in the midst of transformation -- exponential growth and development in a rapid period of time. On the physical side, teens may be at increased risk for aches, pains, and injury. Many teens strain their bodies with competitive sports, get erratic sleep, and consume a less-than-optimal diet. Massage can help muscles recover from overuse, and help balance the body and maintain that stability.

Perhaps even more crucial, teen massage can help improve body image and sleep patterns, and contribute to decreased depression, anxiety, and stress. This keeps a teen connected to her body, even as it morphs in confounding ways. "Many teens are self-conscious, and not happy with their bodies," says Eiris Kallil, massage therapist and shiatsu instructor at the Boulder College of Massage Therapy, in Colorado. "Massage can help teens stay grounded." Bodywork has also been reported to help mediate eating disorders, a growing concern among teens.

Another potential plus: A beneficial, therapeutic relationship can develop between bodyworkers and teenagers during the years when adolescents need adult confidantes, but keep parents at a distance. The practitioner can become a supportive, trusted adult in a teen's life. And the session itself, according to Kallil, can be a way to deal with all the physical and emotional turmoil of this tender age.



Massage eases teen depression and anxiety.

The Scoop on Meditation

A Simple Practice with Profound Benefits

People who meditate regularly appear internally and externally five to 10 years younger than their non-meditating peers, according to author Deepak Chopra. That's good news for the estimated 10 million people who practice meditation on an ongoing basis and experience the resulting calm it cultivates.

The rich benefits come from doing something that looks like nothing: Sitting still, being quiet, and breathing deeply. Meditation works simply but profoundly by defusing the onslaughts of life -- a racing mind, busyness, deadlines, commutes, all of which have physiological effects on well-being. Meditation calms the nervous system, decreases metabolic rate, heart rate, and blood pressure, and lowers levels of cholesterol, stress hormones, and free

radicals. It also has a direct effect on breathing, slowing and deepening respiration so more oxygen circulates throughout the body. Not only that, meditation is said to lessen feelings of anxiety and depression and improve memory and concentration. And all of this culminates in slowing the aging process, as Chopra notes.

There are many meditation techniques, including focusing on a mantra, a sacred word or phrase, or your breath. But the basic intent of all meditation is focus and attention. And it doesn't take hours a day in an ashram to meditate effectively. Benefits kick in with even a short period of devoted time.

How to begin? Wear comfortable, unrestrictive clothes, sit on a cushion or chair with your back straight (think once

again, comfort), rest your hands on your legs, let your eyes go soft and out of focus or close them, breathe slowly and deeply, and -- the hardest part -- attempt to empty your mind of thoughts and quiet the internal dialogue. When thoughts flit through your mind, let them pass without judging them and come back to your focus (your mantra, counting, etc.) and breathing.

Start with this sitting meditation technique for five minutes a day, and add on time as you get more at ease with the process. For more information on techniques and benefits, check out www.abc-of-meditation.com.

*MINDFUL –
The act of being
mindful opens
you to the
experience of the
moment.*

-unknown

Exciting News and Upcoming events:

Bay View Gallery Night June 6th 5-10pm - Featured Artist Stacy Ollmann. Please visit the 'Featured Artists' page in the 'About Us' section of the website and the healing center for more information and a sneak peak of what's to come!

Visit the 'Blog' section of the website for lots of information, education and inspiration! 'Events' page coming soon!

'Like' us on Facebook and follow us on Twitter to stay connected and fresh on news and updates!

Love and light,

Shannon Ellis
LMT, Licensed Aesthetician
Shannon@DeepRootsMassage.com

Deep Roots Massage

2241 S Kinnickinnic Ave
Bay View, WI 53207-1932



Member, Associated Bodywork & Massage Professionals