

The Spinal Column May 2009



GET SMART ABOUT SUNSCREEN

You probably already know the obvious rules: **Choose a sunscreen with at least SPF 30, apply it 30 minutes before going outside and reapply every two hours.** But what you may not know is that the SPF number refers only to the protection factor against UVB rays, the more intense rays that cause sunburn, explains Susan Weinkle, M.D., a spokesperson for the Skin Cancer Foundation and an assistant clinical professor of dermatology at the University of South Florida in Tampa. **“Protecting yourself against UVA rays is trickier.** Not all chemicals in sunscreen work as effectively against them.” For year’s scientist thought that **UVA rays—which penetrate deeper into the skin and are responsible for premature signs of aging**—didn’t cause skin cancer. Unfortunately, research now shows UVA rays can exacerbate the carcinogenic effects of UVB rays. Choose a “broad spectrum” or “multispectrum” sunscreen that contains UVA-blocking active ingredients such as **avobenzone, oxybenzone, mexoryl, zinc oxide and titanium dioxide.**

Family Circle

FLASHEASE

Black cohosh, a popular herb native to the Western world, is widely known for its ability to help support the mature woman’s body as she encounters glandular imbalances and physical changes. In fact, women have used it for decades to help “keep cool” driving menopause. Now, NSP has created Flash-Ease, a concentrated timed-release version of the trusted black cohosh herb.

BENEFITS:

Balances hormone levels.

Contains phytoestrogens.

Supports the mature female all day long with time-release nutrition.

10% off Flash-Ease, this month only.



***THOSE ANTS MAY BE FINDING THEIR WAY INTO
YOUR YARD RIGHT ABOUT NOW. A SAFE AND
EFFECTIVE WAY TO KILL THEM IS TO COVER THEM
AND THEIR MOUND WITH GRITS. THEY EAT THE
GRITS, THEN THE GRITS WILL SWELL AND HELPS
YOU ELMINATE THE PROBLEM SAFELY.***