

~ Ask Granny Earth ~

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The Sun- Article #1

Ask Granny Earth

What's your take on the so-called danger of Ultraviolet rays of the sun? I remember my mother telling me that we need the sun for vitamin D. Do you think that sun screens are safe? How about tanning beds?

As you probably already know, this is a very controversial subject. First I'll tell you what the FDA (Food and Drug Administration), and the CDC (Center for Disease Control) have to say: "*The number of skin cancer cases has been rising over the years, and experts say that this is due to increasing exposure to Ultraviolet radiation from the sun, tanning beds and sun lamps. More than 1 million new skin cancer cases are likely to be diagnosed in the U.S. this year. UVA rays and UVB rays also may be linked to immune system damage.*" (<http://www.fda.gov/cdrh/tanning.html>). For a fact sheet on the hazards of indoor tanning from FDA's Facts on Demand call 1-800-899-0381.

Second, I'll tell you my belief about the sun, and how I feel about putting sun-screen on our skin. Simply put it is this - SUN (in moderation) good, SUN SCREEN bad. Oh, I can just hear the echoes of condemnation ringing through the air! But, please allow me to explain how I have arrived at this belief.

I grew up on a small farm in the south hills of rural Pittsburgh. My mother believed that the sun was good for us, as was Cod Liver Oil. We got both of them on a daily basis, like it or not. We also had an abundance of fresh fruits and vegetables, which took a lot of tending to. We got an abundance of SUN by working in the gardens, and swimming in the pond. To this day, I love working in the garden, and feeling the sun on my skin. I don't know about you, but around this time of year, my body aches for the feel of the sun, and I just can't wait until warm mornings when I can sit on the porch and have my morning coffee.

Many years ago I read a book by Ann Wigmore called Be Your Own Doctor; a positive guide to natural living, which I recommend (ISBN 0-89529-193-2). In this book, Ms. Wigmore devotes a section to: The Sun (p. 119 – 122), in which she states. "The sun is the source of all terrestrial life, containing within it everything of which this Earth is composed. The whole planet - the oceans, the Earth, every mineral and plant, every animal and human being - is dependent upon Light for its very existence. All Light is an emanation from the sun, the store-house of all energies and potencies and the source of all light, warmth and motion on this planet." Her book was written in 1982, prior to recent research, which demonstrates healing via light and energy vibrations.

Ms. Wigmore goes on to say that, " Sunshine speeds up the circulation, helps the lymphatic system, and actually stimulates the heart and brain. The rays of the sun build Vitamin D in the skin, which must be present if calcium and phosphorous are to be utilized in the circulation of the blood. The sun's energy enters into the center of each cell of our body, which are in a continual state of flux, forming positive and negative combinations. The Ultraviolet rays of the sun help to increase the white blood cell count, which provides immunity from infection, and health restoration through natural means. No malignant germ can survive in a healthy blood-stream where white corpuscles make their attack."

While Ms. Wigmore believes in the sun for healing, she also cautions that we use 'the natural rule of moderation', stating that, "Like all good things, too much sun is as dangerous as too little, and overindulgence in sunshine exposure, in addition to blisters and pain, shocks the body. This can cause blisters, damage to the digestive and respiratory organs, brain and heart."

While sunscreens are recommended for everyone over six months of age, I wonder how many people have investigated the chemicals they contain (Octabenzene, Oxybenzone, Resbenzophenone and Sulisobenzene to name a few), and how they interact with our bodies. Raymond Francis from Beyond Health has this to say: "Several decades of using sunscreen has done nothing to stop the increasing rate of skin cancer. In fact, chemicals in sunscreens may even become carcinogenic when exposed to sunlight. Researchers at the M.D. Anderson Cancer in Houston, TX say, "There is no substantial evidence that sunscreen protects against any of the three forms

of skin cancer. Dr. Robin Marks, dermatologist and professor at the University of Melbourne says, "Relying on synthetic chemicals to prevent cancer is laughable. And, Arthur Rhodes, a University of Pittsburgh dermatologist, told a 1994 meeting of the American Cancer Society - "Sunscreens appear ineffective at preventing cancer."
(<http://www.beyondhealth.com/newsletter/sunlight>).

There is just so much to say on this important subject Becky, that I will continue it in next week's Ask Granny Earth column, where we'll look at (among other things) Dr. Marcola's opinion: **Sunlight actually prevents cancer**. Meanwhile, a good rule of thumb is: Everything (including sunlight) in moderation.

For example, while a glass of red wine at bedtime might be beneficial for our health, perhaps- drinking the entire bottle is not.