

breath love nourish



sun

I'm thinking you know we would eventually get to the sun – haha!! I believe the relentless rain, followed by these past couple weeks of (mostly) beautiful, sunny days... makes this a perfect topic for the week. Sharing gratitude for the warmth, and light she shares with us! For me, this deep yearning to hug the sun comes every spring; like a bear coming out of hibernation, I reach for the sun, and stay there for as long as possible.

That said, it is important to honor the power of sunlight, the part of the electromagnetic radiation given off by the sun, so here are some Wikipedia fun facts:

- **Ultraviolet C** or (UVC) The term *ultraviolet* refers to the fact that the radiation is at higher frequency than violet light (and, hence, also invisible to the [human eye](#)). Due to absorption by the atmosphere very little reaches Earth's surface. This spectrum of radiation [has germicidal properties](#), as used in [germicidal lamps](#).
- **Ultraviolet B** or (UVB) It is also greatly absorbed by the Earth's atmosphere, and along with UVC causes the [photochemical reaction](#) leading to the production of the [ozone layer](#). It directly damages DNA and causes [sunburn](#), but is also required for [vitamin D](#) synthesis in the skin and fur of mammals.
- **Ultraviolet A** or (UVA) This band was once held to be less damaging to [DNA](#), and hence is used in cosmetic artificial [sun tanning](#) ([tanning booths](#) and [tanning beds](#)) and [PUVA](#) therapy for [psoriasis](#)/eczema. However, UVA is now known to cause significant damage to DNA via indirect routes (formation of [free radicals](#) and [reactive oxygen species](#)), and can cause cancer.

My eczema was so bad last spring, I did my dermatologists' light treatment for two months, but it did not help enough to maintain the effort. This spring (as my eczema is ramping up again), I am trying D3 dosing; I am taking 1000 ml daily, and so far it is as effective as the light treatment (without spending two hours, 3 days/week).

"Vitamin D is actually a hormone rather than a vitamin. The body makes most of the vitamin D it needs; only about 10% comes from our food. The action of sunlight on our skin produces a substance called cholecalciferol, which is converted by the liver to calcidiol. This is further converted in the kidneys by the enzyme 1 α -hydroxylase to calcitriol, the active form of vitamin D." (www.yourhormones.info)

I added this bit about vitamin D actually being a hormone, because the most interesting side-effect of D3 dosing (for me) is a lack of heat flashes. It has been two weeks since my last heat flash, and since I regularly have 3-5 large flashes a day since my hysterectomy, it's a notable shift! I will definitely keep you updated on my progress.

Another worthy conversation is regarding "sunscreen"; something we have come to rely on like toothpaste (another disturbing substance), but like anything else, it is important to reach for the good stuff. I like Jennifer Browne's article on sunscreen, short, sweet, and to the point (and no alternate truths); I have included a blurb below or you can read the full article:

<http://jenniferbrowne.org/the-great-sunscreen-debate/>

Chemical sunscreens wear down quickly with sun exposure, which means you have to reapply often. They are also absorbed into your bloodstream, and can make you sick. They contain active endocrine distributors that alter your hormones and cause premature puberty and fertility issues. Unfortunately, these are the most popular today, because when applied, they go on clear.

Mineral sunscreens, like the ones that were around in the 40's, are comprised of titanium dioxide and zinc oxide. They just sit on the surface of the skin and block UV rays. They also give that pasty white appearance that no one likes, so they're used less than chemical sunscreens. However, mineral sunscreens (also called physical sunscreens) are the way to go. There is also a massive difference between brands. Some are awful, and some are not.

breathe

Wear lotions, not sprays. Sprays have more chemicals, and you're prone to missing areas of the skin that should be covered. It's also more likely to accidentally ingest sprays, and you use more than what's necessary. Basically, they're a waste of money and are genuinely unhealthy.

love

Wear SPF 30 or lower. The higher the SPF (sun protection factor), the higher the chemicals. Also, high SPF doesn't necessarily mean safer, and they're often misunderstood. Higher SPF means better sunburn blocking ability, but doesn't protect the wearer from other types of skin damage that can lead to premature aging and free radical development and distribution.

nourish

Read the ingredients for chemical additives. According to the Environmental Working Group, there are 217 sunscreens that meet their criteria for safe ingredients and effectiveness. Here's a good link to EWG:

<http://www.ewg.org/sunscreen/>

I personally like BARE BELLY ORGANICS (.COM); their sunscreen is awesome, and they have a handy stick I use for my lips. Since I also don't wear much make-up, I sometimes add a drop or two of Sea Buckthorn Oil before rubbing on my face, which provides better coloring (and benefits to your skin:-)

Kirtan Kriya meditation

"SA TA NA MA is so primal that its impact on our psyche is like splitting an atom. The power of this mantra comes from the fact that it rearranges the subconscious mind at the most elementary level. It has the power to break habits and addictions because it accesses the level of the mind where habits are created."

- *Guru Ratana*

One of my favorite meditation mantras reminds me of the sun cycle... setting and rising every twenty-four hours, slowly crossing the sky each day. The most amazing magic show plays-out in our skies each and every day, no two days the same, and no two nights either. What wonder will you see the next time you slow-down to watch the sky? What treasure will unfold if you slow-down to meditate, if only for five minutes?

SAA: beginning (infinity)

TAA: life

NAA: transformation (death)

MAA: rebirth

For this meditation, you can sit where you want, how you want, breathing, centering, and touching your thumb to each of your other four fingers.

Starting with your index finger, tap while saying, mouthing, or thinking SAA -- middle finger, TAA -- ring finger, NAA -- pinky, MAA

And repeat to your hearts' content!

[Check-out Facebook \(Breathe Love Nourish\)...](#) ask questions, share stories, and request future ventures!