

Chiropractic Works

"THE ULTIMATE IN SPINAL CORRECTION"



chiropractic
WORKS

CHOOSING A SAFE SUNSCREEN

The Environmental Working Group recently put out their 2010 Sunscreen guide in which they were only able to recommend 8% of the sunscreens available. The problems with most sunscreens are numerous.

- There's no consensus on whether sunscreens prevent skin cancer.
- There's some evidence that sunscreens might increase the risk of the deadliest form of skin cancer for some people.
- There are more high SPF products than ever before, but no proof that they're better.
- Too little sun might be harmful, reducing the body's vitamin D levels.
- The common sunscreen ingredient Vitamin A may speed the development of cancer.
- Many ingredients in sunscreens can generate free radicals that damage skin cells, accelerate aging and cause skin cancer.

Below is a partial list from Environmental Working Group on some of the better ones to purchase. You can read their entire report and search out all of the sunscreens on their website www.ewg.org and click on the sunscreen guide.



Badger

Sunscreen for Face and Body, SPF 30 or
SPF 15 Lightly Scented



California Baby

Sunscreen Lotion No Fragrance, SPF 30+



Badger

Sunscreen for Face and Body, Unscented, SPF 30



California Baby

Sunscreen Lotion, SPF 30+, Citronella



California Baby

Sunblock Stick No Fragrance, SPF 30+



Jason Natural Cosmetics

Sunbrellas: Chemical Free Sunblock, SPF 30+



California Baby

Sunblock Stick Everyday/Year-Round, SPF 30+



Jason Natural Cosmetics

Sunbrellas: Mineral Based Physical Sunblock, SPF 30+



California Baby

Sunscreen Lotion Everyday/Year-Round, SPF 30+