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RUDE HEALTH

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MAY / JUNE 2021

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ISSN 2634-8918



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Are there any natural strategies for safer sun exposure?

Elle Fox, Naturopath,
CNM Graduate.



What we eat and drink can influence how we deal with sun exposure. Some of the following may support a healthier relationship with sunlight, especially in the summer months.

Eat sunny - certain foods support resilience from within, helping our body deal with the sun (and benefit from healthy eating in the process). Foods rich in vitamin D (organic raw dairy, fish and plant oils and fats), leafy greens and colourful berries and fruit are just some ideas.

Raw juices - boosting, detoxifying and wonderfully refreshing, they support overall health resilience.

Vitamin D - a good quality supplement may help increase resistance to sunburn (it does not replace other sun protection measures, though).

Hydrate - we lose more water through sweating in hot weather, so regularly sipping filtered water is advisable. Of course, just eating and drinking right won't go the whole way to benefiting from safe sun exposure, so practice some:

Sunsense - be sensible; keep track of how long you have been in the sun; protect babies and small children from over-exposure; sip water, avoid alcohol, sugar and heavy food. Caution: you can still sunburn in the water or if it is cloudy.

Controlled exposure - take sun exposure in bite-size chunks and use a timer to slowly build up.

External support - research non-toxic alternative sun protection. Some plant oils have naturally high SPFs, whereas there is research pointing to commercial sunscreens contributing to skin cancer. Seek the advice of a naturopathic practitioner, especially if you exercise or have other health needs, before you expose yourself to sunlight.



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New Evergreen health store opens

Evergreen health stores opened an eighth Galway store just before Christmas in the Gateway Shopping Park, Knocknacarra. They have gone for a more contemporary, clean look which makes it a bright and welcoming place to visit. As soon as it is safe to do so, they plan to hold a series of demonstrations and events.

Irish products have become more and more important to this group of health stores in Co Galway. The ingredients in all products are thoroughly checked for purity and quality before they are stocked, and organic and vegan-friendly products are becoming more important.

"As we approach our 30th year, we are still investing in our business and taking steps to future proof it," says Gemma Hurley. "Our vision is to bring our values of honesty, integrity and ethical business to a wider number



of people and build trust in what we sell to our customers. Our next expansion is online, with a new website and a host of services planned for later in 2021."

'Grow it Forward' with GIY

Grow It Yourself have 50,000 free food growing kits to give away, with participants asked to share the growing experience with ten people in their 'Grow it Forward' campaign.

Budding GIY'ers are invited to claim a Grow it Forward pack online or by contacting their local library, as all 330 branches nationwide are helping to drive the effort. As part of the Government's Keep Well programme, this campaign is designed to help the nation eat well by inspiring and supporting people to grow some of their own food at home.

Each food growing pack includes seeds for beetroot, carrots, salad leaves, peas and tomatoes; a guide to help grow them and a postcard and gift tags to help share them. Those who sign up will also receive regular e-mails with growing support, video clips and ideas for how to 'grow it forward' by passing on seeds, seedlings or produce in accordance with social distancing guidelines.

Register for a Grow it Forward pack while supplies last at www.giy.ie/growitforward or contact your local library.





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