



Sunless Tanning: A Safe Alternative to Sunbathing?

Yes! Sunless tanning products are commonly sold as creams, gels, lotions and sprays you apply to your skin.



The active ingredient in most sunless tanning products, dihydroxyacetone (DHA), is considered by the FDA to be safe when applied to your skin.

How do sunless tanning products work? When applied to your skin, DHA reacts with dead cells in the outermost layer of skin to temporarily darken the skin's appearance. The coloring doesn't wash off, but it gradually fades as the dead skin cells slough off. In most cases, the color is completely gone after 5-7 days.

Caution: Most sunless tanning products *don't* contain a sunscreen and *don't* protect your skin from sun damage. If you spend time outdoors, be sure to liberally apply sunscreen with a sun protection factor (SPF) of at least 15 no less than 30 minutes before going outside.



SPF: The sun's energy can penetrate any skin type and damage DNA which ultimately could lead to skin cancer. Sunscreens protect against UVA and UVB rays. Currently, there is no standard rating for UVA protection. The SPF number is a measurement of the amount of UVB protection — the higher the number, the greater the UVB protection. An SPF of 15 filters out about 93 percent of the UVB rays; SPF 30 filters about 97 percent of UVB rays. The beneficial effects of sunscreen decreases over time, so after a few hours the difference may be less. █

Does sunscreen expire? Can I safely use last year's sunscreen?

To my surprise, the answer to both is "yes!" Sunscreens are designed to remain stable & at original strength for up to 3 years. If your sunscreen does not have an expiration date or you are unsure how long ago you purchased it, toss it out! If you are using sunscreen in the recommended amount (1 ounce per application) for all exposed skin and reapplying every 2-3 hours or after swimming, it won't take long to use up a 4-ounce bottle. (Mayo Clinic Website)

Flip-Flop Alert: Cheap & easy, but can lead to heel pain, stress fractures & lower backache. Choose a pair with an arch & no less than half-inch sole; *wear sparingly!*

Which weight loss diet is best?

A recent issue of the New England Journal of Medicine reported that after 2 years, it didn't matter which of 4 diets their overweight research subjects chose. As long as they cut calories, they lost weight. The bottom line: The best diet is the one you can stick with. *Even if it is one day at a time.....*



Skip the artificial sweeteners: Diabetic/dietetic versions of sugar-containing foods offer no special benefit. They can still make blood sugar levels rise, are expensive, and can have laxative effects if made with sugar-based alcohols such as sorbitol. Portion control is a better strategy.

Memory Loss: 7 Tips to Improve Memory



- (1) Engage in mentally stimulating activities such as crossword puzzles. Read a section of the newspaper that you normally skip. Take alternate routes when driving. Volunteer at a school.
- (2) Socialize to ward off depression & stress, both which contribute to memory loss. When you are invited to share a meal or attend an event, just go! Don't allow yourself to "brood."
- (3) Focus and limit distractions. Don't try to do too many things at once. If you focus on the information that you're trying to remember, you'll be more likely to recall it later.
- (4) Eat a heart-healthy diet which is as good for your brain as it is your heart. Try *new* fruits, vegetables, whole grains and low-fat protein sources. Not enough water can lead to memory loss.
- (5) Physical activity increases blood flow to your whole body, including your brain—which may help keep your memory sharp. Invite a friend & squeeze in a few 10-minute walks throughout the day.
- (6) Get organized: jot down tasks, appointments and other events in a special notebook or calendar. Never mind how many of those details you *used* to be able to carry around in your head!
- (7) Follow your MD's treatment recommendations for any chronic conditions, such as thyroid problems, hypertension and depression. The better you take care of yourself, the better your memory is likely to be.

If you or someone you love is worried about your memory loss—especially if it affects your ability to complete your usual daily activities—consult your doctor or nurse practitioner. A physical and mental status exam will be checked. Treatment will depend on what's contributing to the memory loss.



Things hated by the Lord 6:16-19

Proverbs

***Haughty eyes, a lying tongue,
Hands that shed innocent blood,
Heart that devises wicked schemes,
Feet that are quick to rush into evil,
A false witness who pours out lies,
A man that stirs up dissention among brothers.***

Coping with Rising Health Care Costs If You've Lost Your Job

- Join your spouse's plan if you can. The job loss means you can join immediately, without waiting for the next open-enrollment period. If your spouse and children were covered under your plan, they can switch too.
- With passage of the recent economic stimulus bill, subsidy of 65% of COBRA premiums will be funded for those laid off between 9-1-08 and 12-31-09. The subsidy lasts 9 months. For details: www.dol.gov/cobra
- Check out CHIP, the Children's Health Insurance Program

Prayer: Dear Lord create in me a new & improved version of who you want me to be. Let me take great care to follow your Spirit as it leads me toward that person. Create in me a new image. Amen.