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## Sun Wars – Navigating the Sunscreen Saga

Posted on [June 9, 2010](#) by [earthfare](#)

You want that healthy glow that goes so well with summer short sleeves and shorts – right? But, with everything from tanning beds to not wearing sunscreen to EVEN wearing sunscreen being under attack, it's hard to figure out what's the best method to lose the winter whites and enjoy the summer lights. So, the question becomes: what's a sun lover to do?!



Well, first of all, despite new claims, you should still wear the sunscreen. For years, it has kept many people from getting burned. But, it may be worth noting the recommendations. Take caution when buying anything over 30 SPF: Some say it's a waste of money. Some studies even suggest that the additional chemicals in the [higher SPF's could actually INCREASE your risk of cancer.](#)

Always buy sunscreens that have both ultraviolet-B (UVB) and ultraviolet-A radiation (UVA) protection. While

UVA does not cause your skin to burn, it still causes cancer.

Lather it on – heavy and often. Even though it says waterproof, most sunscreens wear off after a few hours, especially once it's wet. And, skip the sprays. They don't give as good coverage as the lotions, and they miss a lot of acreage.

While this all may seem confusing, we can conclusively (I hope!) say that [20 minutes of sun is good for you...](#) with or without sunscreen! Generally, this timeframe isn't long enough for you to get burned, but long enough for you to get a wallop of Vitamin D. And, you need Vitamin D to keep your bones strong and prevent bone diseases like osteoporosis.

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### 3 Responses to Sun Wars – Navigating the Sunscreen Saga



**Michelle Kinnamon** says:

[June 9, 2010 at 12:55 pm](#)

Come on! If higher SPF sunscreens can cause cancer, then can't we conclude that SPF 30 and under is the same. I don't wear it, I'm not going to. I do tan responsibly. I think it is far more dangerous to go around with SPF 75 until you forget it one day and get burned. Plus, there's the whole Vitamin D issue. (I do not drink milk)

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**hope** says:

[June 9, 2010 at 6:30 pm](#)

Thanks for the info! My daughter and I both burn easily, and although I have tried to keep her covered, I have missed her face frequently and now she has freckles. Poor kid.

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**earthfare** says:

[June 10, 2010 at 10:28 am](#)

Oh no, Hope! I bet she's still adorable with her freckles 😊

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