



Natural Health Research Institute

Your One-Stop Website for Research on Natural Health and Wellness

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www.naturalhealthresearch.org

UV Safety and Skin Protection

Summer is in full swing, the sun is out, and we are all ready to enjoy our favorite activities. As we spend more time outdoors it is important to remember to take steps to protect our skin and eyes from the damaging effects of the sun. Ultraviolet (UV) rays are an invisible kind of radiation that comes from the sun, tanning beds, and sunlamps. UV rays can penetrate and change skin cells. There are three types of rays emitted from the sun: UV-A, UV-B, and UV-C. However, UV-A and UV-B can cause the most damage if the right precautions are not taken. In the continental U.S., the hours between 10 a.m. and 4 p.m. are the most hazardous for UV exposure and are at their greatest intensity during the late spring and early summer. In addition to the risk of skin cancer, UV rays can cause macular degeneration, cataracts, skin growths, and suppression of the immune system. And while we all need vitamin D, it is far safer to get it by eating the right foods and the right supplements than by being in the sun too long.



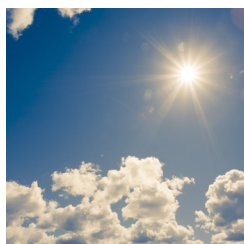
You can reduce your risk of sun damage and skin cancer by following these simple tips:

- Stay in the shade, especially during midday hours.
- Wear clothes that cover your arms and legs.
- Wear a wide brim hat to shade your face, head, ears, and neck.
- Wear wraparound sunglasses that block both UVA and UVB rays.
- Use sunscreen with sun protection factor (SPF) 15 or higher, for both UVA and UVB protection.
- Avoid indoor tanning beds.

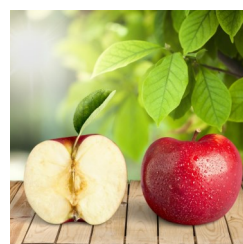
You can also help protect your skin from the inside out by eating a diet full of antioxidants, which are natural repellents of UV rays and free radicals. Try incorporating foods such as berries, watermelon, green tea, turmeric, red, green and yellow peppers, and tomatoes in your diet. Studies suggest that nutritional supplements such as astaxanthin, vitamins E, C and D, lycopene, grapeseed extract, lutein and zeaxanthin can provide additional support.



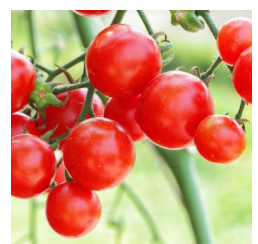
[Pomegranate Juice Extract Protects Against UVB-Induced Skin Damage](#)



[Effects of Crocin on Skin Photoaging](#)



[Uses of Apple Polyphenol for the Skin](#)



[Lycopene-Rich Tomato Nutrient Complex Protects against UV Radiation](#)

Environmental Working Group's Dirty Dozen and Clean 15 Lists

The Environmental Working Group's (EWG) Shopper's Guide to Pesticides in Produce™, updated every year since 2004, ranks the pesticide contamination of 46 popular fruits and vegetables. The guide is based on test results by the Department of Agriculture and the Food and Drug Administration of around 45,000 samples of produce. It is important to note that the samples are tested for pesticides after they have been prepared to be eaten. This means the produce has been thoroughly washed and, when applicable, peeled. After these preparations, pesticide residues are still detected on many of the fruits and veggies. The goal of EWG's Shopper's Guide to Pesticides in Produce™, is to educate the public about fruits and vegetables with the highest and lowest pesticide residues so consumers can make the best decisions for their families.

The top 15 foods with the least pesticides are called the Clean 15, while the 12 foods with the most pesticides are called the Dirty Dozen. These lists are fantastic to take with you on your shopping trips to know when to buy organic and when it's ok to buy conventional.



Upcoming Event



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The NHRI will be a sponsor and exhibitor at the American Nutrition Association's annual summit, Personalized Nutrition 2022: Mental Health Matters. The event will be held on October 26-29, 2022 in San Diego, CA.

The Personalized Nutrition 2022 Summit will explore the complex ways that nutrition, food, and other compounds in our diets influence our brains, mood, and mental health.

[View the Agenda](#)

Recent Posts



Blueberry Consumption Improves Cognitive Executive Control in Insulin-Resistant Adults

Written by Taylor Woosley, Staff Writer. 12-week supplementation with blueberry powder (equivalent to 0.5 c of blueberries) resulted in significant improvement in lexical access and a reduction of recall intrusion errors, with a significant decline in fasting insulin noted at the 12-week mark. [Read more »](#)



Berberine Plus Probiotics Significantly Improve Postprandial Lipid Profile in T2D Patients

Written by Chrystal Moulton, Staff Writer. Researchers found that berberine plus probiotics was most effective in lowering postprandial LDL-C ($p=0.04$) and total cholesterol ($p=0.001$). [Read more »](#)



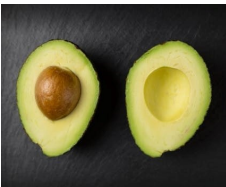
Citicoline Shown to Improve Memory in Healthy Older Adults

Written by Jessica Patella, ND. Study results show supplementing with 500mg/day of citicoline helped to improve memory in healthy older adults. [Read more »](#)



Effects of Selected Nutritional Supplements on Sleep Quality

Written by Marlene Hollick, Ed.D., R.D. Based on a t-test of matched samples in this double-blind, placebo-controlled, randomized study on the effects of RLX2™ (alpha-s1-casein tryptic hydrolysate & L-Theanine) oral supplement on sleep quality, results indicated that subjects who received this treatment demonstrated significant improvements in reported sleep duration and quality. [Read more »](#)



Higher Avocado Intake Associated with a Lower Risk of Cardiovascular Disease

Written by Taylor Woosley, Staff Writer. Subjects consuming ≥ 2 servings/week of avocados had a 16% lower risk of developing cardiovascular disease and a 21% lower risk of coronary heart disease incidence. [Read more »](#)

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