



In This Issue

- Get your summer on!
*By: Dr. Cecilia de Martino,
B.Sc., N.D.*



To Book an Appointment

By Email:

info@sellarswellness.com

By Phone:

519-208-6900

A Fond Farewell

It is with sadness that we announce that Dr. Britanie Belanger will no longer be a part of the team at Sellars Chiropractic & Wellness Centre as of the end of August 2015. Dr. Belanger has decided to move back to her hometown of Sudbury, ON to be close to family and friends. For any patients of Dr. Belanger who wish to continue their Chiropractic care at Sellars Chiropractic & Wellness Centre, they may do so under the care of Dr. Katie Sellars. A new initial visit fee will not be charged in this case. While Dr. Belanger will be greatly missed here at the clinic, we wish her nothing but the best in all of her future endeavors.

Get your summer on!

By Dr. Cecilia de Martino, ND

August is already here! Make sure you take some time off to enjoy the weather. Winter comes much too quickly.



Get your daily recommended intake of Vitamin D

Vitamin D has potent anticancer properties. In fact it acts more as a hormone than a vitamin. Did you know that if you spend 10-15 minutes in the sun during peak hours without sunscreen, you will get 1000 international units of vitamin D? This website calculates the time you need to spend in the sun to get your daily recommended intake of vitamin D: http://zardoz.nilu.no/~olaeng/fastrt/VitD-ez_quartMED.html. To find your longitude and altitude coordinates, use this site: <http://www.latlong.net/?lat=&lng=>. You can see that if you have darker skin or if it's cloudy out, you need longer sun exposure.

What about skin cancer? If you limit your sun exposure to 15 min without sunscreen during peak hours (11am-2pm), you shouldn't burn. After that you can apply sunscreen. Speaking of sunscreen, how do you know that the one you use, is good for you?

Sunscreen choices

Out of all the brands, **Neutrogena** seems to stand out because it is rated the worse sunscreen on Environmental Working Group (www.ewg.org)! All sunscreens are rated on that site so take a look to see if yours is listed and how well it is scored. They also make an app, so add it to your smartphone.



Did you know that SPF greater than 50 doesn't really show more protection? 80% of Neutrogena's sunscreens contain oxybenzone which is a hormone disrupting ingredient. A derivative of vitamin A (retinyl palmitate, retinyl acetate, retinyl linoleate and retinol) is added to a lot of sunscreens and there is some research showing that this isn't good for your skin, especially in high doses.

Overall, a **mineral sunscreen** is better than a chemical one. Mineral sunscreens contain **zinc oxide and titanium dioxide** which block the sun but when applied appears like a chalky white coating. It's not very appealing to the eyes, but it's healthier than the chemical ones (oxybenzone, Octinoxate (Octylmethoxycinnamate)).

Some good brands include: Green Beaver, Badger and Goddess Garden.

If you have any questions about your skin care line or if you want to make sure you have adequate vitamin D levels, do not hesitate to contact me at cecilia@drcecilia.ca