



Sensible News

Issue 11, November 2003

Sensible Philosophy

Sensible News aims to provide important health information that may not be readily available from conventional sources. Articles are factual. Any references not listed are available on request.

In the News:

Food Allergies and Food Sensitivities Trigger Asthma

New research in the *August Journal of Allergy and Clinical Immunology* concludes that food allergy is a significant trigger of childhood asthma.

Peanuts and sulphites are the most common food allergies to produce immediate symptoms. (Sulphites are preservatives commonly added to dried fruit and prawns.) Food sensitivities increase inflammatory products in the blood, and will produce asthma, but sometimes up to 3 days later. (1) The most common food sensitivities include food colourings, dairy, fish, eggs, nuts, tomatoes, bananas, and wheat.

Other symptoms of food sensitivities include eczema, hyperactivity, diarrhea, recurring ear infections, and, in adults, migraines and depression.

Appointments at Sensible-Alternative Naturopathic Clinic are available weekdays from 8am to 8pm. 498 Miller St. Cammeray

Call 02 9922 4009

web: www.sensible-alternative.com.au
email: lara@sensible-alternative.com.au

INSIDE THIS ISSUE

- 1 In the News: Asthma and Food Allergies
- 1 Dangers of Sunscreens
- 2 Prevent Skin Cancer with Nutrition
- 2 Sunlight PREVENTS Cancer
- 2 Medibank Patients can now get Rebate
- 2 Upcoming Lecture on Natural HRT (Part 2)

Dangers of Sunscreens

There is more evidence that sunscreens may actually be doing more harm than good. Although they do prevent sunburn, recent studies suggest that sunscreens may NOT prevent melanoma (2), and may, in fact, increase the risk of the deadly cancer. People with melanoma are more likely to have been sunscreen users. This may simply be due to the fact that those already at risk tend to use more sunscreen, but Thomas M. Nordlund, a biophysicist at the University of Alabama, is examining the possibility the energy absorbed by sunscreen is transferred to cell DNA rather than turning into harmless heat. (3)

Even if sunscreen chemicals do not cause damage at the level of the skin, we know that they increase the risk for breast and prostate cancer. This is because they are xeno-estrogens, or toxic estrogen-mimicking molecules (see Sensible News 4).

A study conducted by the Institute of Pharmacology and Toxicology at the University of Zurich, Switzerland found that most commonly used sunscreen ingredients have some estrogenic activity. This means that they are hormone mimics, a category of chemical, which is known to increase the risk for breast cancer and other hormonal conditions. Plastics, dioxins and pesticides are other examples of hormone mimics.

The following common sunscreen ingredients were found to have estrogenic activity.

1. benzophenone-3 (Bp-3)
2. homosalate (HMS)
3. 4-methyl-benzylidene camphor (4-MBC)
4. octyl-methoxycinnamate (OMC)
5. octyl-dimethyl-PABA (OD-PABA)
6. butyl-methoxydibenzoylmethane (B-MDM)

Does this mean that you should never use sunscreen? You can safely choose mineral sunscreens containing only the active ingredients titanium oxide or zinc oxide. Mineral-only sunscreens available in Australia include Paula's Choice, Sunsense and Aubrey Organics, and other brands. Read the label!

Better yet, protect yourself from the sun:

- COVER UP
- Avoid the sun during peak hours (11am to 2pm)
- Get adequate nutrition

Prevent Skin Cancer with Nutrition

- **Essential Fatty Acids** (omega 3 and 6) help to keep skin supple, and prevent dryness. Take 3000mg per day of linseed oil or wild salmon oil capsules. Food sources include ocean fish, raw nuts and seeds, free-range eggs and leafy green vegetables.
- **Anti-oxidants:** Vitamin E, selenium, beta-carotene and vitamin C are important antioxidants and free radical scavengers. Adequate levels of carotenoids (found in colourful fruits and vegetables) and vitamin e decrease the risk of sunburn. Selenium may be particularly important to supplement because it is deficient in Australian soils. Take 100mcg of selenium daily.
- **Vitamin C** assists in the production and repair of collagen, the main protein in skin. It can be taken internally, or used topically. Check with your chemist or health food store for a vitamin C moisturizer.
- **Zinc** aids in skin healing and prevents inflammation of the skin. Supplement 25mg per day.
- **Vitamin A** is another important nutrient for healthy skin. The vitamin A precursor beta-carotene can only be effective if thyroid function is active. Anyone with an underactive metabolism should consider taking preformed vitamin A from cod liver oil and organ meats.

Sunlight PREVENTS Cancer

The vitamin D formed in our bodies by UV light exposure is vital for health, and many people – even in Australia – are not getting enough!

Have your levels checked. If they're low, you are not just jeopardizing your bones. You are also putting yourself at risk for breast cancer and other cancers, as well as diabetes, infertility, and obesity (4).

Supplementation is probably not necessary in our sunny climate. Instead, plan to expose your bare, "sunscren-free" skin for at least 15 minutes per day during off-peak hours (i.e. Not between 11am and 2pm).

Medibank patients can now get rebate.

On November 5, Sensible-Alternative will celebrate 12 months in practice. This means that Lara can now have provider status with Medibank. If you have any outstanding receipts, you should be able to submit them later this month.

Lara is already registered with all the other health funds.

References:

- (1) Aug 11, 2003, *The Australian*
 - (2) Feb 1998 Press Release. Memorial Sloan-Kettering Cancer Center
 - (3) July 14, 2003, *Baltimore Sun*.
 - (4) Hansen CM, Binderup L, Hamberg KJ, Vitamin D and cancer: effects of 1,25(OH)2D3 and its analogs on growth control and tumorigenesis. *Front Biosci*. 2001 Jul 1;6:D820-48.
- Hypponen E, Laara E, Reunanen A, Intake of vitamin D and risk of type 1 diabetes: a birth-cohort study. *Lancet*. 2001 Nov 3;358(9292):1500-3.
- Panda DK, Miao D, Tremblay ML, Targeted ablation of the 25-hydroxyvitamin D 1alpha -hydroxylase enzyme: evidence for skeletal, reproductive, and immune dysfunction. *Proc Natl Acad Sci U S A*. 2001 Jun 19;98(13):7498-503
- Wortsman J, Matsuoka LY, Chen TC, Lu Z, Holick MF. Decreased bioavailability of vitamin D in obesity. *Am J Clin Nutr*. 2000 Sep;72(3):690-3)

Upcoming lecture:

- **Natural HRT Part 2 – Phytoestrogens and nutritional supplements.**
 - November 8 12pm-1pm – Admission \$5

Don't miss this highly requested sequel to the Bio-identical Hormone Lecture!!
Located at the Body Language Studio: 498 Miller St. Cammeray

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