

The Spinal Column

A Free Monthly Newsletter For The Friends and Patients of: Dr. Roger D. Smith

16052 Beach Blvd., Suite 130 • Huntington Beach, CA 92647 • (714) 848-8122 • www.RogerSmithDC.com

"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind." - William James

Do Sunscreens Really Work Or Are They HAZARDOUS TO YOUR HEALTH?

New Study Reveals 84% Of Products Tested Either Provided Inadequate Protection From The Sun's Harmful Rays Or Contain Ingredients With Safety Concerns...

If you use sunscreen, you are probably going to want to read this newsletter very carefully. But I have to warn you -- this is hard to believe.

Why? For starters... for years and years you've been told the sun's deadly rays cause all kinds of problems including early aging of your skin and skin cancer.

With the deterioration of the ozone layer, the sun basically became public enemy number one. But, there was an answer...

Sunscreen!

Sunscreen made it possible to go to the beach... or... enjoy a day on the boat without getting the dreaded sunburn. Not only did sunscreen prevent sunburns, it reduced your risk of skin cancer that was caused by over exposure to the sun.

At least, that's what sunscreen manufacturers claimed. And over the years, sunscreen's become BIG business. Marketed heavily with claims such as: "all day protection", "waterproof" and "skin cancer prevention", sunscreen sold like hot cakes.

Dermatologists recommended liberal use... and... most people felt safe in the sun as long as they lathered up with a high SPF ("sun protection factor") product.

Controversy

Well, now there's controversy. According to cosmeticsdatabase.com: "In a new investigation of 783 name-brand sunscreens, the Environmental Working Group (EWG) found widespread evidence that many products on the market are not safe and effective, including one of every eight high-SPF sunscreens that does not protect from UVA radiation."

What's more, their scientific review indicated "84% of 783 sunscreen products offer inadequate protection from the sun, or contain ingredients with significant safety concerns. Only 16% of the products on the market are both safe and effective, blocking both UVA and UVB radiation, remaining stable in sunlight, and containing

few if any ingredients with significant known or suspected health hazards. Our assessment is based on a review of nearly 400 scientific studies, industry models of sunscreen efficacy, and toxicity and regulatory information housed in nearly 60 government, academic, and industry databases."



The data reveal:

- **Many products lack UVA protection.** 13% of high SPF sunscreens (SPF of at least 30) protect only from sunburn (UVB radiation), and do not contain ingredients known to protect from UVA radiation, the sun rays linked to skin damage and aging, immune system problems, and potentially skin cancer. The FDA does not require that sunscreens guard against UVA radiation.
- **Sunscreens break down in the sun.** Paradoxically, many sunscreen ingredients break down in the sun, in a matter of minutes or hours, and then let UV radiation through to the skin. Analyses showed that 54% of products on the market contain ingredients that may be unstable alone or in combination, raising questions about whether these products last as long as the label reads. The FDA has not proposed requirements for sunscreen stability.

The EWG also concluded "questionable product claims are widespread." 48% of products on the market make claims that are considered "unacceptable" or misleading under FDA draft sunscreen safety standards.

According to the EWG report, claims like "all day protection", "mild as water", and "blocks all harmful rays" are not true, yet found on bottles.

And until the FDA finalizes sunscreen standards, the manufacturers are free to make hyped claims.

Many sunscreens contain nano-scale ingredients that raise potential concerns. Micronized and nano-scale zinc oxide and titanium dioxide in sunscreen provide strong UVA protection, and are contained in many of our top-rated products. Repeated studies have found that these ingredients do not penetrate healthy skin, indicating that consumer exposures would be minimal. Studies on other nano-scale materials have raised concerns about their unique, toxic properties. The FDA has failed to approve effective UVA filters available in Europe that, if approved here, could replace nano-scale ingredients.

The U.S. Is Behind

The U.S. lags behind other countries when it comes to products that work and are safe. The FDA has approved just 17 sunscreen chemicals for use in the U.S. At least 29 are approved for use in the E.U. The FDA has approved only four chemicals effective in the UVA range for use in the U.S., and has failed to approve new, more effective UVA filters available in the E.U. and Asia.

Absorbed Into The Blood

Some sunscreens absorb into the blood and raise safety concerns. According to the review of literature, the sunscreen ingredients absorb into the blood, and some are linked to toxic effects. Some release skin-damaging free radicals in sunlight, some act like estrogen and could disrupt hormone systems, several are strongly linked to allergic reactions, and still others may build up in the body or the environment. The FDA has not established rigorous safety standards for sunscreen ingredients.

What Are Your Choices?

In lieu of this information, what are your choices? Good question. The FDA advises people to stay out of the sun from 10 am to 4 pm.

That's probably not the answer you were looking for. And you must also realize that the sun is not your enemy. Over exposure is. Natural sunlight is very important for vitamin D synthesis and other aspects of health. If you avoid the sun altogether you will most likely be harming your health.

In the EWG study, they have a complete listing rating the 783 products in their study.

- **128 products were recommended as safe and effective.**
- **618 were listed as "caution."**
- **37 products were listed as "avoid."**

The study also advised:

The FDA must set mandatory sunscreen safety standards. As mandated by Congress, the FDA must complete their safety standards (the "sunscreen monograph"), and establish a date these standards will become mandatory. This study confirms the need for mandatory standards — the voluntary system currently in place leaves the public with many sunscreen products that are not as safe and effective as the public needs and expects.

The FDA must develop UVA standards for sunscreen. While the FDA has set guidelines for sunburn (UVB) protection, the agency has not established protocols and requirements for UVA protection. This is a critical gap in public health protection. UVA radiation is deeply penetrating and is linked to skin damage, including premature skin aging, wrinkling, and possibly cancer. The FDA is charged with regulating sunscreen and protecting public health, and both of those charges demand that the agency set standards for UVA protection.

FDA must approve new, effective and safe sunscreens for use in the U.S. Some sunscreen chemicals have been under review at the Agency for over a decade. Effective sunscreens not approved in this country are in widespread use elsewhere in the world. The FDA sorely needs to streamline and modernize its sunscreen review process to give consumers access to the best products possible.

For the full study and a listing of the products tested with recommendations go to <http://www.cosmeticsdatabase.com/special/sunscreens/sunsummary.php>

And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and enjoy nothing more than participating in your lifelong good health.

Welcome New Patients!

Here are the new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

Dolores S. from Long Beach.

Kanna P. from Long Beach.

Alfie H. from Cypress.

(Referred in by Wild Oats, Long Beach! Thanks!)

Robert H. from Signal Hill.

(Referred in by Stewart S.! Thanks!)

Father Gerald M. from Long Beach.

(Referred in by Stewart S.! Thanks!)

Cinda G. from Fullerton.

(Referred in by Arlene O.! Thanks!)

Jane C. from Orange.

(Referred in by Erika C.! Thanks!)

Dean P. from Buena Park.

(Referred in by Sal Y.! Thanks!)

Inspirational Story Of The Month –

What Happens When You Multiply One Small Act Of Kindness By Twenty-Five Years?

Life can be difficult.

Waking up every day to the miserable sound of your alarm clock. Hitting... or more like POUNDING... the snooze button two, three, four or more times. Tired, you drag yourself out of bed, shower, get dressed, eat... and... begrudgingly limp off to another day's work that you don't want to do.

After all, there are a ton of things you'd rather be doing than going to work, right?

That's why it may be difficult to smile. Or be nice to everyone you come in contact with during the day. Heck, how many times has someone cut you off on the way to work and it made you so aggravated you wanted to scream?

Maybe you did. Or, maybe you bottled it all up inside and had a miserable day. ANOTHER miserable day.

Well, you are not alone.

Everyone feels that way from time to time, some more so than others. Many people just don't seem to be nice to each other in the streets anymore. It's evident from all the road rage incidents reported on the news.

But there is a way to live a happier and healthier life. And it's not that difficult. In fact, it's simple. As you will discover in this quick, true story...

Here's the story: There is a very unique man by the name of Shaw Grigsby. You will know in just a minute why he is so unique, but first here's a little background...

Shaw is a professional bass fisherman and host of the show, "One More Cast With Shaw Grigsby." He is one of only four anglers to have won over \$1,000,000 in B.A.S.S. (B.A.S.S. is a professional bass fishing organization) career earnings and ranks 4th on B.A.S.S. all time money list.

So, who cares about this fisherman, his show and how much money he has made? Good question. There is a very good answer...

Not too long ago, Shaw's television show had an episode with a special guest. That guest was interviewed and said he was at church one day in South Carolina and everyone was clamoring about how Shaw Grigsby was speaking at their church that day.

When Shaw spoke, the first thing he did was ask if Doug Owden was in the crowd. Doug froze at first and didn't say a word. Then Shaw asked if Doug Owden was in the crowd again. This time Doug raised his hand and said he was.

Shaw asked if he was the Doug Owden from Florida. The one who used to fish for black drum on the Swami river. Doug answered with a, "Yes sir." Then Shaw asked if he remembered about 25 years ago helping a couple of random kids out? Taking the time to show these complete strangers how to fish and give them a couple of lures.

Doug thought back... and once again said, "Yes sir."

Well, one of those kids was Shaw.

Shaw went on to thank him and explain how that act of kindness was one of the catalysts to him becoming the success he is today. Shaw and Doug have been friends ever since... and... Doug was the special guest on Shaw's fishing show that day.

You know, many people don't believe in karma; that what comes around goes around. They cite examples of good things happening to bad people... and bad things happening to good people as proof. And they may be right. Who knows?

But here's one thing that is certain: It is important to live your life on the premise that everything that goes around does, indeed, comes around with the understanding that, no matter how "good" you are, you still may step out of your house and get hit by a car or lightening some day.

Really, what do you have to lose by striving to be kind, compassionate, honest, and civil?

And no matter how much time and effort you put into being "good", you will inevitably fall short of moral perfection. So why even try? Simply, the act of trying is, all by itself, a great reward.

Doug Owden did not take time out of his day and help those two little kids to be rewarded 25 years later with a great friendship and an appearance on a nationally televised fishing show. He simply did it because it was the right thing to do.

And that's something we should all think about tomorrow morning when we reach for the snooze alarm.

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!

Did You Know?...Interesting Water Facts

- 75% of Americans, and most of the world population, are chronically dehydrated.
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
- Even MILD dehydration will slow down one's metabolism as much as 3%.
- One glass of water shuts down midnight hunger pangs for almost 100% of dieters
- Lack of water is the number one trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- Drinking 5 glasses of water daily decreases the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.
- The human body can easily dehydrate itself, particularly on hot days, so you should not use thirst as an indicator of when you need to replenish your fluids. Keep a glass of water nearby throughout the day and refill it often.
- Some people are afraid of drinking too much water but this only happens in very rare cases. Don't underestimate the importance of drinking water—your body is depending on it daily.

Tip Of The Month "How Children Can Go Back To School *Without Bullying*"



Bullying has become a big topic recently. Surely children have always picked on each other... but... it seems as though things have gotten a lot worse over the last few years. Why? No one can say for sure, but it looks like one factor is the way children can do their bullying. Primarily: the internet. Sites like *myspace* and *youtube* are extremely popular. *Myspace* is a site where anyone can set up their own web page and be connected with their "friends." Pictures, videos, music and messages can be posted.

Videos are posted on youtube for the world to see. Both sites (and others like them) are great in many ways. However, as the saying goes, there is always...

One Bad Apple In The Bunch...

Bullies have popped up on both sites and use the internet media to publicly embarrass and ridicule their classmates. There have been cases covered in the news where bullying on the internet became so extreme some children have been forced to change schools. Others have even committed suicide. According to the American Academy of Pediatrics (AAP): "*Bullying is when one child picks on another child repeatedly. Usually children being bullied are weaker or smaller, shy, and generally feel helpless. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, or over the Internet.*"

Here is some advice from the American Academy of Pediatrics on Bullying:

When Your Child Is Bullied - Help your child learn how to respond by teaching your child how to: 1. Look the bully in the eye. 2. Stand tall and stay calm in a difficult situation. 3. Walk away.

Teach your child how to say in a firm voice. "I don't like what you are doing." "Please do NOT talk to me like that." "Why would you say that?" Teach your child when and how to ask for help. Encourage your child to make friends with other children. Support activities that interest your child. Alert school officials to the problems and work with them on solutions. Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

When Your Child Is the Bully - Be sure your child knows that bullying is never OK. Set firm and consistent limits on your child's aggressive behavior. Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone. Use effective, non-physical discipline, such as loss of privileges. Develop practical solutions with the school principal, teachers, counselors, and parents of the children your child has bullied.

When Your Child Is a Bystander - Tell your child not to cheer on or even quietly watch bullying. Encourage your child to tell a trusted adult about the bullying. Help your child support other children who may be bullied. Encourage your child to include these children in activities. Encourage your child to join with others in telling bullies to stop.

Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.

Smith Upper Cervical Health Care would like to thank Reina P. Charles for helping us get this to you!