

Treat Your Sunburn and prevent it safely (the great sunscreen controversy)

by Ananda More HD, DHMHS, Reiki Master, Doula and all around free spirit

Sunburn season has begun, I should know I've been careless and had red itchy shoulders twice this year already! So I'm inspired to write this article.

Homeopathy has lots of great options for treating sunburn, I'll start with some over the counter preparations and then mention some specific remedies which may be indicated. Last but not least I'll talk a bit about the great sunblock controversy.



In terms of easy over the counter preparations I have found that a **Ferrum Phos tissue salt cream** can work wonders. (this is what I've been using this year). Ferrum Phos 6X is indicated in general inflammation, redness, and even fever. Another great option is a **Calendula cream or tincture**. Calendula soothes the skin, encourages healing, is antimicrobial and anti-inflammatory. I've also used **Traumeel** topically as it is one of the staples in my first aid kit - it contains, among other things, calendula, hypericum, and hepar sulph which are all indicated in the treatment of sunburn.

Since Classical Homeopathy is all about finding the right individual remedy that matches the presenting symptoms I must mention some of the top remedies indicated in sunburn.

Cantharis: is a major remedy for burns in general, but especially indicated for sunburn. There is redness, possible blisters, and can be used in very severe burns. This remedy can even prevent blisters if applied early enough. Symptoms are worse from touch and scratching, better from cold water.

Urtica Urens: is great for sunburn with burning, itching, stinging and crawling sensations. May have small, clear, fluid filled blisters and skin peeling. Symptoms are worse from cold water, heat, and exercise and better from rest. Also a great remedy for psicky heat.

Hypericum: is a great remedy if there is intense pain with the burn. It can also be applied topically in a mother tincture form along with calendula.

Sun exposure is essential for all of us. It stimulates the production of Vitamin D, and in moderate amounts has also been shown to prevent cancer. The chemicals used in conventional sunscreen have been linked to cancer, are known to contain toxic estrogenic compounds, and generate free radicals which means damage to cells and aging (isn't that what you were trying to avoid by slathering on the stuff in the first place?).

So how does one get protection from the sun? The best sunscreen is clothing, keep yourself covered with light fabrics and use hats. Build up your resistance slowly through the spring, start with 10 min a day and slowly build up so you can go out in the sun and avoid burns. Use clothing to protect you from the sun. Third if too much exposure is unavoidable try using natural

sunscreens containing zinc oxide or titanium dioxide. These work by reflecting the sun off your skin as opposed to absorbing radiation. This makes them more effective and safer.

Maybe next year I'll take my own advice and introduce my sensitive skin slowly to the sun.

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