

Sunscreen Could be Altering your Hormones

By [Traci Knight](#)

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Nobody wants to burn in the sun. Not only is it painful and energy depleting, but sunburn can contribute to skin cancer down the road. Unfortunately, the chemical sunscreens made to protect people from skin cancer contain endocrine disruptors. They also prevent absorption of valuable Vitamin D through the skin.

The sun is the primary life giving force on planet Earth. Our relationship with the sun tends to vacillate between extremes, on the one hand with overexposure via tanning beds and sunbathing or else avoiding the sun altogether. Sunscreen promises us protection from skin cancer, and has been marketed aggressively as the solution to spending long amounts of time in the sun with impunity.

Endocrine Disruptors and Vitamin D Absorption

Of the fifteen FDA approved chemicals in sunscreen, nine of them are [known endocrine disruptors](#). The chemicals in sunscreen are quickly absorbed into the bloodstream through the skin where they interfere with the production of hormones. The primary ingredient is oxybenzone which introduces a steady stream of estrogen into the body. Sunscreen use has been linked to fetal damage and early childhood sexual development. Endocrine disruptors can also contribute to breast and ovarian cancer in women and prostate cancer in men.

Oxybenzone only blocks the sun's UVB Rays, or those that provide Vitamin D to the body. It is the UVA rays which cause free radical damage. Sunscreen does not protect skin from UVA rays, thus providing a [false sense of security](#). While there may be no sunburn, sun damage is still happening. Ultraviolet rays can cause skin damage with prolonged exposure. Common sense precautions are to limit extended sun exposure and don't allow skin to burn.

Natural Solutions

Using the length of time spent in the sun as a precautionary measure, there are alternatives to chemical sunscreens. Mineral oils act to reflect the sun's rays. While some of these oils may be expensive or difficult to obtain, you can be sure they are free of synthetic hormones, fragrances, dyes, and extraneous ingredients.

Red Raspberry Seed Oil SPF 28 - 50

Wheatgerm Oil SPF 20

Carrot Seed Oil SPF 38 - 40

Macadamia Oil SPF 6

Non-GMO Soybean Oil SPF 10

Avocado Oil SPF 4 - 10 (can get as high as 15)

Olive Oil SPF 2-8

Shea Butter SPF 3 - 6

Almond Oil SPF 5

Sesame Seed Oil SPF 4

Hemp Seed Oil SPF 6

Jojoba Oil SPF 5

Coconut Oil SPF 2 - 8

Sunscreen is commercially produced to make a profit. Everyone agrees that overexposure to the sun can damage the living tissue in your skin. However, chemical sunscreens cannot promise to protect us from free radical damage and are not a healthy solution to this problem. It is time we stop fearing the sun and allow ourselves to be part of the natural world.

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