

# Practical Summer Therapies Your Patients Will Appreciate

*"Whenever we think about the sun, one word should stand out in our mind... Oxidation."*

Each year during the warm summer months, we have a distinct opportunity to help patients by offering them a few practical summer therapies. We've all heard the buzz about vitamin D and sunshine. So we want to encourage our patients to get outside. For healthier vitamin D levels, recommend that they increase sunlight with as much skin exposure as possible for at least 20 minutes daily.

Let them know, they won't get vitamin D if they apply most sunscreens. Not using sunscreen means we have to take other precautions not to burn. According to most experts the greatest value in sun exposure occurs until the skin gets slightly pink.

Whenever we think about the sun, one word should stand out in our mind... "Oxidation." The sun is necessary for life but it also causes oxidation. Plants that are exposed to the greater amount of sun have greater levels of naturally occurring antioxidants.



For example home grown tomatoes are higher in antioxidants than hot house tomatoes. The stresses of wind, sun and dehydration will cause oxidation and the plant adapts by manufacturing more antioxidants. My point is that when we encourage our patients to increase sun exposure, we should also tell them to increase levels of antioxidants.

Let's not forget about the people who work in the sun every day: construction workers, farmers, postal workers,

landscapers, and others. They are all exposed to excess oxidation, especially if they breathe smog or exhaust. We want to encourage them to increase foods with color and supplement with a broad range antioxidant formula as a part of their daily nutrient regimen. I like using BioProtect from Biotics Research. It is a full spectrum antioxidant that is designed to recharge the body's ability to regenerate natural antioxidants. BioProtect utilizes vitamin, mineral, enzyme, amino acid, and bo-

tanically based antioxidants in a bio-available formula.

Another summertime concern for patients is electrolyte imbalance. About 15 years ago, I personally developed a strange pattern of fatigue, lethargy, and apathy every June. The cycle repeated itself for about 3 years. I would start out strong in May but by mid-June when the summer heat turned up, I really found myself struggling for energy. I thought it was winter burnout, and I just needed a vacation.

What was interesting is that it didn't seem to get bad until I really started sweating. Someone suggested I take some electrolytes to see if it made any difference and literally in 24 hours I felt remarkably different. That was my personal lesson in the value of electrolytes. Since then I have increased my intake of minerals and unrefined Celtic sea salt and don't struggle with that issue.

Dr. David Brownstein has published a book titled "Salt Your Way to Health" and articulates the value of electrolytes particularly unrefined Celtic sea salt. He eloquently discusses how unrefined salt is needed for healthy adrenal glands, thyroid function, and detoxification.

With low salt diets our bodies will retain the toxic bromine that is present in so many of our bakery products. He suggests  $\frac{1}{4}$  teaspoon unrefined sea salt per quart of water ingested.

Also during summer, recommend nutrients to help with "athletic injuries" in the garden. I say that with tongue in cheek because I am an avid organic gardener. I like to think of gardening as athletics as I spear weeds and squat with wheel barrels of both dirt and vegetables. OK, maybe it's not athletic but injuries do occur;

and I can tell you personally that if you use proteolytic enzymes before, during and after a 4 or 5 hour garden workout you will experience less stiffness and muscle pain.

Proteolytic enzymes will significantly reduce healing time. Below you can get a summary of over 20 articles. In an article titled "Sports injuries and Proteolytic Enzymes," the author summarized 14 studies on enzymes and injuries with over 1500 subjects studied. The conclusion, "Favorable results were obtained in every study, with all reporting significant improvements in reductions of pain, swelling, edema, recovery time, period of disability and time of return to normal activities. In most subjects, the amount of time needed to resolve injuries was cut in half."

My favorite proteolytic enzyme is Intenzyme Forte by Biotics. Someone returned a bottle that was 8 years past the expiration date. When Biotics had it checked for enzymatic activity, it still met label claim. That's the kind of reliability I like in a supplement.

Finally, one double blind study showed proteolytic enzymes will significantly reduce skin temperatures. So Intenzyme Forte is effective if you do get too much sun. Below are therapeutic dosages and more information.

Knowing a few summertime therapies can be helpful as you talk with your patients about their summer plans and vacations. Patients are always impressed when we show concern, make recommendations and give practical advice.

Thanks for reading this week's edition. I'll see you next Tuesday.