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Enjoy better health and a better life

Liz Copeland's newsletter June 2006



Although where I live we have just had the wettest May for forty years we actually have a drought order here. So as the weather gets hot we need to find ways to keep our cool. Here are some tips for dealing with the summer sun.

- Wear long loose clothes (cotton or linen) - covering up with loose clothing keeps you cooler than exposing a lot of skin to the sun.
- Have more water - it's easy to dehydrate so take more water as a drink. Unless you actually feel thirsty don't gulp water - you'll just flush it away more quickly. Instead sip the water and drink more if you are in the sun.
- We need sunshine because it helps us make vitamin D but too much sun damages the skin. Wear an appropriate suncream if sunbathing or working

outdoors. Some people find a high factor suncream blocks their pores and irritates the skin, so try, say, a factor 15 and apply it more often.

- If you sunbathe wear glasses and a hat to protect the eyes and surrounding skin. It's better for your eyes and it keeps the wrinkles at bay.
- If you have heart or lung problems be very careful in the heat. As the temperature rises it is more difficult to cool the body and this puts a strain on the heart. Sunlight can affect air quality and the pollen count may be high. Keep in the shade, take it slowly and you'll be able to keep your cool
- If you are doing outside chores, it's best to work early in the morning if possible. Then later in the day you can relax and unwind.

Contact Liz on 020 8668 3502 for help throughout the Summer and beyond.

