



Quintessential Health Care

An Integrated Health Resource

Tips for a Safe and Healthy Summer

Message from Milly

Greetings and a happy (early) summer to all!

With every change in season comes a fresh opportunity to connect with nature and renew specific aspects of our health.

In summer, nature gives us the healing power of sunshine, for example, which can restore vitamin D levels, boost mood, improve immunity, balance our circadian rhythm, and even protect our skin!

In this newsletter, we'll cover more about how to get a safe amount of sun for your skin type, plus tips on the best, science-backed essential oils to repel bugs, and a summer reading list of health and wellness books you will love.

I'm also pleased to report the transition to our new "home office" has been nearly seamless.

It truly feels as though we've always been here and we are so fortunate to continue serving you in this beautiful new space.

Blessings to all,

-Milly



Tip #1: How to get the healthiest amount of sun for your skin type

For decades we've been told to protect ourselves from the sun lest we wish to succumb to skin cancer (or worse...premature aging!) later in life.

However, new research suggests that too little sunshine may be just as risky as too much (if not more) [1].

This is largely due to the long-term health consequences of vitamin D deficiency (caused by lack of sun exposure and overuse of sunblock[2])---which is rampant in twenty-first century life.

Vitamin D deficiency can lead to things like skin cancer, bone degeneration, immune insufficiency, hormonal imbalances, premature aging, mental health problems, and a slew of other things.

So, how much sun should you get?

That depends on several factors including your skin type, geographical location, and the time of day and year (to name but a few).

For example, a very fair-skinned person can get enough vitamin D in about 10-20 minutes of sun exposure mid-day during the summer, while a darker skinned person can do over an hour under the same circumstances[3].

To determine the optimal amount of sun for your skin type, [check out this table from informedhealth.org](#).

The EPA also has a handy tool for [calculating your UV index by zipcode here](#).

Sources:

1:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2427138/>

2:

<https://www.sciencedaily.com/releases/2017/05/170501102258.htm>

3: <https://www.ncbi.nlm.nih.gov/books/NBK321117/>

Tip 2: The Best Science-Backed Natural Bug Repellants

Want to repel bugs without resorting to DEET or other harmful pesticide-based bug sprays?

Look no further than these science-backed essential oils:

- Citronella---best diffused as a candle to keep mosquitoes away[1].
- Lemon Eucalyptus---an EPA-registered natural insecticide available in premade products and as a pure oil[1].
- Geranium---proven effective for ticks and mosquitoes [2]! A must-have for safe outdoor fun.
- Peppermint and Lavender---these were shown effective when used on a cotton balls to repel household pests, but are effective when used in bug sprays as well[3].
- Cinnamon---effective at killing off mosquito eggs and repelling adult mosquitoes[4].

As always, use caution when applying essential oils to your skin and always, always dilute them!

We like this basic, customizable [natural bug spray recipe from DIY Natural](#).

References:

1: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3059459/>

2: <https://pubmed.ncbi.nlm.nih.gov/23528036/>

3: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6189689/>

4: <https://pubs.acs.org/doi/abs/10.1021/jf0497152>



Tip 3: Enjoy our "Summer Reading" list of health and wellness books

[Mind Over Medicine](#)---this NYT best-seller, written by Lissa Rankin, MD, combines the latest research into how the mind controls the health of the body, with



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captivating real-life stories of health transformations. If you like the work of Bernie Siegel, Norman Cousins, or Deepak Chopra, you'll love this fresh perspective.

[Life-Changing Foods](#)---if you or a loved one struggle to eat enough fruit and veggies this book will inspire you! Not only does the author (Medical Medium, Anthony William) offer amazing new insights into the *physical* health benefits of foods but he covers their emotional and even spiritual healing properties...it's a life-changing read.

[The More Beautiful World Our Hearts Know is Possible](#)--this book shares a wonderfully inclusive and relatable perspective on the immense power of everyday "small" acts of kindness, self-improvement, and courage to change the world. As seen on Oprah's SuperSoul Sunday...this book is a must-read for those dedicated to creating a better world through personal choice and action.