



## 3 Easy Breezy Tips for a Healthier Beach Trip

### Message from Milly

Happy summer everyone!

And a special congratulations (and WOO HOO!) to parents and children who have made it through this unusually challenging school year.

I don't know about you, but the onset of a hot southern summer always sends me running to my favorite beach spot ASAP.

And with so many people having to cancel summer trips last year due to COVID restrictions, this year is sure to be a special one for beach-goers.

Which is why you'll want your vacation to go off without a hitch.

In this month's newsletter, we'll explore 3 easy breezy tips to help you and your family have a healthier beach vacation and arrive home in better shape than you left.

Here's to your best summer ever!

-Milly



### Easy breezy beach tip #1: Plan ahead for healthy meals to minimize time in the kitchen

Who wants to spend hours cooking and preparing meals while everyone else is out enjoying the beach? Not me.

Thus, the default is usually eating out.

The problem is eating out gets expensive, exposes you to a variety of unhealthy ingredients (like refined oils, MSG, additives, preservatives, colors, flavorings, hidden sugars and artificial sweeteners, etc.), and increases your risk of tummy trouble (especially if you have food sensitivities).

Now please understand, I'm all for enjoying a few nice meals out while on vacation (preferably with a nice glass of chardonnay). But, you'll feel so much better if you eat at least some meals in.

**There are 2 ways to make this happen without being a slave to the kitchen:**

#1: Plan ahead to make super simple meals that can be prepared in under 30 minutes, with leftovers for lunch. If you're driving, bringing along your InstantPot makes this easy to accomplish.

#2: Precook all, or a good portion, of your meals, deep freeze them, and bring them with you in a cooler for easy re-heating.

Option #2 is great because it doesn't have to take a lot of extra time on the front-end. Simply make double-batches of whatever you're cooking a couple weeks ahead (meatloaf, taco casserole, chicken and rice, lasagna, fish cakes, veggie burgers, etc.), deep freeze, and pack your cooler the day of departure.

Katie Wells at Wellnessmama has an [excellent article on her whole beach bulk cooking system, including recipes, menu, etc.](#)

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## Easy breezy beach tip #2: Skip your vitamin D supplement in favor of natural sunshine!

The inevitable stress of planning, packing, and traveling can really put a damper on your immune system.

Fortunately, the beach provides the very best source of immune-boosting Vitamin D...the sun!

The key to getting enough daily Vitamin D without putting yourself at risk of burning, lies in knowing how much sun your skin can take.

This depends on many factors including your skin type, location, and the time of day.

For most people, 10-30 minutes of unprotected sunshine around high noon (when UVA/UVB rays are strongest) is the sweet-spot for optimizing vitamin D uptake while minimizing the risk of burning.

Now, if you have very dark skin or a really good base tan, you can probably do more without a problem. However, start with less and work your way up.

It's also a good idea to protect your face and ears with either a big brimmed hat or natural sunscreen (use [EWG's](#)



[Sunscreen Guide Database](#) to find a non-toxic brand) at all times.

If you have a history of skin cancer or any other concerns, check with your dermatologist for their recommendation.



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### Easy breezy beach tip #3: Pack a natural first aid kit for minor injuries/ailments

It's not always easy to find the specific natural remedies you need, when you need them, at the beach.

Here's a basic list of helpful first aid remedies to pack for minor injuries/ailments:

- 100% pure aloe vera gel for sun burns
- 100% pure lavender essential oil, for any type of cooking burn
- Phyto Gel (with arnica) for bumps and bruises
- Calendula cream (like [Boiron Calendula](#)) for cuts, scrapes, bug bites
- Activated charcoal and Catalyst-7 for tummy trouble
- Melatonin Spray to help you sleep
- XenoForce to support immunity