

Are Sunburn and Skin Cancer a Modern Day Phenomenon?

by Paula Runyan June 2009

In today's society, we are accustomed to the warnings about sun exposure and the threat of skin cancer. We worry about getting burned, and do everything we can to make sure we cover all exposed skin with sunscreen. We are convinced that the sun causes great harm.

I used to worry about it myself. I would find myself in front of the mirror, checking for any possible changes. If I did spend time in the sun, without sunscreen, I would turn bright red. I remember burning so bad after a morning at the beach, that I was unable to lay down to sleep.

About a year ago, we began our journey into Traditional Foods.

We got ourselves a copy of Nourishing Traditions, and began changing how we viewed food.

We changed how we shopped for it, and how we prepared and ate it.

Processed foods no longer found their way into our shopping cart and cupboards.

If you were to open our cupboards and refrigerator up, you would find the following foods in them.

Raw milk, raw butter, high vitamin cod liver oil, whole grains, extra virgin olive oil, expeller pressed coconut oil, palm oil, Celtic sea salt, organic dent corn, bottles of Kombucha, raw honey, wild game, good vegetables, etc.

No longer will you find things like vegetable oils and processed sugars and flours.

Those things do not belong in a body that was designed to eat real food.

Vegetable oils are a product of industrialization.

One of the most common oils found on supermarket shelves is Canola oil.

Canola comes from the Rape Seed, which is considered to be one of the most toxic seeds known to man. Even birds will not eat it. They know better.

Yet, these very seeds are taken to large plants, where they go through detoxification, deodorization, bleaching and coloring. It is then bottled and labeled as being healthy and good for you. A label that does not mention the free radicals that are contained within.

When you cook with this oil, an interesting thing happens.

How many of you have had to clean out the vent system of your stove?

It's very hard work, and usually requires toxic degreasers, lots of elbow grease and a good dose of patience.

Have you ever wondered what that oil is doing to your body?

If you have not, please stop and ponder these things for a few moments.

That oil is gumming up your body the same way it is gumming up the filter in your vents.

It is clogging your arteries and your inner pipes.

It is clogging up your skin. It is also likely that this is what is causing sunburn when you spend "too much time" out in the sun.

As you ponder these things, start cleaning your stove and vents.

When you are done, throw out the toxic cleaners you used. You will never need them again.

The next time you cook, use lard, real butter, coconut oil, or palm oil.

Take a good dose of high vitamin cod liver oil as well.

Cleanup now only needs a soft cloth, water and a bit of soap.

Never again will that build up haunt you.

And you will be on your way to a healthy body.

A body that no longer gets burned when exposed to the sun.

I speak from personal experience and research. I am not a doctor, nor a scientist.

I prefer to look at historical records and follow the wisdom of the ancients who knew that real food meant life.

For a modern day look at real oils, particularly Coconut oil, look at the Philippines.

Skin cancer is almost unheard of in this country. Coconut plays a big role in their diet. The same can be said of the Southern Islands.

I urge you to do your own research. Don't take my word for it.

I also urge you to take a look at the ingredients of any sunscreens you may have in your possession. Jot down how many known carcinogens are in them.

Determine if these are things you want on your skin and on the skin of your loved ones.

Ask me about Real Raw Milk

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