

Innovative WellNews



July Love Your Skin



Did you know?

July 8th is National Love Your Skin Day. The skin is the body's largest organ, protecting us from many internal and external dangers. It can also tell us a lot about our health. There are many ways to protect your skin including:

- Sunscreen
- Protective clothing
- Hydration
- Diet rich in vitamins and antioxidants
- Moisturizers



Sunscreen

It is important to take care of your skin all of the time but we encourage you to love your skin these summer months by using sunscreen, hats, lightweight clothing, and sunglasses to protect your skin and eyes from the harmful UV rays of the sun. Repeated sun exposure can lead to skin cancer and premature skin aging.

Sunscreens should be

1. Broad spectrum (offers both UVA and UVB protection)
2. SPF of 30 or higher
3. Water resistant

Opt for a mineral sunscreen instead of a chemical sunscreen, if possible, to avoid unnecessary chemicals and hormone disruptors. A few of our favorites include:

- Badger
- ThinkSport
- Babo Botanicals



Health and Wellness Observances

Healthy Vision Month

The theme for Healthy Vision Month 2024 is “Reframe Your Future” where everyone is encouraged to help themselves and others with a visual impairment to live their best lives with vision loss. Vision loss can lead to many challenges with social connections and performing everyday tasks. Did you know there is an app called “Be My Eyes” which connects blind and low-vision users who want sighted assistance with volunteers anywhere in the world? For more information click [HERE](#).

World Hepatitis Day: July 28th

Over 300 million people are living with Hepatitis and don't know it. There are 5 different types of Hepatitis and each one is a little different on how it is transmitted and treated.

Long-term inflammation of the liver can lead to cirrhosis and liver failure. Signs of hepatitis include:

- Nausea/vomiting
- Fever
- Abdominal pain
- Weakness and fatigue
- Yellowing of the eyes and skin
- Dark-colored urine
- Light or clay-colored poop



Monthly Nutrition Fact

You can reduce your risk of serious eye diseases like age-related macular degeneration and cataracts with good nutrition. Powerhouse eye nutrients include lutein, zeaxanthin, vitamin C, vitamin E and zinc. Some examples of these foods are broccoli, corn, green peppers, sweet potatoes, oranges, strawberries, tomatoes, nuts and seeds, salmon, tuna, oysters, shellfish.

Monthly Physical Activity Tip

As the weather starts to heat up, consider getting in your exercise during the early morning hours or early evening hours to avoid overheating and dehydration. The heat of midday is typically between 10 am and 4 pm.



We Value Your Feedback!

Please continue to share with us what you'd like to know [here](#).



Aad.org | My.clevelandclinic.org | Aoa.org | Detoxinista.com

Homemade Red, White, & Blue Popsicle Recipe

by Megan Gilmore
(DETOXINISTA)

RED LAYER:

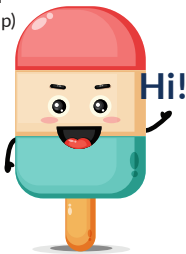
- 1 cup strawberries, chopped
- 1 Medjool date, pitted (or 1 TBSP maple syrup)
- 2 TBSP water

WHITE LAYER:

- 1 cup coconut milk
- 2 TBSP maple syrup

BLUE LAYER:

- ¼ tsp spirulina powder (optional)
- ¼ cup frozen blueberries



- Combine the fresh strawberries, date (or maple syrup) and water in a high-speed blender, and blend until very smooth. Pour the mixture into the 6 ice pop molds, using about 1 ½ TBSPs per mold. Place the mold in the freezer to set for at least 40 minutes.
- While the red layer is freezing, combine the coconut milk and maple syrup in a clean blender canister and blend until smooth. Once the red layer is set, add a heaping TBSP of the white mixture to each mold, making the white middle layer. Return the molds to the freezer.
- To the remaining white mixture, add in the spirulina and frozen blueberries, and blend again until smooth. Remove the molds from the freezer and add the blue layer on top, as the last popsicle layer. Insert a popsicle stick into each mold and freeze until firm, about 4-5 hours.
- To remove the popsicles from their mold, run them under hot water for 10 seconds. This should help the ice pops easily release from the plastic mold. Serve frozen, and keep any remaining popsicles stored in the freezer for up to a month.