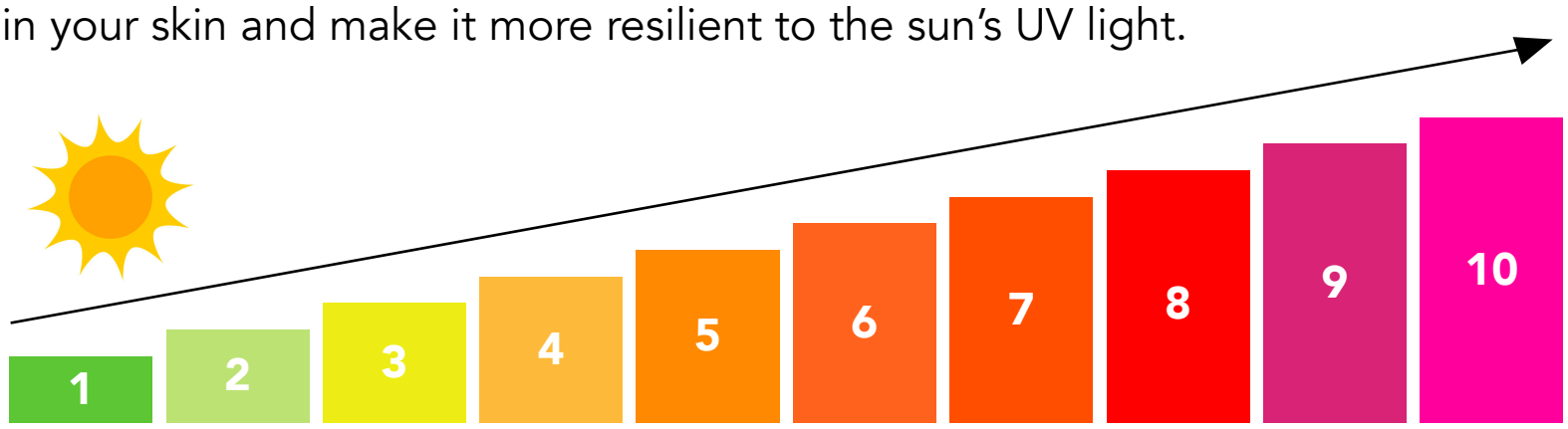
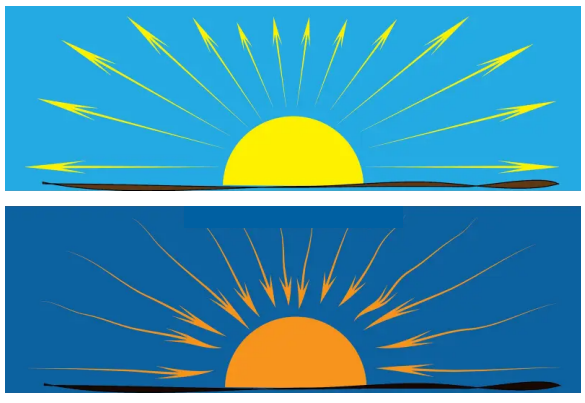
1. BUILD UP UV TOLERANCE

By building up a UV tolerance throughout the year, the way we used to as a species, our tolerance threshold will be much greater, and the chance of getting a burn much lower. Start tanning, or spending more time outside, already by the spring. This process can even be simulated during the summer months by getting AM sunlight and start by getting the morning sun exposure. This process of low UV exposure will increase the production of melanin in your skin and make it more resilient to the sun's UV light.



2. GET INFRARED LIGHT

Infrared light acts as a sunscreen for your skin as it protects the skin against damage and aids the health of your skin cells. You'll get infrared light from sunrises and sunsets, but also from panels, which are great for your health span, especially during the winter months, where sunlight is scarce.





3. SEEK SHADOW

In nature, animals seek shadow when they've had enough sun. This is our innate response to shield ourselves when we reached our daily limit. Ideally, and if possible, the best way to tan is fundamentally to alternate between sun and shadow. Hereby, you'll unshielded receive enough of the sun's benefits without passing the safety limit to where it becomes dangerous: when your skin turns red.

4. AVOID TOXIC SUNSCREEN

Many sunscreens contain toxic chemicals, such as Oxybenzone, Octinoxate, and others, which disrupt your endocrine system amongst other consequences. Apart from this, they shield UV absorption and impair vitamin D production. For a group of people, including children being exposed to high UV and outdoor workers who can't seek shadow for numerous hours a day, sunscreen can be the only solution to avoid burns. Here, it's critical to use natural mineral sunscreens without toxic chemicals, perfume, etc., which have been approved and allergy certified. However, it's advised to follow all other bulletpoints first and use healthy sunscreens as a secondary solution.

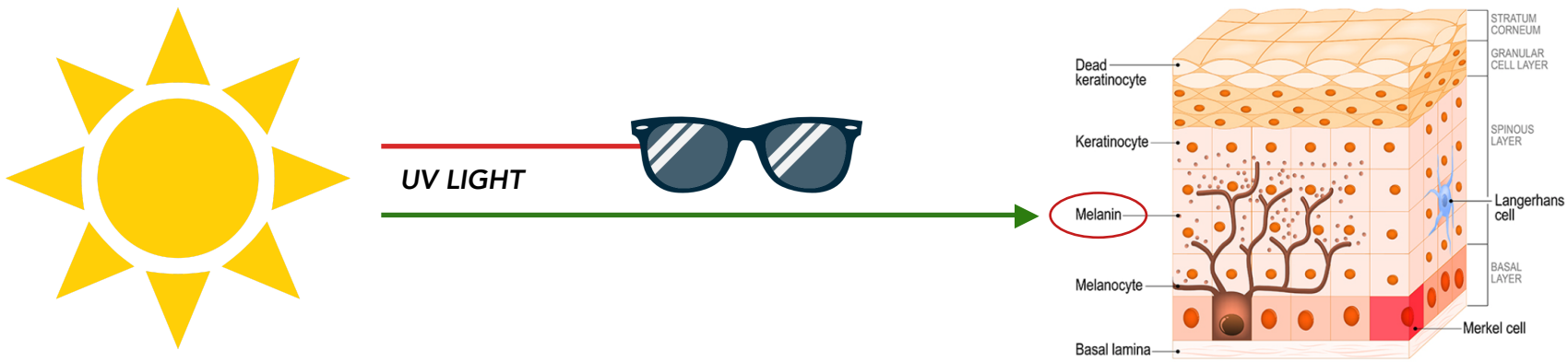


5. DO NOT BURN

It's true that the sun is dangerous. But not more than broccoli. Overeat it and you'll get sick. The same applies to the sun. If all precautions are followed, the sun is truly the fountain of youth. But if you act recklessly and frequently get burned, you will indeed increase your chances of skin cancer.
But if you—oppositely—are able to handle the sun in a healthy way, you will in fact lower your chances of cancer. So, just remember: never burn.

6. STOP WEARING SUNGLASSES

Sunglasses are not only inhibiting your circadian rhythm, they also block UV light from reaching your eyes (PMID: 12535208). And when UV light reaches the eyes, it signals to your skin to produce melanin, which protects your skin and is what creates pigmentation. Wearing sunglasses will block this protective function and in fact make you more prone to sunburns.



7. LIMIT SEED OIL CONSUMPTION

There are quite a few reasons to limit seed oil consumption. One of these are related to sunburns. Although not on the top of my list, there seems to be reliable data linking seed oil consumption to sun vulnerability — this because of the fatty acid Linoleic acid, present in many seed oils, which has been shown decrease melanin levels (PMC6718436), and thereby compromise the protective shield in your skin.

8. USE BEE POLLEN, RAW HONEY, AND OLIVE OIL

Whether consumed orally or applied to skin, all three contain medicinal properties, particularly beneficial to skin health. This is due to their anti-inflammatory and regenerative properties, which protect against UV damage. They can either be bought separately and homemade or bought as a cream. My personal recommendation for this combo is Egyptian Magic as linked to below this document.







9. EAT ANIMAL BASED

An animal based diet ensures a rich micronutrient profile, which is essential for optimal skin health. This can be supplemented as well, but we want as many of our micronutrients from whole foods as we can get.
These animal based nutrients include cholesterol, which is strongly correlated with vitamin D production in your skin, as well as vitamin A, E, zinc, and selenium.

