



CONSUMER HEALTH WARNING



The Great Sunscreen Rip-off

Subscribers to *ALTERNATIVES* love the fact that I regularly shoot "sacred-cow" products full of holes. Now brace yourself, because you are about to learn the dirtiest secret about the darling product of mainstream and alternative doctors alike: **sunscreens**.

Folks, I've tossed every squeeze-bottle of sunscreen I used to own in the trash, including the natural ones from some of the top brands.

First of all, the manufacturers haven't told you that many of the active ingredients in sunscreen behave like estrogen at the cellular level. These chemicals, found even in "natural" sunscreens, make breast and uterine cancer cells grow more quickly. This isn't theory, it's fact...and a secret well-kept by the sunscreen industry. Even most doctors have been brainwashed or are simply ignorant of the Estrogen-Mimicking Factor.

Check your sunscreen IMMEDIATELY for the following "active ingredients": octyldimethyl-PABA (OD-PABA), benzophenone-3 (Bp-3), homosalate (HMS), octyl-methoxycinnamate (OMC), and 4-methyl-benzylidene camphor (4-MBC). If you find any of these chemicals, discard the product immediately. You'll be saving more than

your skin.

Men are also at risk: these estrogen-mimicking compounds can cause feminine characteristics in males and may speed up prostate cancer.

A bigger surprise: sunscreens actually cause more cancer and premature aging than *they prevent*. Briefly, here's why...

Sunscreen blocks UVB light, which only affects the surface of your skin. **As a result, your skin doesn't produce the protective pigment melanin**, which your body naturally creates to shield the sensitive *inner layers* of skin from a worse kind of light, UVA.

Unfortunately, sunscreens DO NOT block UVA light, the kind that penetrates deep into the skin. This is the form of UV most responsible for cancer. Because sunscreen keeps your skin white and transparent, you become a sitting duck for UVA exposure. This is a major example of being penny wise and pound foolish. Essentially, we've been had by the sunscreen industry.

For the full story and the only sunscreen I recommend, please read your copy of *Alternative Healing LIES* that comes free with your subscription to *ALTERNATIVES*.