



Summertime....and the living is easy



Now is the time to enjoy the warmth and light of the sun's rays together with others. Sunlight stimulates the release of endorphins, which create a sense of well-being and happiness. A sense of life's lightness takes center stage—provided the dose of sunshine and heat is just right.

Don't let the alarmists behind the (allegedly man-made) climate hysteria unsettle you [1]. While humans have never been able to alter the sun itself, how you deal with it is entirely up to you. Intense solar radiation can contribute to the formation of free radicals in your body, leading to oxidative stress and, consequently, various health issues.

Whenever the media issues warnings about an upcoming "heatwave," one gets the impression that the general public lacks common sense. Everyone knows that increased sweating requires drinking more water and that it is best to stay in the shade; that one should air out the house in the morning while the air is still fresh and cool, then close the windows and blinds; or that physically strenuous activities should be scheduled for the early morning or evening, and that one should wear light, loose-fitting clothing and a hat.

A hot summer means your body has to work harder. It needs to regulate your body temperature, maintain circulation, and replenish lost fluids. The consequences:

- You tire more quickly.
- Your concentration is suffering.
- Your sleep is more restless.
- You have less of an appetite.

Prevention is always better than cure. This means:

- Drink **before** you feel thirsty (still water, optionally enhanced with herbs or lemon).
- Even though you may have less of an appetite, your body needs energy to cope with the challenge. Increase your intake of substances that prevent the formation of free radicals. You can achieve this by consuming cooling, easily digestible foods—such as salads, vegetables, or soups—that are colorful, high in water content, and fresh. Avoiding certain foods is also advisable [2]. If you do not have time to cook or prepare meals, you can opt for ready-made extracts that provide the micronutrients and minerals found in fruits and vegetables [3,4].
- Need to stabilize your circulation? Take a lukewarm shower—avoiding hot or cold water — and don't towel off; the evaporation of moisture from your skin has a cooling effect. •
- Try this before sunbathing: Dip a cloth hat or headscarf in cold water, wring it out, and put it on while still damp.
- Sunglasses? Morning or evening sunlight is soothing for your eyes when you aren't wearing glasses. Naturally, you should avoid looking directly at the sun and wear sunglasses while driving to prevent glare. If activities like mountaineering or sailing make wearing glasses unavoidable, use the specialized eyewear designed for those sports.
- Swollen legs? Put your feet up more often! A foot bath with alkaline salts in lukewarm to cool water reduces swelling and helps de-acidify the body through the soles of the feet.
- Sunscreen? Sunscreen does NOT protect against skin cancer. Recent research shows that toxic chemicals in sunscreens can actually promote the development of skin cancer and have harmful effects on our body [5]. For years, I have used only coconut oil—even when spending time by or on the sea. Prevention is key here, too: apply coconut oil before going outdoors and after showering to soothe and nourish the skin.
- There are various homeopathic remedies that help with typical summer ailments without the use of harmful chemicals [6].

*Wherever you spend the summer, I wish you not only sunshine from above but also
sunshine in your heart!*

Learn more:

[1] <https://clintel.org/> auch Artikel in anderen Sprachen, z.B. <https://clintel.org/category/german/>

[2] <https://drpompa.com/health/top-summer-fitness-tips/>

[3] <https://www.millivital.de/products/milli-immun-mikronaehrstoffkonzentrat>

[4] <https://shop.lavita.com/>

[5] <https://schoepferinsel.com/sonnencreme-gifte-und-chemikalien/>

[6] <https://www.globuli.de/globuli-gegen-sommerbeschwerden/>



Dr. phil. & HP Cornelia Renate Gottwald, Your Holistic Health Coach since 2006
Von Eichendorff Ring 10 a, D - 84405 Dorfen, Phone 0049-8081-9158, www.best-in-balance.de