



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Better Sunscreen

*Several recent articles claim that homemade sunscreens are harmful because you can't verify the SPF with homemade sunscreens, so the chance of burning is higher. Homemade sunscreens certainly don't have the lab testing that conventional ones do, but you know what else they don't have? Endocrine disruptors and coral killing compounds. Also, sunscreen should be a last resort, according to the EWG, and shade and getting out of the sun are better options anyway.*

*So, we shouldn't use homemade sunscreens in the same way we use conventional. Then again, we shouldn't use conventional sunscreens in the way we normally do either. Apply this natural solution topically every couple of hours.*

- ¾ cup Coconut Oil, cold pressed
- 3 Tbsp. Non-nano Zinc Oxide Powder
- 2 Tbsp. Shea Butter
- 1 Tbsp. (your choice or mix)  
Pomegranate Oil,  
Red Raspberry Seed Oil,  
Carrot Seed Oil



1. Combine all ingredients except zinc oxide in a jar.
2. Place a saucepan with 2 inches of water on stove over medium/low heat.
3. Place jar in saucepan and stir contents until ingredients start to melt.
4. Once all ingredients are combined, add in zinc oxide and stir well. Store in a cool place.

*Tip: After the zinc is added in, feel free to add a few drops of your favorite essential oils like lavender! (avoid citrus though, it can increase sun sensitivity)*