

## Protection from the Sun

Protect your skin from the sun with a block that screens both UVB and UVA light. Make sure your sunscreen contains both titanium dioxide and zinc oxide. Sunblock manufacturers went ballistic about popular ingredients avobenzene or Parsol 1789 when it was discovered that the chemical deteriorates in sunlight. There is no perfect sunblock, but wearing any lotion with a SPF of 15 to 30 is still effective.

