

GOLDEN RAYZ TANNING & HAIR SALON

WHY WE NEED SUN EXPOSURE

The “Sunshine Vitamin” or Vitamin D is linked to lowering your risk of several forms of cancer and many other diseases. Also exposure to UVB present in sunshine and in our tanning beds is the body’s natural way to produce vitamin D, accounting for 90% of vitamin D production. What’s more, research has shown that people who utilize indoor tanning have higher vitamin D blood levels than non- tanners.

VITAMIN D

A 2006 systematic review of 63 studies on vitamin D status in relation to cancer risk has shown that vitamin D sufficiency may reduce one’s risk of colon, breast and ovarian cancers by up to 50%.

Additionally, vitamin D deficiency is a leading cause of osteoporosis, which leads to 1 million hip and bone fractures every year, and in elderly individuals, such fractures are often deadly.

Sunscreen almost completely prevents vitamin D production, and encouraging everyone to wear sunscreen all year long in any climate undoubtedly is contributing to this problem. Vitamin D is necessary for the body to properly process calcium.

For more information on Vitamin D and other Skin/tanning related topics please visit

www.tanningtruth.com

Q: ARE TANNING BEDS MORE INTENSE THAN NATURAL SUNLIGHT?

A: the amount of UV radiation that a person is exposed to depends on many factors including time of day, season and latitude. The spectrum of UV radiation from a tanning bed is similar to that of sunlight.

Q: IS MELANOMA ASSOCIATED WITH UV EXPOSURE FROM TANNING BEDS?

A: NO. To date, no well- designed studies support the connection between melanoma and UV exposure from tanning beds.

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Q: WHY IS INDOOR TANNING MORE RESPONSIBLE THAN OUTDOOR TANNING?

A: Indoor tanning, for individuals who can develop a tan, is a smart way to minimize the risk of contracting sunburn while maximizing the enjoyment and benefit of having a tan. Tanning in a professional facility today minimizes the risk of overexposure to UV light because tanning devices in the United States are regulated by the FDA

The kind of control you find in a tanning bed/ facility is impossible outdoors. Where variables including seasonality, time of day, weather condition, reflective surfaces and altitude all make sunburn prevention more difficult.

For more information on Frequently Asked Question regarding Tanning please visit

www.theita.com

please visit us at GOLDEN RAYZ for more useful information on tanning and tips for healthy skin.

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