



Safe In The Sun Your Skin Survival Guide For The 1990s

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Suntanning in 20th Century America Kerry Segrave,2005-09-14 The suntan experienced a profound change in the last century Considered a mark of the lower class for hundreds of years tanning became a fad in the early 1920s and remains popular today The tan though was much more than a matter of fashion enjoying at first a boost from the medical establishment Opinions ranging from hard science to quackery lauded the suntan as something of a panacea Near the end of World War II however researchers increasingly warned against the hazards of overexposure to the sun and a large new industry developed sunscreen Americans current paradoxical obsession with the tan developed almost entirely from the conflicting rays of twentieth century thought This history examines the twentieth century suntan as a social and scientific phenomenon Beginning with the years 1900 1920 it debunks the myth that changing attitudes toward the tan sprang largely from the world of fashion Initial pro tanning medical hype emerging negative opinions of sunbathing near the middle of the century the development of sunscreens the debate over sunscreen efficacy and the sunless tan are all covered here Numerous pictures demonstrate changing perceptions of the suntan displaying advertisements for products that promoted prevented or healed tans *The New York Times Book of Health* New York Times,2012-04-18 To Your Health Recognizing that consumers sometimes feel overwhelmed by the relentless and often conflicting stream of medical reports New York Times health reporter Jane E Brody and her colleagues distill the information you really need from current findings present balanced assessments of often contradictory medical advice and offer sensible guidelines that won't go out of date overnight Some of the pressing and puzzling questions they cover include GOOD HEALTH VERSUS BAD HABITS What are the seven deadly sins that sabotage good health WHY WEIGHT GAIN IS HEALTH'S LOSS Which newly identified hormone helps set our weight THE MANY BENEFITS OF EXERCISE Which is better running or swimming Is moderate exercise really good enough THE SCIENCE OF EATING RIGHT What do we really know about fat and health Can drinking alcohol help your health VITAMINS AND OTHER SUPPLEMENTS Is beta carotene a washout PROTECTING THE HEART How does heart disease differ for men and women Does testosterone protect our hearts AVERTING CANCER RISKS How do we interpret the new genetics of breast cancer STAGES OF LIFE Does fetal monitoring make any difference Do children really need low fat diets What do we really know about hormone replacement *The Publishers Weekly* ,1990 **American Bookseller** ,1989

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filled with patients stories and life saving information and is documented with medical journal citations If you are still suffering after years of medical care and pharmaceutical drugs Your Doctor Is Wrong will help you to get your life on the healthy track Read Your Doctor Is Wrong if your symptoms of fatigue insomnia anxiety depression allergies joint pain lack of motivation headaches hormonal imbalances or intestinal issues are just not going away Based on years of medical practice Dr Norling has done a thorough job of going beneath the surface to uncover root causes of the many conditions that affect us today She then describes the treatments that unlike conventional methods that just cover over the symptoms or produce serious side effects actually get results based our natural body s physiology and chemistry Hyla Cass MD author of 8 Weeks to Vibrant Health **Consumer Health & Nutrition Index** ,1991 **Backpacker** ,2001-03 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured **American Health** ,1989 **Paperbound Books in Print 1995** Reed Reference Publishing,R5ference Reed,1995-12 *The Video Source Book* David J. WEINER,1990 *Backpacker* ,2007-09 Backpacker brings the outdoors straight to the reader s doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world s first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured *American Book Publishing Record* ,1991 *Bowker's Complete Video Directory* ,2000 **Best Life** ,2008-04 Best Life magazine empowers men to continually improve their physical emotional and financial well being to better enjoy the most rewarding years of their life **Medical and Health Information Directory** ,2010

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