

# Health Triangle

The official e-mag of  
UK Health Radio



The Health Conscious  
**Summer Kit**  
by Janey Lee Grace

**The Patient  
Advocate**

How do you create  
**Sacred Space**

**Diabetes**

Health Focus  
**Sun Care**

**Genetic  
Inheritance**

Managing the Stress of  
**MOVING HOUSE**



COMPLEMENTARY  
THERAPY AWARDS 2018

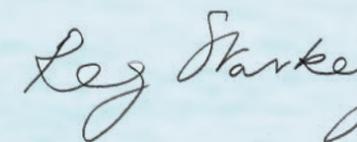
Editor's Note:  
**This Month** ▲

**THE SUNLIGHT OF THE SPIRIT**

**W**e have had no shortage of sunshine in the UK this year. After enduring the Beast from the East, we have enjoyed the driest June since records began, with more of the same throughout July.

That's why this month's issue starts with best advice for adults and children, particularly babies up to 6 months, on keeping sunshine as a blessing not a curse by treating it with well-informed respect. Cultivating an well-informed grown-up attitude to both problems and opportunities is what this magazine is all about. Wiki Health for example is a big idea, which grows bigger by the week! In the non-medical area, Jean Smith encourages us to make one-to-one connections through her fascinating book 'Flirtology'. Sam Mendes invites us to look at 163 years of American history through the lens of one family, the Lehman Brothers. Philip Larkin reminds us that we have only today in which to do anything.

So we invite you to enjoy the weather, rain or shine. To make the most of every day as it comes and to gather ye rosebuds while ye may. In the end, we have only what we remember...



**Reg Starkey**  
Editor



UK Health Radio's e-magazine  
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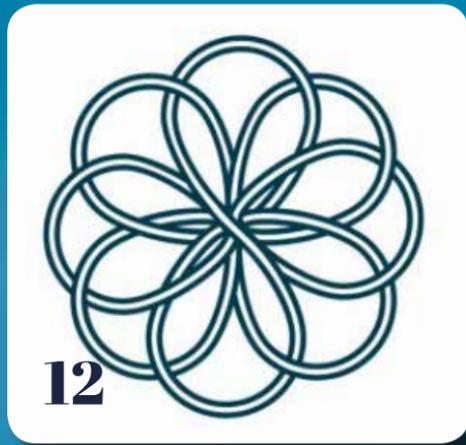
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# Essential Guide to *Sun Care* for babies & children



**T**his guide gives you information on the effects of the sun on babies and children and how best to protect them. We provide baby sun care advice on the best sun cream for babies and children and tips on how to look after young skin in the sun.

## PROTECTING DELICATE YOUNG SKIN FROM THE SUN

No-one can have failed to notice all the publicity that has been given to the dangers of exposure to sunlight over the last couple of years.

Most of the advice that has appeared in the press relates to adults and teenagers - people who can generally be expected to take some responsibility for their own health.

But what about babies and young children - what advice should parents follow to ensure that they don't put their children at risk from too much sun exposure?

## WHY IS THE SUN DANGEROUS?

Before looking at what parents should and shouldn't do to protect their children from the sun, we need to understand the reasons why too much sun can be bad for us.

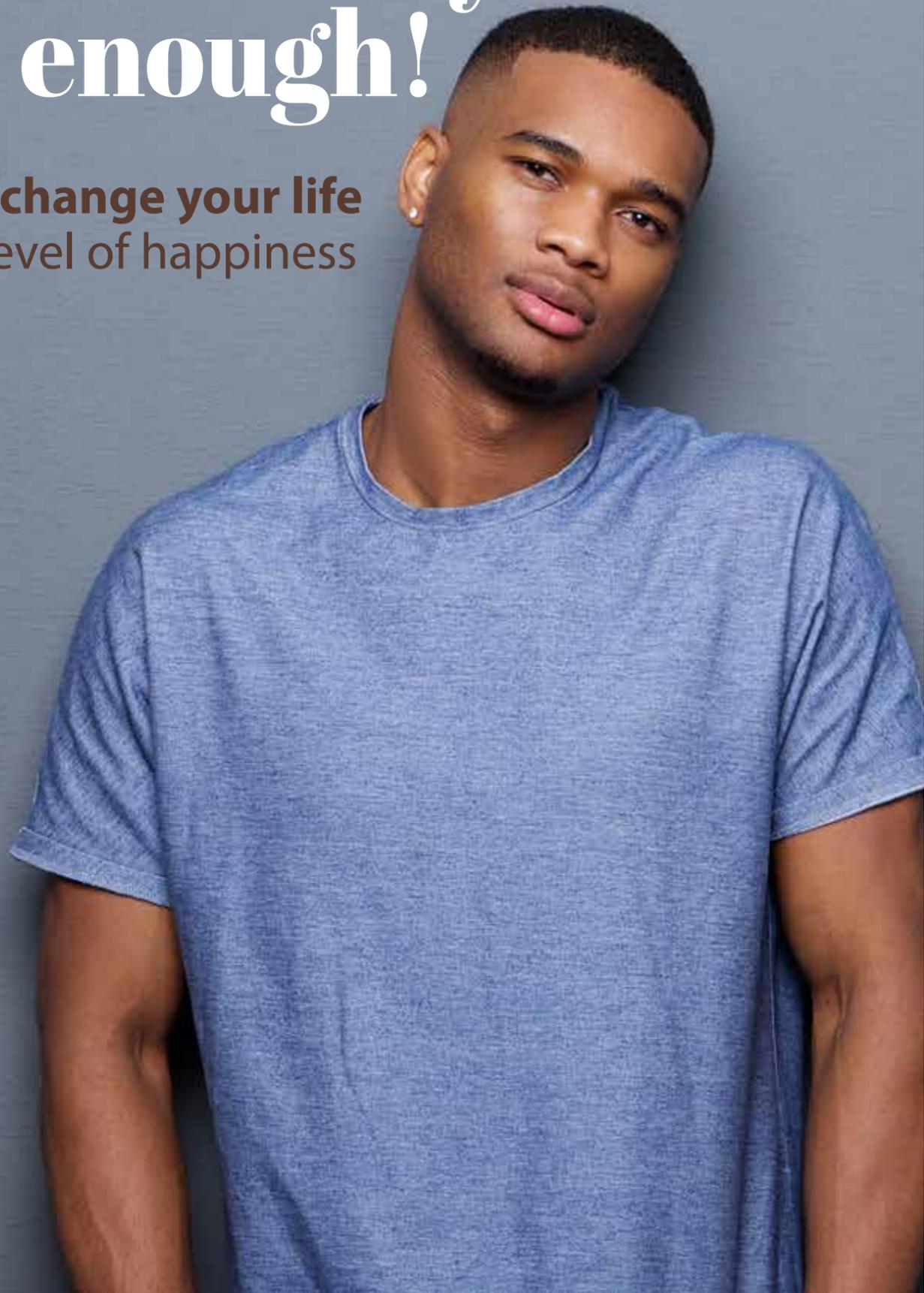
Sunlight consists of a wide range of different wavelengths of radiation. Some of these we can sense - the warmth we feel in sunlight comes from infrared radiation, and the light we can see comes from radiation in the visible spectrum.

There are other wavelengths in sunlight that we can't see, and chief among these are those in the ultraviolet group. There are at least three different types of ultraviolet radiation and these are generally referred to as UVA, UVB and UVC.

# Believe that you are enough!

How to change your life & your level of happiness

by Danielle Sax



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