

# **Sunscreens**



# **Biohazard**

**Treat as Hazardous Waste**



**Protect Your Family**



**Protect Coral Reefs**

**Elizabeth Plourde, Ph.D.**

Elizabeth Plourde and  
Sunscreens - Biohazard: Treat as Hazardous Wastes



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This book includes the most recent medical research confirming what the writer has found to be the reality about sunscreens. As a biological and Clinical Laboratory Scientist, she has been able to find the literature to discover what the sunscreen manufacturers usually do not need you to know about the chemicals used to make their products.



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Makes the link between sunscreen and the degradation of the coral. Makes the link between sunscreen and the degradation of the coral. Sunscreen does prevent dangerous harm to the skin. Five Stars Thank you so much (smiles) and this book does a great job. She also offers a chapter pointing out the importance of vitamin D3 to wellness, and the consequences of widespread supplement D3 deficiency due to over-use of sunscreen. Regardless of the aggressive campaigns and the constant rise in using sunscreens of ever-raising SPF levels, the incidence of skin cancer has steadily risen during the last thirty years. Don't be fooled. Well done. After scanning this book, you will throw away all of your sunscreen products This book is a must-read for anybody who has been slathering their children in sunscreen regularly, thinking that they are protecting them from skin cancer. The clear take-away message from the reserve is our well-intentioned efforts to build up a chemical cocktail that could provide protection from skin cancers have soundly back-fired. Dr. Plourde first shows that sunscreens have not really succeeded in safeguarding us from epidermis cancer. Junk Science That is junk. With over 500 references, the author's arguments are solidly backed up by the study literature, and anyone who wants to learn on any topic can simply research those references. She takes the reader on a fascinating journey through the details of efforts to really improve sunscreens by adding a lot more chemical substances, to block not just UVB but also UVA; to block not just UV but also infrared. She shows that new products may be rushed to market before they have already been correctly tested, and we all become guinea pigs whenever we use them. It was about time someone exposed the reality about sunscreens, and this book does a great job. She goes on to talk about how sunscreen provides impacted the environment -- she factors to the research literature to show proof extensive harm to algae, which will be the base of the meals chain in the sea, and subsequently to the seafood and the coral in the ocean as well. This reserve is usually a tour de drive, and I hope it will help us become aware of the possible unexpected outcomes of thinking we can develop chemicals that may protect us from malignancy better than the organic methods that have evolved in your skin.



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