



# Summer Wellness





# Consider....



Does the sunshine alter your mood?



What do you look forward to most about the summer?



What do you dislike about the summer?



Do you feel healthier?



What foods do you enjoy?



Do you have any unhealthy summer habits?



# AGENDA

Sunshine Health Benefits

10 Steps to Summer Wellness

Summer Recipes

Resources

Q & A



# Sunshine Vitamin

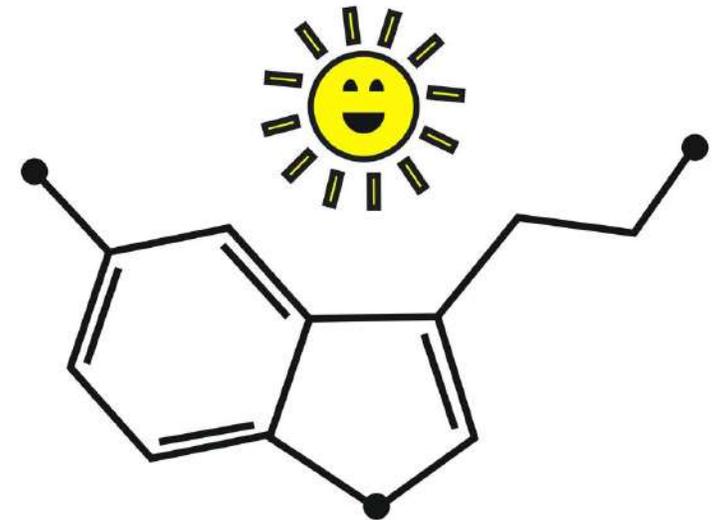


- An important micro-nutrient – D2 and D3
- A fat-soluble steroid hormone
- Anti-inflammatory and immune-regulatory
- Vital for the activation of immune system
- Promising outcomes in depression, multiple sclerosis, type 2 diabetes, heart failure, muscle strength and colon cancer.
- Low levels can produce fatigue, muscle pain and weakness, weight gain, poor sleep and concentration and bone diseases.



# Serotonin

- Exposure to sunlight is thought to increase the brain's release of the neurotransmitter serotonin
- Serotonin is our natural happiness drug! It boosts mood and helps you feel calm and focused
- Low levels are associated with depression and SAD
- Essential for sleep – the precursor to melatonin our sleep hormone



**serotonin**



# Nitric Oxide



- UVA has been shown to lower blood pressure, increase blood flow and heart rate
- This is beneficial to the heart and blood vessels.
- Nitric oxide is released from skin stores, which promotes widening of blood vessels.
- It also acts as an antioxidant to prevent damage to cells.



# 10 Steps to Summer Wellness

1. Safely maximise vitamin D
2. Stay safe in the sun
3. Hydration
4. Know your sunscreen
5. Boost Antioxidants
6. Antioxidant summer recipes
7. Holiday 101
8. Hay fever and insect bites
9. Barbeques – the bad!
10. Barbeques – the good!





# Safely maximise Vitamin D



- Best foods are fatty fish; herring, sardines, wild salmon and mackerel. Mushrooms, cheese, nutritional yeast and fortified foods only vegetarian sources.
- UVB rays on skin are the primary source & better utilised by the body
- In UK during winter and spring the strength of the sun is too low for vitamin D production
- When sun is high in the sky it provides the best levels
- Check solar UV Index at: [www.metoffice.gov.uk/uv](http://www.metoffice.gov.uk/uv) or Metoffice App [www.arpana.gov.au/](http://www.arpana.gov.au/)



# Safely maximise Vitamin D



- The more skin exposed the more vitamin D synthesised
- Between the months of April – September
- UK advice on sun exposure
  - ❖ Roughly 15-20 minutes for persons with light skin
  - ❖ Around 25-40 minutes is recommended for darker skin types
- Studies found 3 x per week on a third of you skin showed good levels.



# Staying safe in the sun



- **Healthy Tanning**
  - ❖ Short bursts
  - ❖ Every other day or less
- **Sun Burn**
  - ❖ 5 or more sun burns & you double your risk of skin cancer
  - ❖ Any redness to skin should be avoided
- **Heat Exhaustion & Heat Stroke**
  - ❖ Body's inability to cool itself
  - ❖ Hydration is key



# Hydration



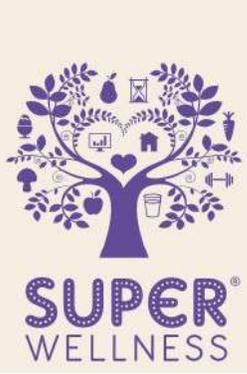
- Sweating leads to dehydration
- Add flavour
  - ❖ Cucumber
  - ❖ Mint
  - ❖ Strawberry
- Get a great bottle
- Sparkling water
- Hot and cold caffeine free teas
- Add electrolytes if exercising in the heat



# Know your sunscreen



- Sunscreen is essential but provides a screen not a block
- High SPF is misleading
- 1tsp per limb – 7 tsp in total!
- 20 minutes before sun exposure
- Ideally look for sunscreens without Oxybenzone
- Avoid added vitamin A or insect repellent
- Creams are better than sprays



# Boost Antioxidants



- Vitamin C, vitamin E, beta-carotene, polyphenols and lots more
- Food is best source
- Fight free-radicals
- Fill up on natural anti-histamine foods
  - ❖ Apples, berries, broccoli onions (quercetin)

# Antioxidant rich summer recipes



**Hummus 5 ways**

Eating a diet rich in colourful plants means you are consuming a wide variety of antioxidants, which can help offset damage caused to the skin by the sun. Making our hummus colourful is a really easy way to increase the range of antioxidants you're eating.

Serves 4 as a dip

- Ingredients**
- INGREDIENTS**
- Basic hummus recipe**
- 60 ml extra virgin olive oil
  - 1 can (400g) chickpeas, drained and rinsed
  - 3 tablespoons tahini
  - Juice of 1 lemon
  - 2 cloves garlic, minced
  - 1 teaspoon sea salt
  - ½ teaspoon ground cumin
- Roasted carrot**
- Basic hummus recipe
  - 3 carrots, rinsed in olive oil
  - ½ teaspoon ground cumin (in addition to the basic hummus)
  - 1 teaspoon fresh lemon juice
- Sweet potato hummus**
- Basic hummus recipe (minus ground cumin)
  - 1 large sweet potato, roasted
  - ½ lime, juiced
  - Pinch smoked paprika
- Roasted red pepper hummus**
- Basic hummus recipe (minus ground cumin)
  - 1 large red pepper, roasted
  - Pinch smoked paprika
- Pea & mint**
- Basic hummus recipe (minus ground cumin)
  - 200g frozen peas, defrosted
  - Small bunch mint leaves, picked, reserving a few for garnish
  - 1 teaspoon fresh lemon juice

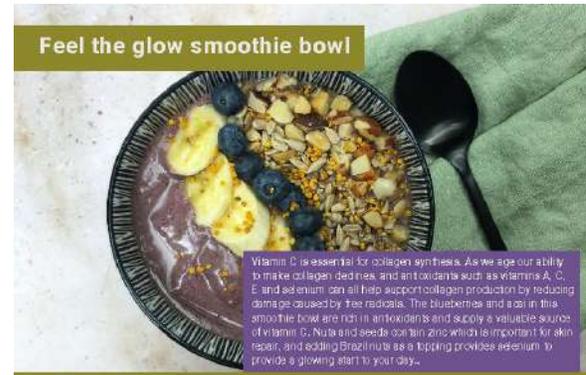


**Caprese salad**

A top summer delight, what could be simpler than Caprese salad? The key to making this dish special is using the best mozzarella and tomatoes you can find. And if you can find different coloured tomatoes (red, yellow, orange) you'll be eating the rainbow. Make sure the tomatoes and mozzarella are at room temperature when you eat them. This salad is like summer on a plate.

Serves 4 as a side

- Ingredients**
- 600g tomatoes (perfectly ripe) at room temperature
  - 300g buffalo mozzarella, at room temperature
  - Handful fresh basil leaves, torn
  - 3 tablespoons extra-virgin olive oil
  - Salt and freshly-ground black pepper to taste
- Method**
1. Cut the tomatoes into slices, approximately 0.5cm thick. You may find this easier using a serrated knife. A mix of large and cherry tomatoes works best.
  2. Cut the mozzarella into slices approximately 0.5-1cm thick. You can also tear into chunks if you prefer.
  3. Arrange the tomato and mozzarella on a platter, with slices of tomato and mozzarella slightly overlapping each other. Season with salt and pepper. Scatter over the basil and drizzle with olive oil.
  4. To maximise flavour, let the salad stand for 30 minutes so the tomatoes release some of their juices and mix with the olive oil.
  5. Best served within a few hours of making. Leftovers should be stored in an airtight container in the fridge and are best eaten the next day.



**Feel the glow smoothie bowl**

Vitamin C is essential for collagen synthesis. As we age our ability to make collagen declines, and antioxidants such as vitamins A, C, E and selenium can all help support collagen production by reducing damage caused by free radicals. The blueberries and toast in this smoothie bowl are rich in antioxidants and supply a valuable source of vitamin C. Nuts and seeds contain zinc which is important for skin repair, and adding Brazil nuts as a topping provides selenium to provide a glowing glow to your day.

Serves 2

- Ingredients**
- INGREDIENTS**
- 50g cashew nuts, soaked
  - 125g frozen blueberries
  - 100g frozen acai pulp, unsweetened and cut into chunks
  - ½ cup coconut water
  - ½ cup yogurt/kefir (or coconut kefir)
  - 2 teaspoons chia seeds
  - 1 handful frozen zucchini
- Suggested toppings**
- Finely sliced banana, mixed berries, sliced pear, sliced kiwi fruit, chopped Brazil nuts, sunflower seeds, hemp seeds, bee pollen, sugar-free granola, protein powder, cacao nibs, goji berries, coconut shavings.
- Method**
1. Soak the cashew nuts in a bowl of warm water for 10 minutes then drain and discard the water.
  2. In a food processor/blender add the cashew nuts, blueberries, acai pulp (be sure to cut in to chunks before adding to the blender to make it easier to blend), coconut water, kefir, chia seeds and zucchini and blend until smooth. If too thick, thin with water or to thicken, simply add a handful of ice and blend again.
  3. Pour the smoothie mixture into a bowl and choose from the toppings suggested above.



# Holiday 101

- Include some relaxation time before you leave
- Practice some breathing exercises
- Try magnesium – ‘nature’s tranquiliser’ to calm anxiety
- Support your immune system





# Be prepared for hay fever & insect bites



- Seasonal allergic rhinitis – hayfever
- Grass pollen, tree pollen &. other plant pollen
- Manage symptoms
  - ❖ Check pollen count
  - ❖ Wash regularly
  - ❖ Keep indoor air clean
  - ❖ Limit mucus-congesting foods
- Be mindful of mosquitos, wasps, bees and dust mites.



# Barbeques – the bad!



Heterocyclic amines (HCAs) & polycyclic aromatic hydrocarbons (PAHS)

Higher risk from red and processed meats.

Charred and well-done meat are the worst culprits.



# And the good!



Choose lean cuts and trim the fat off your meat to avoid charring.

Some marinades can reduce the HCAs by 99% (but not processed sugary ones!)

Use basil, mint, oregano, thyme or marjoram – contain antioxidants

Vegetables are a win win!



# Have fun - enjoy the summer!

- Maximise vitamin N!
- Take your work outside
- Make movement fun
  - ❖ Wild swimming
  - ❖ Paddleboarding/kayaking
  - ❖ Rounders/Cricket/Tennis
  - ❖ New walks
  - ❖ New parks
- Find a cool spot for exercise
- Enjoy lighter evenings





# A prescription from a psychologist...

“If you wish to reap the psychological benefits of good weather, go outside.”

Dr. M. Keller



# What steps will you be taking?

1. Safely maximise vitamin D
2. Stay safe in the sun
3. Hydration
4. Know your sunscreen
5. Boost your antioxidants
6. Antioxidant rich summer recipes
7. Holiday 101
8. Hay fever and insect bites
9. Barbeques - avoid the bad!
10. And try the good 😊





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