Wellness Wednesday

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You Might Actually Be Better Off Wearing SPF For Kids — Here's Why

When it comes to sun protection, the choices can be overwhelming. With a plethora of sunscreens available for different age groups, it's easy to wonder if there's a significant difference between products designed for children and those intended for adults. In this Wellness Wednesday, we'll explore the reasons why screen formulated for kids might actually be the better option for everyone, including adults.

Understanding Sunscreen Types

Physical vs. Chemical Sunscreens

Sunscreens generally fall into two categories: physical (or mineral) and chemical.

- Physical Sunscreens: These contain active mineral ingredients like zinc oxide or titanium dioxide. They work by sitting on the skin's surface and reflecting UV rays away. Physical sunscreens are often recom-mended for sensitive skin, making them a popular choice for children. They start working immediately upon application, but they can leave a white cast on the skin.
- Chemical Sunscreens: These contain organic compounds that absorb UV radiation and convert it into heat, which is then released from the skin. Ingredients like avobenzone, octinoxate, and oxybenzone are common in these formulations. They tend to be lighter and more cosmetically elegant, making them a favorite among adults.

Combination Formulas

Some products combine both physical and chemical filters, aiming to provide the benefits of both types. These formulations can offer a balance of protection and aesthetic appeal, making them suitable for various skin types and preferences.

The Case for Kids' Sunscreen

Gentle Formulations

One of the primary reasons to consider using sunscreen designed for children is the gentleness of its ingredients. Formulated with sensitive skin in mind, these products typically avoid common irritants such as fragrances and alcohol. This makes them ideal not only for kids but also for adults with sensitive or reactive skin conditions like rosacea or eczema.

SPF Efficacy

It's essential to understand that an SPF 30 sunscreen for kids provides the same level of protection as an SPF 30 sunscreen for adults. The SPF rating measures the product's ability to block UVB rays, and this measurement is standardized across all sunscreen products. Therefore, using a kid-friendly formula does not compromise sun protection.

Skin Compatibility
Children's skin is often thinner and more delicate than adult skin, which means it can be more susceptible to irritation from harsh chemicals. By opting for a sunscreen designed for kids, adults can benefit from a formulation that prioritizes mildness and skin compatibility.

Marketing vs. Functionality
Similarities in Protection
Despite the marketing strategies that differentiate sunscreens for kids and adults, the core protective benefits are often identical. The differences usually lie in the texture, feel, and additional ingredients. For instance, while kids' sunscreens may be greasier and leave a white cast, adult formulations might focus on a matte finish or added skincare benefits.

Cost Considerations
Interestingly, adult sunscreens are often marketed as premium products, which can lead to higher prices. In contrast, kids' sunscreens are typically mass-produced and priced more affordably. This can make them a more budget-friendly option without sacrificing quality or effectiveness.

Recommendations from Experts
Dermatologist Insights
Many dermatologists recommend mineral sunscreens for both children and adults. Dr. Michele Green, a board-certified dermatologist, emphasizes that mineral sunscreens are less likely to irritate the skin since they sit on top of the skin rather than being absorbed. This characteristic is particularly beneficial for those with sensitive skin.

Pediatrician Advice
Pediatricians often advocate for the use of kid-friendly sunscreens for adults, especially for individuals with dry or sensitive skin. The gentle formulations can provide adequate protection without the risk of irritation, making them a smart choice for anyone looking to protect their skin from harmful UV rays.

Choosing the Right Sunscreen
Key Features to Look For
When selecting a sunscreen, consider the following features:

- **Broad-Spectrum Protection:** Ensure the product protects against both UVA and UVB rays.
- **SPF Rating:** Aim for at least SPF 30 for effective protection.
- **Water Resistance:** If you plan to swim or sweat, look for water-resistant formulas that can with stand these activities.
- **Skin Type Compatibility:** Choose a formulation that suits your skin type, whether it's oily, dry, or sensitive.

Application Tips
To maximize the effectiveness of sunscreen, follow these application tips:

1. **Apply Generously:** Use enough product to cover all exposed skin. A general guideline is about one ounce (a shot glass full) for full-body coverage.
2. **Reapply Regularly:** Reapply every two hours, or more frequently if swimming or sweating.
3. **Don't Forget Areas:** Pay attention to often-missed areas like the ears, back of the neck, and tops of the feet.

While sunscreens are marketed by age, kid-friendly options can be great for adults too. They're gentle, effective, and affordable. The key is to choose a sunscreen you'll use regularly—whether it's for kids or adults—so you can stay protected and enjoy the sun safely.

Sourdough Discard Banana Bread

INGREDIENTS

- 1 1/2 cups ripe bananas, mashed, about 13 oz or 3 1/2 to 4 medium bananas
- ¼ cup sourdough discard
- 1 1/8 cups unbleached all-purpose flour, 6.75 ounces; 1 cup + 2 tbsp
- 1 teaspoon baking soda
- ½ teaspoon baking powder, for better rise
- ¼ teaspoon salt
- 2 tablespoons unsalted butter, 1 oz, softened to room temperature
- ½ cup packed light brown sugar, or monk fruit brown sugar
- 1 large egg
- 1 large egg white, for more structure
- 1 teaspoon vanilla extract
- Baking spray
- Parchment paper

Banana bread is a cozy classic that brings comfort and joy to many households. When combined with sourdough discard, it transforms into a delightful treat that not only reduces waste but also enhances flavor.

Understanding Sourdough Discard

Sourdough discard refers to the portion of sourdough starter that is removed during the feeding process. Instead of tossing it away, many bakers have discovered creative ways to incorporate this tangy ingredient into various recipes. Using sourdough discard in banana bread not only adds a unique flavor but also contributes to a moist texture, making it a fantastic addition to this classic recipe.

Benefits of Using Sourdough Discard

- Flavor Enhancement: The natural fermentation process of sourdough adds a subtle tanginess that complements the sweetness of ripe bananas.
- Moisture Retention: Sourdough discard helps keep the banana bread moist, preventing it from drying out.
- Waste Reduction: Utilizing sourdough discard in your baking reduces food waste, making it an eco-friendly choice.

Nutrition Information

Serving: 1 slice, Calories: 110 kcal, Carbohydrates: 20.5 g, Protein: 2.5 g, Fat: 2 g, Saturated Fat: 1.5 g, Cholesterol: 19 mg, Sodium: 149 mg, Fiber: 1 g, Sugar: 8.5 g

How to Make It

1. Prepare Your Ingredients

Before you start baking, gather all your ingredients and preheat your oven to 350°F (175°C). Grease a loaf pan or line it with parchment paper for easy removal.

2. Mash the Bananas

In a mixing bowl, mash the ripe bananas until smooth. You can leave some chunks for added texture if desired. Stir in the sourdough discard until well combined.

3. Mix Dry Ingredients

In a separate bowl, whisk together the flour, baking soda, baking powder, and salt. This ensures that the leavening agents are evenly distributed throughout the batter.

4. Cream Butter and Sugar

In a large mixing bowl, cream the softened butter and sugar together until light and fluffy. This process incorporates air into the mixture, contributing to a lighter texture in the final product.

5. Combine Wet Ingredients

Add the egg and vanilla extract to the butter-sugar mixture, mixing until fully incorporated. Then, fold in the mashed banana and sourdough discard mixture.

6. Combine Wet and Dry Ingredients

Gradually add the dry ingredients to the wet mixture, stirring gently until just combined. Be careful not to overmix, as this can lead to a dense loaf.

7. Bake the Bread

Pour the batter into the prepared loaf pan and smooth the top. Bake in the preheated oven for 40 to 50 minutes, or until a toothpick inserted into the center comes out clean or with a few moist crumbs.

8. Cool and Serve

Once baked, remove the banana bread from the oven and let it cool in the pan for about 10 minutes. Then, transfer it to a wire rack to cool completely before slicing.

Reference: SkinnyTaste

https://www.self.com/gallery/9-ridiculously-effective-exercises-that-work-your-abs

Featured Exercise

Side Plank with a Twist

HOW TO DO IT:

1. Come into a forearm side plank on your left side with your left elbow resting on the floor below your shoulder.
2. Place your right arm behind your head.
3. Rotate your torso toward the floor, bringing your right elbow to meet your left hand. Don't let your hips drop.
4. Return to start.

THE BENEFITS:

This exercise is a powerhouse for your core, working the obliques, rectus abdominis, and transverse abdominis to build strength and stability. The twisting motion also engages your shoulders, promoting strength and stability in the shoulder girdle. Balancing on one arm challenges your coordination and boosts overall balance, while the rotation helps improve flexibility in the spine and shoulders for better mobility.

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Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But if it's been awhile since you've exercised and you have health issues or concerns, it's a good idea to talk to your doctor before starting a new exercise routine.

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