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# Fun *in the* Sun

without slathering on the sunscreen? Try this quick partial substitute:

*Dress for protection.*

We know that you are smart, sensible people who know to use broad-spectrum sunscreens (with an active ingredient of micronized zinc oxide) to protect your precious skin. But if you're pressed for time (or simply so busy slathering it on your kids that you forget about yourself), then do this: Guard against sun damage by covering up correctly. But remember to add the sunscreen as soon as possible. When it comes to blocking out the sun's harmful rays, certain fabrics are as effective as sunscreen. To stay safe, stick with bright or dark clothing that's made of tightly woven fabrics. Denim, for example, has an ultraviolet protection factor (UPF) of as much as 1,700! Since head-to-toe denim isn't exactly practical, remember this rule of thumb: If you can see the sun shining through the fabric — the way you might through a white cotton tee — your skin can see it too (so it isn't blocking much). Loose-fitting clothing is also more protective because it doesn't stretch, which might potentially expose your skin. To protect your scalp and face, choose a lid with a three-inch brim that's made of canvas or tightly woven straw. To make protecting your skin easier than brushing your teeth, pick up a few key pieces designed specifically with a high UPF rating. Think swim shirt, long-sleeve button-down, and a sarong. When it comes to good sun practices, you've got to get covered and slathered!



*By: Cleveland Clinic Wellness Editors*

## Be smart about skin cancer:

Perform a self-check every year on a day you'll remember — your birthday!

The American Academy of Dermatology (AAD) wants families to make a head-to-toe skin cancer self-exam an annual tradition. And what better day to do it than your birthday? Here's a little mnemonic to remember what you're looking for: Check moles and spots for your ABCDEs. During your self-exam, you should look for moles or pigmented spots that are Asymmetric, have an irregularly shaped Border, have varied Colors, measure a Diameter of more than six millimeters, or are Evolving (a mole or lesion that looks different from the rest, or one that has changed). It's important to check yourself (and elder family members) every year for skin changes that look suspicious. The AAD offers a body mole map to help you keep track of any changes. Always be sure to visit a dermatologist if you have any concerns.

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## Glow from the inside out:

Managing your response to stress may decrease acne, rosacea and psoriasis.

The latest skin-care secret isn't a lotion, potion or procedure — it's something that will boost your overall health, too. If you've ever had a pimple flare-up or a major blemish breakout before a big event — just what you needed, right? — it probably wasn't Murphy's Law. (Getting a flat tire on the way to the event is another story.) The link between stress and skin health is backed by research, with a new report suggesting that better managing your stress response may ease skin conditions such as acne, rosacea and psoriasis. The domino effect goes like this: When you're stressed, your nerve endings release extra hormones and chemicals with a cascade of unsavory outcomes — skin inflammation among them. For a healthy glow, incorporate a relaxation practice into your routine — "routine" being the operative word (as opposed to, say, waiting until you're super-stressed and frantically tracking down a yoga class). Meditation, yoga and tai chi can help you manage stress better.

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*For a healthy glow, incorporate a relaxation practice into your routine.*

## Healthy Recipe:

### Black Bean Dinner Salad

*with* Pico de Gallo Vinaigrette

Pretty and perfect in every way — colorful, fresh, seasonal, tasty and oh-so-good-for you (thanks to the fiber in the beans, lycopene in the tomatoes and all those essential vitamins and minerals in the veggies)! This dinner salad is truly a satisfying meal. Prep the night before and enjoy putting it all together just before dinnertime.

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Yield: 4 servings

### Ingredients:

- ½ cup brown rice (uncooked)
- 2 beefsteak tomatoes, diced
- 1 jalapeño, chopped
- ¼ cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon kosher salt
- 1 head romaine lettuce, shredded
- 2 carrots, sliced into rounds
- 1 red bell pepper, sliced
- 1 ear of corn, kernels shaved from cob
- 15 ounce can (no salt) black beans, drained and rinsed

### Instructions:

1. In a small saucepan, combine the rice with 1 cup of water. Bring to a boil, reduce heat to low, cover, and cook until the rice is tender and the water is absorbed, 40 to 45 minutes. Fluff with fork and let cool.
2. To prepare the vinaigrette, combine the tomatoes, jalapeño, cilantro, lime juice, oil, and salt in a medium bowl.
3. Divide the lettuce evenly among 4 bowls. Top with the carrots, bell pepper, corn, beans, and rice. Spoon the vinaigrette over the top of each bowl just before serving.

### Nutrition Info Per Serving:

(1/4 of the recipe) 310 calories, 9 g total fat, 1 g saturated fat, 12 g protein, 50 g carbohydrate, 12 g dietary fiber, 8 g sugar, 0 mg cholesterol, 200 mg sodium