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From: Mango's Market [wgservice@livingnaturally.com]
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To: lohara@livingnaturally.com
Subject: Healthy Skin for You and Your Pets



Chemical Free Summer Skin Protection

After your fifteen minutes of sunscreen-free time in the summer sun to boost vitamin D levels, it's time to get serious about protecting your skin. Too much time in the sun can damage skin and increase the risk of skin cancer and wrinkles, but there have been concerns raised about the safety of chemicals used in common sunscreens. Take these common-sense actions and prevent permanent skin damage.



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Natural Pest Control for Your Pet

Warm weather will have you and your pet spending more time outdoors, increasing the chances that he or she will come into contact with fleas, ticks and mosquitoes. More than just annoying, these little bugs can carry disease. But some of the chemicals present in many common flea and tick treatments can put the health of your pet at risk and can even be dangerous to humans too.



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A Naturally Mosquito Free Summer

You're enjoying a nice summer evening outside, when all of a sudden the attack begins. Mosquitoes emerge to begin their hunt...and they've set their sights on you and your family. Not only are these little pests annoying, they may also carry potentially harmful diseases. You know you must protect yourself and your family but are wary of chemical-laden bug repellents.



Fortunately, you have a choice - natural bug repellents.

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Ahhhhh ...Aloe Vera

Many people already own this popular tropical house-plant. But, it has many more uses than just being part of a homey décor. The aloe vera plant has been used for centuries to treat a variety of internal and external ailments, and is still widely used today.

Aloe vera gel is probably most widely known for its ability to soothe the sting of sun burns and can be found in a wide variety of products for this use. Many even crack open a leaf of the plant and spread the gel on directly. The gel contains compounds that stop pain and inflammation while boosting skin growth and repair. It can also be used to treat minor cuts and burns and is often added to commercial lotions, ointments, and even make up.

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