As the days grow longer and the sun becomes hotter, it's almost impossible to resist the siren's call of basking in summertime sunlight. While our bodies are naturally conditioned to desire sunlight,
excess exposure to the harmful radiation emitting from the orb of light, can result in painful – and potentially lethal – sunburns. Of course, the only way to truly eliminate sunburns from your life is to actively monitor your overall sun exposure; however, did you know there are several foods clinically proven to inhibit the onset and severity of sunburns?

Before you head out to the park or beach this summer, incorporate the following foods into your daily diet. Doing so yields not only greater nutrition, but a greater ability to ward off the painful pink symptoms of sunburn.

**Fight Inflammation With Omega-3 Fatty Acid**

There's been a lot of talk recently regarding the benefits of omega-3 fatty acids. While the primary discussion points for this supplement involve your cardiovascular system, this common supplement is capable of reducing – and potentially eliminating – inflammation throughout your body. When you look at a sunburn at the cellular level, it's basically a symptom of inflammation. Therefore, by inhibiting your body's natural inflammatory response to sun damaged skin, you effectively eliminate the possibility of severe sunburn. Start taking all natural omega-3 fatty acid supplements, or consuming organic foods rich in omega-3 fatty acids.

**Increase Antioxidants for Decreased Sunburns**

It's almost impossible to browse a health and wellness magazine or blog without coming across the many benefits of antioxidants. Although some of the more widely discussed “benefits” are nothing more than marketing hype, there are several real and factual benefits of increasing your antioxidant count. In the realm of sunburn prevention and treatment, antioxidants work to reduce the damage caused by DNA mutations, which are the result of the sun's radiation. By actively combating the painful, and damaging, effects of free radicals, antioxidants effectively reduce inflammation and sunburn severity. While further research is needed to determine the true effectiveness of antioxidants on sunburned skin, preliminary evidence finds antioxidants protect your skin from damage and pain associated with sunburns. Eat foods, such as fruits, vegetables and green tea, to introduce a high concentration of antioxidants into your body.

**Coconut Oil for Inside-Out Sunburn Protection**

The list of benefits from consuming coconut oil seem to be ever-growing. In the realm of sunburns, it seems the medium chain fatty acids and saturated fats within this ingredient effectively protect skin cells from burning while simultaneously supporting the formation of new skin cells. It's suggested to not only consume 1 to 2 tablespoons of raw/unfiltered coconut oil per day, but also rub pure coconut oil on your skin each night to create a protective barrier against the harmful effects of the sun.

*Image from: Wikipedia*