Lovin’ the Skin You’re In

With Steven Horne, RH(AHG)

Pre-Quiz (True or False)

• The best way to correct skin problems is by working from the inside out to build a healthy body (True)
• Our mental and emotional state has little effect on our skin (False)
• Intestinal health plays a critical role in skin health (True)
Skin Functions

- Protective Layer
- Immune Barrier
- Eliminative Organ
- Temperature Regulation
- Sensory Organ
- Communication System

Skin Anatomy
Nerves

- The skin is highly enervated and therefore highly responsive to a person’s mental and emotional state
- Chronic skin problems may have emotional roots which need to be resolved before healing can take place

Skin and Emotional Responses

- Hypothalamus is the emotional center of the brain, which also affects the skin:
  - We blush embarrassment
  - We flush with shame
  - We grow pale with fear
  - We sweat the “small stuff”
  - We grow red with rage
  - We experience a shiver of recognition
  - We glow with love
  - We radiate joy
- In short, our skin communicates our feelings to the world
The Skin Reflects Our State of Health

• Skin problems aren’t “skin deep”
• They represent deeper health problems that need to be corrected
• This is why topical treatments are insufficient to create any lasting “cure” with skin conditions

Internal Organs and the Skin

• Thyroid – essential for keeping skin soft and moist, low thyroid can cause dry skin and hair loss
• Liver – oily skin, dry skin, skin eruptive diseases and rashes often suggest poor liver function
• Intestinal Tract – the health of the digestive membranes is directly linked to the skin, food allergies, leaky gut and intestinal inflammation can all cause skin problems
• Kidneys – the skin acts as the “third” kidney, poor kidney function can stress the skin and vice-versa
• Pineal Gland – regulates skin pigment and helps with overall skin health
• Circulation and Lymphatics – poor circulation or lymphatic drainage will cause skin problems
Skin “Pores”

- Three kinds:
  - Sebaceous glands (oil ducts)
  - Sweat glands
  - Scent glands
- Act as organs of elimination, but also act as sites of assimilation.
- Transdermal patches, progesterone creams and other topical delivery systems for medications and hormones suggest we should be careful about what we apply to our skin and hair.
- If we don’t want it on in our body, we probably shouldn’t put it on our body.

Cleansing the Skin

- Use products that don’t upset pH balance or friendly flora of the skin.
- Don’t wash excessively.
- Skin brushing is a good way to remove dead skin cells.
- Skin brushing also stimulates circulation and lymphatic drainage.
Protecting the Skin

- Select natural personal care products that are chemical free
  - Shampoos
  - Conditioners
  - Lotions
  - Deodorants
  - Cosmetics
  - Shaving products
- Also use natural laundry and household cleaning products
- Protect the skin from UV radiation and sunburn

Thermoregulation

- The body generates heat internally (about 100 degrees)
- The skin is about 98.6 degrees
- This means there is a continual flow of heat from the interior to the surface
- The skin releases excess heat or conserves heat as needed to maintain core body temperature
Cooling and Heating Mechanisms

**Cooling**

- Opening the sweat glands releases water, which cools the body.
- Increasing blood flow to the surface of the skin also cools the body by increasing heat loss.
- Reducing the viscosity of the blood (“thinning” the blood) also has a cooling effect.

**Heating**

- Increasing oily secretions insulates the skin against heat loss.
- Moving blood flow internally by constricting peripheral circulation warms the interior.
- Increasing the viscosity of the blood (“thickening” or building the blood) also has a warming effect.
- Gooseflesh and shivering are also methods increasing internal heat.

Hypothalamus Functions

- The hypothalamus controls the autonomic nervous system (ANS) and regulates the system to maintain body temperature.
- This is a critical part of immunity.
- Many traditional systems of medicine worked with acute illness by aiding this system:
  - Chinese – “open the periphery”
  - Greek – “open the pores”
  - Native American/Thomson – “sweating”
- Saunas, sweat lodges, steam rooms, etc. are widely used for improving general health as well as skin health.
Diaphoretics (Sudorifics)

• Yarrow
• Catnip
• Ginger
• Capsicum
• Elderflower
• Blue vervain
• Boneset

Blood Movers

• Traditionally, people took “spring tonics” to thin the blood after winter, such as:
  • Sarsaparilla
  • Dandelion
  • Burdock
  • Nettles (also a builder)
  • Mustards like shepherd’s purse
• Aspirin and herbs with salicylates like willow bark also reduce the viscosity of the blood causing a cooling effect
Blood Builders

• Traditionally, people used blood builders to “thicken” the blood, warm the body and prepare for winter

• Blood nourishing or building substances include:
  • Red meats and oily fish like salmon
  • Black strap molasses
  • Raisins and dried apricots
  • Herbs like: Nettles and yellow dock
  • Blood Stimulator

Basic Nutrition for the Skin

Yes
• Healthy fats
• Protein
• Vitamin C
• Minerals
  • Calcium
  • Silica
  • Zinc
  • Iodine
• Vitamin C

No
• Avoid allergy-causing foods:
  • Dairy
  • Eggs
  • Corn
  • Wheat
  • Soy
  • Nightshades
  • Chocolate
• Avoid
  • Sugar
  • Alcohol
  • Heavy metals
Basic Supplements for Nourishing Healthy Skin

• Good Fats
  • Omega-3 essential fatty acids

• Vitamins
  • Vitamin A & D
  • Vitamin E
  • Vitamin C
  • Vitamin K

• Herbs
  • Dulse
  • Horsetail

Essential Oils

• Blend essential oils with oil or unscented lotion for supporting the skin
  • Bergamot (oily skin, soothing, healing)
  • Geranium (dry or oily skin, toning)
  • Helicrysum (toning, soothing, healing)
  • Lavender (soothing, relaxing)
  • Lemon (oily skin, toning)
  • Rose (dry skin, moistening, soothing)
  • Sandalwood (dry skin, moistening, soothing)
Watkin’s Hair, Skin and Nails Formula

**Ingredients**
- Dulse
- Horsetail
- Sage
- Rosemary

**Properties**
- Supplies silica, calcium and other minerals needed for healthy skin, hair and fingernails
- Supplies iodine for the thyroid
- Has antioxidants that protect skin from damage
- Helps balance sweat gland function

Ayurvedic Skin Cleansing Formula

**Ingredients**
- Dandelion
- Neem
- Turmeric
- Acacia catechu
- Smilax china
- Picrorhiza kurroa
- Indian sarsaparilla
- Rubia cordifolia
- Swertia chirata
- Tinospora cordifolia
- And others

**Properties**
- Blood purifier
- Aids liver function
- Fights skin infections
- Aids fat metabolism
- Improves digestive tract function
- Antioxidant
- Promotes healing
John Christopher’s Blood Purifier Formula

**Ingredients**
- Burdock
- Pau d’arco
- Red clover tops
- Sarsaparilla
- Yellow dock
- Dandelion
- Buckthorn bark
- Cascara sagrada bark
- Yarrow flowers
- Oregon grape
- Prickly ash bark

**Properties**
- Blood purifier
- Aids liver function
- Reduces inflammation
- Mild laxative action
- Lymph cleanser
- Aids fat metabolism
- Improves blood flow to skin

Natural Anti-Histamine Blend

**Ingredients**
- Nettle leaf
- Quercetin
- Fructus aurantia immaturi fruit
- Bromelain
- Di-calcium phosphate

**Properties**
- Helps to reduce allergic reactions
- Can be helpful for skin issues caused by allergies
- Can be taken internally or applied topically
Mid Quiz (True or False)

• Choices for all the following questions are:
  • Psoriasis
  • Eczema
  • Dermatitis
  • Acne
  • All of the above

• Which common skin problem involves an overgrowth of skin cells? (Psoriasis)
• Which common skin problem involves chronic inflammation of the skin? (Eczema)
• Which common skin problem involves the sebum secreted by the oil ducts in the skin? (Acne)
• Which common skin problem probably involves problems with digestive tract health (All of the above)

Aids to Specific Skin Issues
Acute Skin Irritation

- Inflammation of the dermal layer of the skin caused by some type of irritation
  - External irritation (poison ivy or oak, chemical irritants, etc.)
  - Internal irritation (food allergens, toxins not eliminated by the liver and kidneys)
  - Over-reactivity of nerves in the skin
- Symptoms include: rashes, dry and itchy skin, redness, swelling, "weeping," crusting and scaling

Natural Help For Acute Skin Irritation

- Look for the source of irritation and eliminate it
- Use alterative or blood purifier formulas to help clear up internal irritants causing inflammation
- Drawing baths with clay or baking soda baths can soothe itching
- Also calm nervous system reactions if there is stress involved with relaxing nervines
Chronic Skin Irritation

- Chronic skin irritation is due to internal, rather than external sources of irritation
- It is often related to food allergies and an imbalance of gut microflora
- Symptoms include: chronic rash, itching, redness, flaking, blisters, weeping
- Flaking can clog skin pores and inhibit skin elimination

Natural Help for Chronic Skin Irritation

- Use same remedies as for acute irritation, plus:
- Screen for and eliminate food allergens
- Supplement with probiotics and avoid sugar to normalize GI bacteria
- Drink more water
- Consume more good quality fats and supplement with omega-3 fatty acids
- Avoid caffeine and stimulants
- Topical application of natural lotion or oil can bring symptomatic relief
Rapid Skin Growth

- Skin cells to multiply 7-12 times faster than normal, resulting in plaques forming
- The person gets patches of thick, red skin covered with silvery scales.
- These patches usually itch or feel sore

Natural Help for Rapid Skin Growth

- Screen for food allergies and normalize gut flora
- Use blood purifiers to aid liver and lymphatics
- Down regulate cell division with Standardized Acetogenin Extract applied topically
- Balance blood sugar levels
- Avoid all stimulants
Blemishes

• Skin pores connect to oil glands, which produce an oily substance called sebum.
• The pores connect to the glands by a canal called a follicle and a thin hair grows through the follicle.
• Oil carries dead skin cells to the surface of the skin.
• When the follicle of a skin gland clogs up, a pimple grows.
• This also becomes a breeding ground for infection.
• Androgens (male hormones) increase sebum excretion.

Natural Helps for Blemishes

• Internal detoxification with blood purifiers and possible colon cleansing program.
• Balance hormones in teenagers.
• Reduce bad fats (hydrogenated fats and transfatty acids) and sugar consumption.
• Use topical remedies to cleanse the skin and fight infection.
Dry Skin

• Can be a lack of hydration
• More often is a sign of problems with fat metabolism (liver, gallbladder, thyroid), since fats keep the skin feeling soft and moist
• Can also be a deficiency of good fats
• Drink plenty of water
• Supplement with good fats
• Use seaweeds for thyroid function

Itching

• Can be nerve related
• May indicate the presence of irritants (fat-soluble) in the fatty layer under the skin
• Often signals problems with the liver or thyroid
• Common in allergic reactions
• Baths with baking soda, clay or seaweeds
• Topical and internal use of blood purifiers
Easy Bruising

• Bruising is caused by damage to the skin that is not properly healed
• Fragile capillaries contribute to easy bruising
• Bioflavonoids and vitamin C are helpful for strengthening capillaries
• Blood movers speed healing