

The Tuesday Minute

Nutritional information.... one byte at a time

This Week's Topic

Tips For Healthy Skin Glow

If you could help your patients have healthier, younger looking skin, wouldn't that be something of great value to them? The skin care industry generates billions of dollars each year.

In common practice and clinical diagnosis, let me remind you to address the condition of your patient's skin; it's an important piece in the overall wellness puzzle. One common problem for many different reasons is dry skin. For all of us dry skin is a natural process. In fact the human forearm, for example, sheds about 1300 cells/cm²/hr and commonly accumulates as house dust. So all of us are in effect are shedding a layer of our skin every day, but sometimes that shedding is obsessive and painful.

The beauty industry tells us to cover it with creams and potions. But when you read the fine print and see that most of the base and fillers of these exotic topicals will congest the pores at best and in some cases may cause health problems, we like to come back to Mother Nature.

Remember the pharmaceutical industry markets estrogen patches and smoking cessation products that are applied directly to the skin. Absorption transdermally is very effective. So if we are adding things to our skin that have names we can't pronounce, chances are that our body is not too keen on them either.

For example: sodium lauryl sulfate, one of the main emulsifiers in creams and moisturizers, has

all kinds of health risks. Remember if our skin absorbs hormones and chemicals, why would we want to put something on our skin that may have deleterious effects.

I heard a research doctor say once that if you aren't willing to drink your suntan lotion you probably don't want to put it on your skin because in effect you are drinking it. You may not taste it, but your body has to deal with it as if you have ingested it by mouth. If you put it that way, the thought of using some of the commercial moisturizers doesn't seem so appealing.

Let's take a closer look at what the skin does. Most people don't think of their skin as being an organ, but in fact it plays a major role in elimination. The liver is our greatest eliminative and purifying organ accounting for about 2/3 of the purifying activity. The skin, lungs, kidneys, lymph system, and intestines make up the other 1/3. So when the liver is not functioning as efficiently as it was intended due to daily toxins and hydrogenated oils, the other eliminative organs have to take over.

With this in mind if you or your patients have skin problems, the first thing we want to do is make sure all of the eliminative organs are working at their peak effectiveness. So simple things like increasing water and fiber intake take on a new meaning.

I know it sounds crazy, but if you tell someone to drink more water and eat more fruits and vegeta-

bles they give you the “get out of town” look. But if you tell them it can make their skin healthy and more supple, you will be surprised who pays attention.

The part of our skin that we see is called the epidermis and interestingly enough really surfaces from the deeper called the dermis, and as such, the skin is a result of what’s on the inside coming out. So if our skin is a product of what’s on the inside, it makes sense that we would feed it from the inside out.

When you have dry skin, it's a sign that you could be low in a few essential nutrients. I'd like to highlight “Tips for a Healthy Skin Glow.”

Increase fruits and vegetables to 10 servings a day: this will supply fiber for healthy bowel movements as well as provide additional antioxidants that will scavenge free radicals that have been shown to cause wrinkles.

Drink ½ your weight in ounces of water. A 180 pound person would drink a minimum of 90 ounces of water every day.

Movement. We need exercise to flush the lymph system every day. Movement is truly one of the great anti-aging factors we have at our disposal. The right amount of perspiration begins the process of removing plasticizer residues found in our food as well as heavy metals.

Dry Skin Brushing. Before every shower, brush off the dead skin with a dry brush or cotton towel.

Assess the gall bladder, especially if fatty foods make the patient nauseous.

Check for thyroid health if fatigue and hair loss is a big part of your clinical picture.

Oil the skin from the inside out by adding extra healthy oils to the diet: avocados, coconut oil, and olive oil should be staples for a diet daily.

My current favorite oil both internally and externally is Mixed EFAs by Biotics Research, 1-2 tablespoons per day. This product was developed by Dr. Gary Lasneski to improve cell membrane integrity. Mixed EFAs provide healthy plant oils like walnut seed oil, sesame seed oil, apricot seed oil, and hazelnut seed oil.

Make sure you are supplementing a high quality multivitamin mineral. We need some of those trace minerals as co-factors to rid the body of toxins and for optimal nutrition. We especially need the co-factors to use our oils to reduce inflammation naturally. My current favorite is Pro Multi Plus from Biotics, 1-2 capsules three times per day.

I also recommend salt and soda alkalizing baths. Years ago I learned from Dr. Russell Jaffe that one of the ways to rid the body of excess acids is to use the salt and soda bath. This is a great way to open pores and allow metabolic acids to leave the body and rehydrate the skin.

To the novice that may seem like a lot of things to add to their schedule, but remember these principles are also reducing your risk for many other diseases. Optimal internal health will soon manifest externally with that “Healthy Glow”. As your patients implement these tips, tell them not to be discouraged. Skin is a result of many factors; and it may take time for the results to show. The payoff will come with healthier, younger looking skin.

Well thanks for reading this week and I'll see you next Tuesday.