

EFA "Spa" Treatment... At Home!

"This helps her look 15-20 years younger than her actual chronological age."

Sometimes we do things because they are the right thing to do and sometimes we do them because they just feel good. And although we have some rationale for using oils transdermally, it just plain feels good to lubricate your skin with healthy oils. I believe it's more than just lubrication however. Big Pharma has used transdermal applications as medicines for years. We know them as the patches: the nicotine patch, the estrogen patch, the nitroglycerine patch. And that's just a few because the list of transdermal medication is growing every year.

Some of my colleagues share how they use the 21st Century Homeopathics topically especially on young children. I have often said that if you are not willing to drink what you are putting on your skin you better not put it on. The exact percentage of absorption varies from substance



to substance and quite frankly from patient to patient.

The skin is a membrane barrier and will protect you from harmful substances. Historically many cultures have used oils externally as both therapeutic agents and to lubricate the skin. But the knowledge that what is placed on the skin gets absorbed internally makes one consider the idea of using oils externally as a delivery system.

I want to share a simple application and hopefully you'll get excited about using fine quality expeller pressed oils therapeutically for health and beauty. We know "consumers will gladly pay for beauty, so if clinicians can tie a health benefit to beauty, the result will always be positive."

A colleague and good friend shared with me how every month after a shower, she uses 8 ounces of organic oil and slowly pours it on her head, allowing it to go

over her entire body. She then deliberately rubs the oil all over, knuckles, elbows, heels, especially in her head and hair for a full 30 minutes. This extended period allows the body time to absorb as much oil as possible.

Next she blots excess oils and wraps a towel around her head and goes to bed. Obviously care should be taken that the oils don't soil the linens in your bedding. The results are very dramatic. She says "the effects on your skin are remarkable." Of all the clinicians, I know her skin is the clearest. Yes, her diet is very clean and she takes a healthy amount of supplements however she claims that this technique has been a major factor to help maintain her youthful appearance. Just to give you an idea she looks 15-20 years younger than her chronological age.

I told my 27 year old son Luke about the process and he immediately said, "I'm in... get two bottles, one for me and one for my wife. He just called me to tell me that he modified the process to 10 minutes and just slurped it on and rubbed in a half bottle instead of the full 8 ounces suggested.

Before I get to his feedback, let me divert just for a second to paint a word picture that will amplify his comments. For the last 10 years my son Luke and I do a fly in fishing trip on one of Canada's pristine lakes. No electricity, running water, cell phones, computers. In fact, other than the people in our camp, we don't see a soul for one week. At the end each day we enjoy a wood burning sauna until we can't stand the temperatures which on most days hovers around 200 degrees.

The next phase is to dive into the crystal clear lake which is about 70 degrees and

whoop and holler as our body temperature plummets. We then repeat that process 3 or 4 times. Each time it seems like the cells in your skin are just coming alive after being baked in the hot sun all day long.

Mentally and physically you feel so alive it's really quite remarkable. It is my favorite part of the trip. So when Luke calls to tell me "I feel aware in my skin. My skin feels like what it feels like after 5 or 6 Canada saunas only it lasts longer and with a little extra spice. I am definitely doing this every month."

I know he was impressed. And isn't that one part of what we are trying to do with our clients, give them a "feel good" experience to encourage their pursuit of a wellness lifestyle?

I like using an oil that Gary Lasneski developed to get anti- microbial botanicals to the cell membranes called Mixed EFAs from Biotics Research Corporation. Mixed EFAs contains pure expeller pressed organic walnut oil, hazelnut oil, sesame seed oil and apricot kernel oil.

Let me encourage you to try this technique, I did and I can confirm my colleague's and my son's comments. And now that I have experienced the process, I can confidently recommend it to my patients.

There may be therapeutic merits to healthy oils beyond hydrating your skin and enhancing cell membrane health but sometimes it's just fun to do something because it feels good and believe me it feels good.

Thanks for reading this week's edition. I'll see you next Tuesday.