



Are You Comfortable in Your Own Skin?

If blemishes, acne, and other skin problems are making you uncomfortable in your skin, natural remedies can help.

Although we may say, "Don't judge a book by its cover," the truth is that most of the time it's the book's cover that makes us curious to learn what's inside. Without a good cover, a book is less likely to be opened and read.

The skin is the cover for the body and while we say, "Beauty is only skin deep," having healthy skin gives us more confidence to "face" life. Like the cover of a book, our skin represents us to the world. Blemishes, pimples, rashes and other skin problems can leave us feeling less confident and cause embarrassment and a loss of self-esteem.

Unfortunately, most people try to solve skin problems only by working directly on the skin. They apply various creams, lotions and cosmetics or get skin treatments. They don't realize that the beauty (and health) of the skin isn't "skin deep" at all. It is a reflection of the health of our body as a whole. By improving the health of internal organs like the colon, liver, kidneys and thyroid, skin problems can be cleared up, leaving a person feeling more comfortable in his or her own skin.

In this issue of *Sunshine Sharing*, we provide you with important tips on holistic care for the skin. We also provide basic suggestions for natural remedies for common skin problems.

A Holistic Look at Healthy Skin

To understand how to properly care for our skin, we need to take a closer look at the skin and its many functions. This will serve as a guide to general health practices that promote radiant and beautiful skin.

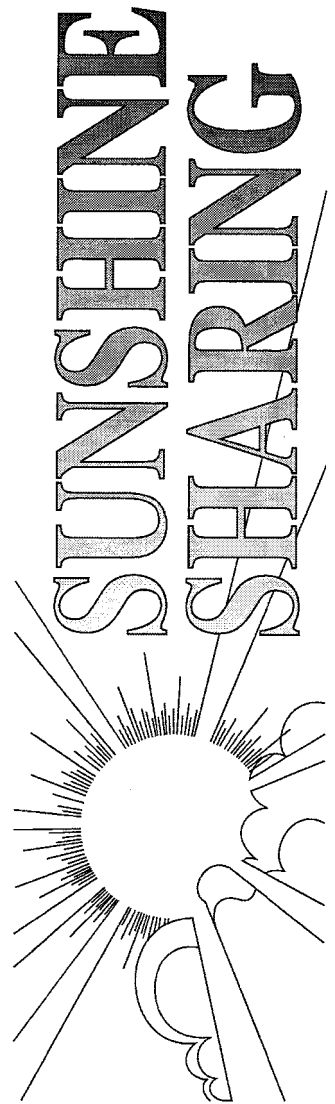
We'll start with something very few people consider beautiful, the sweat glands. Under the regulation of the hypothalamus, the sweat glands in our skin help to regulate body temperature. When the body is too hot, tiny muscles in the sweat glands open to secrete moisture onto the skin. As this moisture evaporates, it cools us down.

The sweat glands are also a channel of elimination. The body can use sweat to eliminate irritating substances when other eliminative organs (particularly the kidneys) are overloaded. Inducing perspiration through the use of diaphoretic herbs, saunas, sweat lodges and steam baths has long been used as a therapy for easing acute illnesses such as colds, flu, fevers and skin eruptive diseases like measles and chicken pox.

Sweating has also been used to improve general health. Working up a "good sweat" whether through exercise or sweat therapies, usually makes us feel better.

This points to the first general practice we need to adopt for healthy skin and that is drinking enough water. Just drinking adequate amounts of pure water will improve skin health because it will dilute irritating substances and make it easier for the kidneys, sweat

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Your guide to better health the natural way.

Vol. 22 No. 2

Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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A Holistic Look at Healthy Skin

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glands and other eliminative organs to do their jobs.

The skin also helps protect us, which is why we talk about very guarded people as having a “thick skin” and people who are easily hurt as being “thin skinned.” In this protective function, we actually

have two “skins,” the outer skin we see and the inner skin we don’t see. The inner skin is the mucus membranes that line our respiratory, digestive and urinary passages.

The skin and the mucus membranes are linked in their immune functions, which also means that the health of the internal skin will affect the health of the external skin. Many skin problems are actually a sign of poor health in the digestive tract, particularly the colon and liver. Constipation, sluggish liver function and the overgrowth of yeast or harmful bacteria in the colon will all adversely affect the health of the skin.

Internal Cleansing Keeps Skin Healthy

This is why the second basic health practice that keeps your skin glowing with good health is to “clean up” your internal skin by doing some cleansing. Make sure you’re getting adequate fiber by eating fresh fruits, vegetables, whole grains and legumes. You may also want to use a fiber supplement like **Psyllium Hulls Combination**.

Traditionally, herbalists have used blood purifiers or alteratives to help clear up skin conditions like acne, rashes and skin eruptive diseases. If you have a lot of skin problems it may help to take good blood purifier such as **Chinese Liver Balance** or **Ayurvedic Skin Detox**. It may also be helpful to do the 14-day **Tiao He Cleanse** program.

Some skin conditions may be due to yeast overgrowth in the intestines. Yeast overgrowth occurs when antibiotics and other drugs destroy the friendly bacteria living in the colon, allowing yeast to proliferate in their place. Signs of yeast overgrowth include cravings for sugar, fuzzy thinking, fungal infections and reduced immunity (catching colds and flu easily). If yeast overgrowth is a problem, doing the **Candida Clear** program may help clear up your skin problems. It may also help to take **Probiotic Eleven** to build healthy intestinal flora.

Underneath the skin is a layer of fat which helps insulate the body and keep us warm. The skin also contains oil ducts called sebaceous glands that secrete a waxy, oily substance called sebum. Sebum may help protect the skin and the fats and oils in the skin are part of what keeps skin feeling soft and smooth.

This is why disturbances in fat metabolism or the presence of fat-soluble irritants can cause skin problems. The liver and thyroid are important organs of fat metabolism, so disturbances in the function of the liver and thyroid often result in skin problems such as oily skin, dry skin, acne and itching. This is another way that blood purifiers, especially herbs like **burdock**, can help to clear up skin problems. Seaweeds, such as **Liquid Dulse**, feed the thyroid and aid fat metabolism, so they are also helpful for many skin problems.

Watch What You Wash With

The skin shields the body from harmful microbes and dirt. We also wash our skin to keep it clean, but what many people don’t realize is that washing with the wrong kind of soap actually compromises the skin’s role in our immune system. Just like we have friendly bacteria growing on our inner skin, we also have friendly microbes on our outer skin. The overuse of chemical disinfectants and harsh cleansers alters the pH of the skin and destroys the friendly microbes living there. This makes a person more prone to skin infections.

So, another practice that promotes healthy skin is to be careful what we put on our skin, starting with what we wash it with. Using mild natural soaps that don’t disturb the pH balance of the skin or destroy the friendly microbes on the surface of the skin leads to healthy skin. **Sunshine Concentrate** is a great option here and you can scent it with a few drops of your favorite essential oils.

Remember that the skin (and scalp) absorb what is applied to them. So carefully read the labels of cosmetics and other skin and hair care products. Avoid products that are laden with chemicals and opt for products with more natural ingredients.

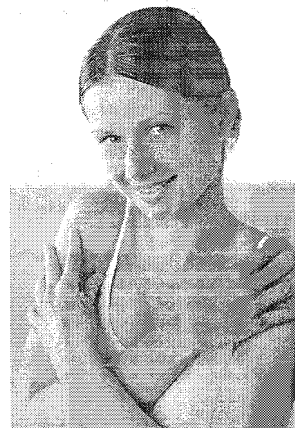
Nature’s Fresh and **Silver Shield Gel**, applied topically to the skin after washing or bathing can really improve skin health. The enzymes in Nature’s Fresh help regenerate skin and the patented silver in Silver Shield Gel kills harmful bacteria without disrupting friendly flora.

The Mind-Skin Connection

The skin is the largest sensory organ in the body. Loaded with nerves that allow us to sense heat, cold, texture, pressure and pain, the skin allows us to “touch” the outside world. The fact that the skin is so connected with our nervous system is also revealed by how our skin communicates what is going on inside of us mentally and emotionally.

Through our skin we flush from excitement, we blush when we’re embarrassed, we grow pale because of fear and we sweat over the “small stuff” that sometimes makes us feel overwhelmed and nervous. It is why we say that a person who is confident is “comfortable in their own skin.” This strong connection to our emotions suggests we shouldn’t discount the importance of positive mental attitudes and emotional healing work in keeping the skin healthy.

Natural Solutions for Common Skin Problems



There are too many skin conditions to cover them all so for this article we will stick to the most widespread conditions.

Dermatitis (Eczema)

Dermatitis is inflammation of the skin. There are many things that can irritate and inflame the skin including harsh chemicals, rubber, latex, synthetic fibers and certain plants (like poison ivy). When the inflammation occurs after contact with one of these irritating substances, it is called contact dermatitis.

Dermatitis can also come from allergic reactions. This may occur from topical exposure, but even inhaled and ingested allergens can affect the skin.

When there is no clear source of irritation, chronic dermatitis is known as eczema. In eczema, the skin is repeatedly irritated and inflamed which causes the upper layer of the skin (epidermis) to thicken as skin cells multiply rapidly. This creates a scaly effect on the surface of the skin.

Dermatitis and eczema can be aided by lotions and creams, such as **Irish Moss Lotion**, applied topically to moisten the skin and reduce inflammation. A high quality coconut oil can also be applied topically.

People with eczema are often deficient in essential fatty acids. They may need to supplement their diet with **Super Omega-3 EPA** or **Krill Oil with K-2**. In some cases they may need to improve fat digestion and metabolism. **Hi-Lipase enzymes** and herbs for the liver, such as **burdock, BP-X** or **Ayurvedic Skin Detox** may be helpful.

Screen the person for food allergies. Wheat and other grains containing gluten, dairy products, soybeans and shellfish should be eliminated from the diet. When allergies are the cause, **Hista-Block** may be taken internally and applied topically to affected areas by mixing it with oil or lotion.

Generally speaking, a good blood purifier will hasten recovery from any kind of dermatitis. Consider **Chinese Blood Build** or **All Cell Detox**. It may also be helpful to support the adrenals, as the adrenal hormone cortisol helps calm inflammatory conditions. **Licorice root** for children and **Adrenal Support** for adults may be helpful here. Also consider **yucca**, a great anti-inflammatory and blood purifier.

Finally, eczema can have roots in the nervous system. Too much intellectual activity in the head, without enough engaging in artistic or physical activities can make one's neurosensory system over stimulated, a condition known as neurodermatitis. A good herb to consider here would be **gotu kola**, a nervine and adaptogen that is used in India to treat skin conditions.

Psoriasis

Psoriasis differs from eczema because it involves rapid skin growth and appears to be an autoimmune disorder. Research suggests that psoriasis is triggered when certain T-cells reproduce very rapidly, which starts an inflammatory reaction that causes skin cells to multiply seven to twelve times faster than normal.

Because this hyperactivity of the immune system also creates a form of inflammation, psoriasis has symptoms similar to eczema. The skin is often itchy and dry, and frequently cracking or blistering. There are many forms of psoriasis. The most common, plaque psoriasis, is characterized by inflamed lesions that may be covered with white or silver scales. Other forms of the disease include guttate psoriasis, inverse psoriasis, erythrodermic psoriasis, pustular psoriasis and nail psoriasis.

It appears that environmental factors like damage to the skin, infections, stress, medications, dietary factors, climate, alcohol and smoking can trigger flare-ups of psoriasis. As with eczema, eliminate allergy-causing foods and increase intake of good fats by supplementing with **Super Omega-3 EPA** and/or **Krill Oil with K-2**. Fat-soluble vitamins like **vitamin A** and **vitamin E**, and other antioxidants like **vitamin C** and **zinc** may also be helpful.

Feverfew is helpful both taken internally and applied topically and **sarsaparilla** is a particularly good blood purifier for psoriasis. It is also important to aid digestive function by using **Proactazyme Plus** or **Food Enzymes** with meals. **Paw Paw Cell Reg** is a very useful product for psoriasis as it targets rapidly growing cells and slows their growth. Try using about one to four capsules daily.

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Additional Help and Information

For more information about using herbs, supplements and other natural remedies for solving skin problems and creating healthy skin, contact the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

Healing Skin Disorders by Andrew Gaeddert

Healing the Skin by Temple Lodge

The Comprehensive Guide to Nature's Sunshine Products by Tree of Light Publishing

Are Blemishes, Acne, Eczema or Other Skin Problems Making You Uncomfortable with Your Skin?

Better nutrition, proper hydration, herbs and supplements and other natural therapies can help you have the healthy, beautiful skin your desire



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Acne

Acne occurs when the oil glands become irritated and inflamed. This is usually due to infection, but from a holistic perspective, it is also a sign of toxins in the system and blood purifiers like **BP-X** or **Ayurvedic Skin Detox** may be helpful. A good cleanse, like the **Tiao He Cleanse** may also be helpful.

To fight the infection in the skin and prevent future blemishes, try applying **Nature's Fresh** after washing the face and other areas affected by acne. Follow this with **Silver Shield Gel**, which can be applied directly to blemishes to kill bacteria.

It is well known that teenage acne is related to hormonal changes. Chaste tree helps balance reproductive hormones via the pituitary and is a good remedy for balancing hormones during puberty. It can be found in the formula **Wild Yam and Chaste Tree**.

Hives (Urticaria)

Hives are itchy, red welts on the skin and can be local or general. They are typically caused by an allergic reaction like the one that causes hayfever. Common allergens are shellfish, nuts, eggs, milk and strawberries. Hives may also be triggered by heat, cold overexertion and even stress..

Taking a bath with herbs like chickweed, comfrey or seaweeds can help to ease itching. **Hista-Block** taken internally and applied externally mixed with a little **Aloe Vera Gel** may also be helpful. Internally, blood purifiers like **burdock**, **yellow dock**, **BP-X** and **Chinese Blood Build** may speed healing.

Many of the therapies and supplements for the foregoing conditions are helpful for other skin conditions as well. Talk to the person who gave you this newsletter for additional help and assistance.