

Clearing Skin Disorders Naturally

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Key points

1. The skin is the largest and most visible organ of the body.
2. Heredity, diet, toxins, and allergen factors involved.
3. Detoxification is essential for people with skin disorders. The liver is the major organ involved.
4. Proper balance of the liver, lungs, kidneys, and digestive system maintains healthy skin.
5. Best not to suppress skin ailments with Rx/OTC meds as it drives the DZ deeper

Natural Acne Solutions

1. Acidophilus & Bifidus, or high quality plain yogurt & kefir
2. Sulfur rich foods: eggs, fish, garlic, broccoli, and or MSM supplements
3. Vitamin A 25,000-100,000 (use with caution at higher levels and short term for a month or so)
4. Silica (homeopathic)
5. Pantothenic acid 250-1000 mg
6. Zinc 30-60 mg

Eczema

1. Inflammatory skin reaction characterized by itching, redness, blisters, or dryness.
2. A sign of toxins from inside your body. Treating with creams is not addressing the root causes of toxicity.
3. Detoxify to expel the toxins, thus preventing the problem from returning.
4. Homeopathic remedies: Silica, Sulphur, Graphites, Psorinum
5. Dietary factors/allergens common

Psoriasis

1. Auto-immune, inflammatory skin condition. Caused by faulty immune system which over-reacts and accelerates the growth of skin cells. Normally skin cells mature and are shed every 30 days. In psoriasis, skin cells mature in 3 to 6 days, and pile up.
2. There are five types. Some get a related form called “psoriatic arthritis,” of the joints.
3. Plaque psoriasis is the most common type. It appears as patches of raised, reddish skin covered by silvery-white scale. These patches, or plaques, frequently form on the elbows, knees, lower back, and scalp.

Natural Psoriasis Treatments:

1. Homeopathic remedies to target the source without side effects: Calcarea Silicata, Lithium Carbonicum, Nat Mur, Phytolacca, Sarsaparilla, Sulphur Iodatum, Thyroidinum
2. Oregon Grape Root and herbal detox programs to help liver function. Chinese herbs have history of success.
3. Dead Sea Salts: a traditional treatment used in the Middle East for thousands of years.
4. Essential Fatty Acids: Flax seed meal and cod liver oil (Vit A & D + EFA's)
5. Sunlight.: UVB rays help psoriasis. UVB starts the tanning process and it is this reddening effect that is the healing element in psoriasis. Too much UVB will cause sunburn. Even UVA is not harmless and too much of both can age the skin and increase risk of skin cancer.

Tanning Safely

1. Do not risk sunburn, skin cancer and aging of the skin.
2. Stay away from tanning salons. The UVA rays are not necessarily safer than the sun's UVB rays – they're just as likely to cause sunburn, skin cancer and premature skin aging.
3. Consider lotions, sprays and gels that give you a sunless tan. They contain a harmless sugar called dihydroxyacetone that interacts with the surface of the skin to give you a temporary tan. However most self-tanners provide little or no protection against the sun's damaging rays. Use sunscreen SPF of 15 or higher.

Skin Cancer Vitamin D and Sunlight

1. Experts gathered recently by the American Academy of Dermatology Association say that recommending increased exposure to sunlight is "highly irresponsible".
2. The benefits of vitamin D include improved bone health and fracture prevention, better muscle health and a reduced risk of falling in older individuals.
3. Many elderly are lacking in the vitamin and close to 80 per cent have vitamin D insufficiency.
4. Some researchers have caused controversy by suggesting that increased exposure to sun could help remedy such deficiencies. Experts note that the body's production of vitamin D through sunlight is maximized after 20 minutes exposure, with extended time providing no additional benefit but can increase the risk of skin cancer.
5. The Queensland Institute for Medical Research in Brisbane, Australia, found that sunscreen use reduced the risk of developing squamous cell carcinoma by 40%, but did not reduce the risk of melanoma or basal cell carcinoma.
6. Age at the time of sun exposure is important relative to burning. Children and adolescents are harmed more by equivalent amounts of UVB rays than adults. The earlier you start tanning, the earlier skin injury may occur.
7. **Vit D supplements 2000-4000IU** most beneficial except in certain cases and depending on sun exposure
8. **Antioxidants play a role and are overlooked in the prevention aspects**

Dry Skin and Dandruff

1. Water: 8-12 glasses pure
2. EFA's: Flax seed oil, Cod liver oil, fatty fish
3. Use filter in shower to reduce chlorine
4. Minerals: sodium (sea salt/ Nat Mur) and potassium
5. Sugar is a culprit so need to eliminate. Also need to increase B-complex
6. Gall Bladder? Liver? Candida?

Hyaluronic Acid for aging skin and joints

Hyaluronic acid (HA) holds water and is a major component of virtually every tissue in our bodies, especially connective tissue and joint fluid. It serves as both lubricant and shock absorber to the joints. HA also lubricates heart valves while preventing and erasing fine lines and wrinkles.

HA production is highly dependent on magnesium in the diet. However up to 75% of Americans eat a magnesium-deficient diet. HA is available as a dietary supplement.

Warts

1. Homeopathic remedies: Thuja, Causticum, or Phytolacca depending on symptoms or use combo