

Skin Health

SKIN, SKIN, BEAUTIFUL SKIN!

I would like to have a wee chat to you about skin and how I can help with those conditions that afflict it, specifically Eczema, Acne vulgaris, Psoriasis, Acne rosacea, Herpes simplex virus, fungal skin infections and last, BUT NOT LEAST, the dreaded aging skin.

I have been searching for truly effective natural topical treatments for skin conditions since I began practice and one of my main product suppliers has just released a couple of topical lotions that seem to be working very well indeed, particularly for eczema, acne (vulgaris and rosacea) and psoriasis. In saying that, remember that relieving the symptoms with these lovely lotions and potions is only a band-aid and the real work needs to be done with the internal body. Treating skin conditions can be very difficult and can take quite some effort to rebalance and hopefully eliminate the internal drivers behind the problem.

Key organs and body systems I look at as the potential force behind above mentioned skin conditions are:

1. the gut – HEALTHY BOWEL = HEALTHY SKIN!
2. the liver, where immunity and autoimmunity is controlled
3. the lymphatic system, for cleansing and clearing all body tissues
4. the nervous system (stress is the number one driver of disease and speeding up the aging process)
5. the endocrine system – hormone (excess or depletion) are particularly relevant to pimples.
6. pH levels of the internal body can make or break a successful treatment so we keep a close eye on that
- alkalizing the body is paramount to reducing any inflammatory process.

And of course the saying “you are what you eat” is absolutely true. Let food be your medicine and medicine be your food, and as many of you have had much relief finding out through the hair testing I do, foods, drinks, additives and preservatives can be your poison and finding the culprits can be a life changing experience!

A few skin facts...

- The skin a complex and sophisticated organ and in fact the largest organ that we have.
- It has a total surface (on an average sized adult) of approximately 2 square metres and weighs between 4.5 – 5kg.
- It is obvious that the healthy, fully intact skin keeps our insides in and the outside out, but it has a multitude of other crucial functions such as:
 - synthesis of vitamin D
 - body fluid and temperature regulation
 - detoxification
 - immunity.

- The skin is covered in a dense population of microbes - fungi, bacteria, and even parasites, that all live in harmony among themselves, and with us, when all is well. If the skin is sub-optimal in structure and/or function these microbes can become our enemies, as one species or other over-populates, irritates and infects an area of weakened or inflamed skin.

Your skin is a reflection of your internal health. A healthy, clear, glowing skin generally reflects a healthy, vibrant internal body and mind. It is easy to notice the skin of the healthy young child. It is firm, smooth and has an unmistakable and enviable luster. As we age we and our environment are constantly assaulting our body and consequently our skin with poor diet, alcohol, caffeine, recreational and prescription drugs and other environmental toxins, stress, sun and wind. As we age we only very occasionally get the opportunity to admire the aging person whose skin still looks healthy, vibrant, elastic and glowing - it is quite rare. The rarity is in the fact that very few of us live proactively with a goal to maintain optimum health and vitality. Most people take their body for granted until there is a health crisis, and often this crisis is quite a way along the disease evolution pathway and it becomes extremely hard work or maybe impossible to reverse the process.

Don't let this be your story. Be proactive, educate yourself to know what you really do need, and definitely don't need, and live with a preventative health plan. Your body will thank you, and your skin will tell the story.

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