

## Carolina Aramburo and Friends' TOPIC OF THE WEEK

### Hello Health, Fun and Well-Being Partners!

In this 407th Newsletter, I want to give us a chance to consider Dry and Oily Skin and the effects they can have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the newsletter in context: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them.

### DRY Skin and OILY Skin ARE Indicators that Our BODIES need to be Taken Care of Differently!! Let's LEARN together!!

Do you or someone you know deal with skin challenges? PLEASE read this Newsletter and pass it along to all of your LOVED ONES. Let's cherish and care for our skin as best as we can in the most natural ways!!!

Since our skin is our largest, most absorbent ORGAN, the only exposed, and quickest healing Organ of our body, our skin is impacted by everything from the environment, to our nutrition to our hormones to our emotions. Our Newsletter this week, about oily and dry skin, is a SUPER VALUABLE read for anyone who cares about their skin and what their skin may be telling them about their health.

If we have skin (LOL, which all of us do) at some point we will probably deal with oily or dry skin or both. This weeks' Newsletter will give you a lot of the information you need to care for your skin from the inside and out.

Daily our skin sheds toxins and dry

skin cells. Our lymph vessel, oil glands, and sweat glands all have an access port to the epidermis layer. In return, the epidermis continually transmits elements back through the same portals from the various products and elements we expose our skin to in our environment.

The skin is one of the most powerful indicators of health. Paying loving attention to the health of your skin is one of the best and easiest ways to listen to your body. Whatever is going on inside will eventually show up on the outside. So if you have skin concerns, chances are you need to look beyond the surface to discover what is really going on. The anatomy of the skin is linked to all our major functions; including the immune, respiratory, circulatory, lymph and neurotransmitter systems — but caring for yourself on any one or all of these levels will improve the health of your skin.

Dry or oily skin is a sign of poor internal health, often brought on by consuming an unbalanced diet or unhealthy foods and avoiding skin-healthy nutrients.

To treat skin problems, most people turn to mainstream topical cosmetics, including lotions, soaps, scrubs, toners, and creams. However, treating outer blemishes with expensive, chemical-laden beauty products does little to address the root cause of the problem: poor nutrition and exposure to toxins in the environment and in our dietary and personal care products.

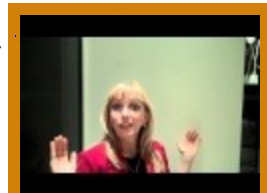
There are five basic skin care types: Oily, combination, sensitive, dry and sun-damaged. Your skin type is determined by how much — or how little — oil your skin produces. Genes, diet, stress level,



CAROLINA ARAMBURO

medication and even your skincare regimen all determine how much oil your skin produces. In this Newsletter we are going to focus only on Dry and Oily Skin. There are lots of great articles we have placed in the Research links below each article that will give you more information about the other types. Here are the characteristics of Oily and Dry skin.

- **Oily** - Oily skin tends to be shiny with enlarged follicles/pores and is more prone to blackheads, blemishes and acne. You might experience some tightness. If the pore size is larger over most of the face, this indicates an oily skin type.
  - **Dry** - Dry skin feels tight, especially after cleansing. The follicles are usually small and the sebum is minimal. If you can barely see the follicles or they are small, this indicates a dry skin type. You will have a tendency towards fine wrinkles, flaking, red patches, blotchiness and inflammation. In people of darker complexions, skin may appear ashy or dull from dead skin buildup.
- (Cont. on next page)



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## DRY Skin and OILY Skin ARE Indicators that Our BODIES need to be Taken Care of Differently!! Let's LEARN together!!! (Cont.)

Once you know your skin type for the face you can assume that it will apply to the whole body. For example, your calves and feet can be really dry and flaky, but you have a smooth and even textured back. That would be considered combination skin and there are ways to heal the dry feet and calves, while cleansing and nourishing the back all at the same time. Our bodies have a wonderful way of absorbing and using what it needs and discarding the excess out.

A holistic approach to skin care will benefit you in many ways. Your skin is also an organ, which happens to cover and protect your entire body. In order to have truly healthy skin you must care for the skin on your entire body. Caring for the skin on your entire body isn't much different than caring for the skin on your face.

Your skin, no matter which part of the body it happens to be connected to, requires the same basic care. If you want beautiful, healthy skin, you must cleanse it, exfoliate it, moisturize it, and protect it. These are the same principles you have probably already employed to care for your face. Though different skin types may require some variation in the frequency of certain steps or the type of products used to care for the skin, all skin types should perform all aspects of skin care.

The source of all skin conditions is the microscopic sebaceous gland. Sebaceous glands all over the body are controlled by sex hormones called androgens. Certain enzymes in the sexual organs can make these androgens more active, thus increasing the production of sebum. Skin problems during adolescence, puberty, menstruation and menopause and andro-pause are all related to this production of sebum.

Sebaceous glands are part of the pilosebaceous unit (hair + oil

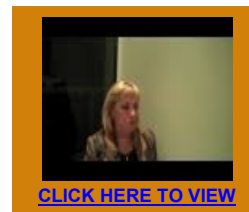
glands), which lie deep within the dermis. They connect with the hair shaft and empty their contents onto the surface of the skin through the pores. With the exception of the palms and soles, all skin surfaces possess sebaceous glands. The area with the most oil-producing ability is the one most crowded with sebaceous glands –the forehead, nose and chin (T-zone).

Sebaceous glands produce sebum, a complex blend of varied lipids (fats), and dead sebaceous gland cells (the cells that manufacture the sebum). Fats found in sebum include triglycerides, wax monoesters, squalane and free fatty acids. The role of sebum is both to moisten and protect the skin from environmental elements and also to help make the skin more waterproof since oil repels water. The surface debris and sweat on the outer layer of the skin (epidermis) creates an acid mantle.

The acid mantle (which has a pH range between 4.5 - 5.5) forces epidermal cells to lie flat in a tight array. Without it, cells can pull apart, leading to dehydration, irritation and sensitivity. The loss of an acidic environment can also lead to the invasion of bacteria into the skin. Adequate amounts of sebum are very important in maintaining the protective acid mantle.

If there is an excess of sebum/oil production you will have oily skin. If there is a low level of sebum you will have dry skin and can be prone to sensitivity.

One of the interesting things about your skin is that there is an unhealthy cycle that can occur. Dehydrated skin will try to produce oil in order to compensate. This can then turn into Oily Skin. Instead of addressing the lack of hydration problem (most people don't realize that this is the problem), the person instead tries to fix the side effect: the overproduction of oil, by using oil stripping and/or drying products.... which only makes the underlying cause (dehydrated skin) worse.



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By listening to my body, and being a Wellness Coaching Client of my own Company I was able to EVOLVE my Health and Wellness in a way that I never imagined possible! I passionately invite you to do the same!

Your skin reacts by producing even more oil.

### OILY SKIN

Oily skin is characterized by excess sebum/oil production. Oily skin requires more cleansing and exfoliating than other skin types. Over cleansing can make matters worse, however, by stripping the skin and irritating it. If the skin is over dried, the body's protection mechanism tries to produce additional oil to compensate for the dryness on the surface. Oily skin ages more slowly.

### Causes of Oily Skin:

- Heredity/genetic makeup – an excess of a hormone called dihydrotestosterone (DHT)
- A poor diet including Nutritional deficiencies (red meats, dairy, hydrogenated oils, fried and sugary foods, soda, processed foods, etc.)
- Hormone levels (imbalances differing in people and throughout development)
- Hormone dysfunctions (endocrine (Cont. on next page)

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disorders, etc.)

- Environmental Factors (pollution, toxins, etc.)
- Pregnancy
- Various ailments (constipation, poor **elimination** of toxins through the liver and kidneys)
- **Fatigue**
- Poor sleep
- Birth control pills
- **Stress** (producing more androgen hormones which trigger excess sebum production)
- Cosmetics you use that are not suitable and not organic and chemical free
- Overuse of chemical skin products
- Seasonal **changes** (Humidity and hot weather in Summer)

### DRY SKIN

Dry skin (xerosis) does not produce enough oil. Alipidic skin lacks oil (lipids). The natural oil **secretions** in our follicles help protect us from environmental damage and aging. Dry skin needs extra care because it lacks this normal protection. **Stimulating** oil production and protecting the surface is imperative to taking care of dry skin. Occlusive products also protect the skin's top barrier layer and hold in **moisture**, which helps to combat dryness.

If dry skin becomes **severe**, it can crack, making a perfect entryway for germs. These **germs** can cause infection in your body, not only in your skin but elsewhere as well. For this reason, tending to dry skin is more than a matter of cosmetics; it's a matter of health and **safety**.

### There are actually two types of dry skin:

1. **Simple dry skin** – Simple dry skin results from a lack of **natural** oils and most often affects people under the age of thirty-five.
2. **Complex dry skin** – Complex dry skin lacks both natural oil and moisture and is usually associated with **aging**. It is characterized by fine lines, sagging skin, discol-

orations, brown spots, and enlarged pores. Elastin, **collagen**, and keratin, which are proteins that make up skin, may also be damaged by prolonged exposure to sunlight.

### Causes of Dry Skin:

- Less available **DHT** means less stimulation of the sebaceous gland and ultimately less oil production to lubricate the skin so it becomes dehydrated.
- Heredity/genetic makeup – a lack of the hormone DHT
- **Environmental** factors such as exposure to sun, wind, cold, chemicals, or cosmetics, or excessive bathing with harsh soaps.
- Central heating and air conditioning, including wood-burning stoves, space heaters and fireplaces are humidity reducers thus dry out the skin
- Conditions such as an underactive **thyroid**, non-celiac gluten sensitivity, problems with processing essential fatty acids, diabetes, dermatitis, eczema, psoriasis, or seborrhea.
- Harsh chemicals, including soaps, bleach, and household cleansers
- Certain **drugs**, including diuretics, antispasmodics, and antihistamines, can contribute to dry skin.
- Alcohol and Caffeine.
- Harsh soaps (filled with chemicals) or soaping too often.
- Chemical filled **synthetic** clothing.
- Misusing moisturizers.
- Long, **hot showers**.
- General & chronic dehydration - Severe diarrhea, vomiting, high fever, and profuse sweating or simply not drinking enough fluids can also cause dry skin.
- Most people's skin tends to become thinner and drier as they get **older**. However, fair-skinned people seem to be more likely than others to suffer from dry skin, especially as they age.

Scientists describe something called the "**Dry Skin Cycle**" - and it goes like this:

In **Phase 1**, Triggers like low humidity and frequent hand washing lead to "barrier deterioration"- the loss of water content and flexibility from the top layer of your skin. **Natural Moisturizing Factor** (NMF), a mixture of substances naturally produced by the skin, which serves as a waterproof barrier is also damaged. The result of this **deterioration** is that the skin can't hold remaining moisture in and water loss (through simple evaporation) increases even more.

In **Phase 2** of the cycle, the skin attempts to repair itself by **increasing** production of new skin cells and releasing pro-inflammatory substances. While this is a protective mechanism, it leads to thicker, scaly skin that is itchy, **inflamed** and red. This scaly skin is actually even more susceptible to damage than healthy skin, so the cycle just keeps **repeating** itself.

You can now see why it's so hard to get rid of dry skin once it's taken hold. To truly **break** the cycle, you need to treat the **symptoms** (itchiness and dry, scaly appearance) AND repair the skin's structure from a cellular level so it can once again serve as a healthy barrier to the elements.

### Dangers of Cosmetics

The FDA leaves synthetic additives in cosmetics largely un-regulated, yet many of these compounds have been proven to cause a **multitude** of very serious health issues such as cancer. (Cont. on next page)

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They also disrupt endocrine function, interfering in the metabolism of sex hormones. Some of these hormones are the very hormones that are **responsible** for our sebaceous glands.

Many of the **chemicals** in cosmetics and creams may, in and of themselves, breed free radicals (and the resulting inflammation), actually damaging your skin. The **preponderance** of petroleum-based chemicals in toiletries and cosmetics also damages your skin and every other system in your body. Add to this the time from **manufacturing** to purchase of most products (even "natural" products) and they are mostly dead and contain preservatives.

Skin needs to be **balanced** in order to minimize oil production without drying out. Some chemical products strip the skin and cause it to overcompensate by producing more sebum. Before you spend a fortune on **expensive** skin care products, try addressing the problem first from the inside out. If you need more topical help then utilize products that have natural, chemical free and vegan ingredients to cleanse and nourish your skin

without causing **irritation**.

Beauty, as they say, isn't only skin deep. Healthy, **beautiful** skin relies on a balanced, well-nourished, **well-rested**, active body. Once those factors are met, your skin will have a chance at natural vibrancy. Then, when specific skin care issues **arise** due to environmental or other factors, instead of relying on expensive over-the-counter products that contain toxic ingredients you can try a holistic **remedy** instead. In our next article we have holistic solutions for your dry and/or oily skin including nutrition and other 100% natural solutions.

A Raw VEGAN Living Foods DIET including **plenty** of Leafy GREENS, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful stress management is the **greatest way** that you can almost ENSURE optimal WELLNESS for youSELF inside and out. This allows your body to be optimally healthy which leads to a **healthy, long lasting life**. I invite you to TRY IT ON and In-JOY it with me. You will forever thank yourself and feel better than you EVER

did your ENTIRE LIFE!!!

The following Research Resource Links are available so you can learn more about Oily and Dry Skin:

- [http://1stholistic.com/beauty/skin/skin\\_oily\\_skin.htm](http://1stholistic.com/beauty/skin/skin_oily_skin.htm)- Oily Skin
- [http://1stholistic.com/beauty/skin/skin\\_dry.htm#Causes](http://1stholistic.com/beauty/skin/skin_dry.htm#Causes) - Dry Skin
- <http://www.youbeauty.com/beauty/hormones-and-your-skin/>- All the Ways Hormones Are Screwing With Your Skin (And What You Can Do About It)
- [http://www.dermalinstitute.com/us/library/12\\_article\\_How\\_Does\\_Menopause\\_Affect\\_the\\_Skin\\_.html](http://www.dermalinstitute.com/us/library/12_article_How_Does_Menopause_Affect_the_Skin_.html)- How Does Menopause Affect the Skin?
- <http://mamiverse.com/what-our-skin-reveals-about-reproductive-health-8520/> - What Our Skin Reveals About Reproductive Health
- <http://www.livestrong.com/article/552047-what-are-the-causes-of-extremely-oily-skin-at-middle-age/> - What Are the Causes of Extremely Oily Skin at Middle Age?
- <http://battysblog.com/2013/05/29/why-oily-skin-can-also-be-dry-skin/> - Why Oily Skin Can Also Be "Dry" Skin!

## Your Can Heal DRY and/or OILY Skin with the "Right" Nutrition, Exercise and Mindful Lifestyle!!!

Whole, **minimally** processed foods are the best way to ensure both hormonal balance and normalized sebum production. **Raw vegetables and fruits**, whole seeds and nuts, whole and unrefined grains and naturally low sugar foods all help to promote hormone balance. They promote mental health as well, which further facilitates hormonal balance by calming the nerves and promoting healthy **blood sugar** levels.

### OILY SKIN

#### Cleaning Oily Skin

- Keep your skin very clean. Use a

cleanser with **lavender** because this helps to reduce oil in the skin.

- Avoid cleansers with additives that can be both irritating and pore-clogging. Avoid **harsh** products that strip your skin of oil and encourage flakiness. They can cause a reaction known as reactive seborrhoea, where the oil glands work overtime to compensate for the loss of natural oils.
- Avoid skincare products that leave your skin feeling taut and **dehydrated**. They cause the upper layers of the skin to shrink. This restricts oil flow through the pores leading to blockages and breakouts.
- Avoid **heavy** cleansing creams.

Avoid the use of harsh soaps or cleansers. Use a pure soap with no artificial additives. Do not use cleansers or lotions that contain alcohol.

- When cleansing, **massage** your face well with your fingertips, using an upward and outward motion.
- Check how clean and **non-toxic** your cosmetics are on the **Cosmetics Database site**.
- Witch hazel is a herb that when applied to the skin is excellent for absorbing excess oil. Wiping the oily

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## Your Can Heal DRY and/or OILY Skin with the “Right” Nutrition, Exercise and Mindful Lifestyle!!! (Cont.)

parts of the face with witch hazel or lemon juice. *Witch hazel* is so gentle that it can be used on nearly any type of skin. The **tannin** content in witch hazel has strong astringent as well as antioxidant properties. These astringent properties are cleansing to the skin, while **mini-mizing** the size of skin pores.

- **Apple Cider Vinegar**
- Cool Sage tea
- Lemon water - Because lemon can cause sensitivity to sunlight you should use it only in the evening and the next morning rinse your face thoroughly.
- Rub a raw organic **potato** on your face & rinse off with cool water
- A half an hour before taking your bath, apply on your face half teaspoon each of lime and cucumber juice mixed together.
- Put the essential oils into a bowl, and add boiling water. Put your face near (not in) the steam, and drape a towel over both your head and the bowl for a few minutes. Use 3 drops each of lavender and **geranium** oils.
- Pour 6 tablespoons of **jojoba** or hazelnut oil into a dark glass bottle. Add 10 drops each of geranium and lavender oils. Shake to blend before use.
- Pat your skin dry using **paper** towels instead of cloth towels.

**Toner for Oily Skin** – Excellent toners can be made for Oily skin from any of the **essential oils** that are listed below for Oily Skin. You can blend them with witch hazel and any kind of carrier oil for oily skin. After you've **washed** your face, soak a cotton pad in your created toner and dab it all around. Use it twice a day for **two to three** weeks. After the third week, apply it once a day.

**Scrubs for Oily Skin**– A **misconception** is that exfoliants are harsh and should never be used on the face. Exfoliating the skin eliminates excess dead skin cells that accumulate on the surface. A thick layer of dead skin cells on the skin's surface **prevents** nutrients and conditioners that you put on

the surface from getting through. Dead skin cells can also clog pores and prevent sweat and sebum from getting out.

While it's important to be very **gentle** with facial skin, exfoliation is a very important part of a good skin care regime. It is a matter of using 100% natural, organic, chemical free, vegan ingredients such as Ground nuts, oats, cornmeal, bran, aloe vera, lemon juice, sea salt and other textured foods vs. the harsh chemical exfoliates on the market. **Exfoliating** once or twice a week with a very gentle scrub will help your skin.

**Lotions for Oily Skin** - You can easily prepare your own lotions for oily skin from several plants in the form of infusions using aloe vera, thyme, plantain, lettuce, green tea, black tea, **peppermint** or lavender. Keep the lotion in a bottle in the refrigerator and apply on face for 5-10 minutes, letting it dry naturally without wiping it off.

**Massage for Oily Skin** - A fine-grain powder can help absorb oil and get rid of dead skin cells that clog pores. Grind and sift 2 teaspoons of dry oats, then **moisten** with some witch hazel to form a paste. Using your fingertips, massage this paste gently into your skin, then rinse it away with warm water.

**Face Masks for Oily Skin** - Use clay or mud mask, two to three times per week to clear away excess oil. Use green clay powder (available in health food stores) or **Bentonite Clay** with a little water to make a paste. Apply the mixture to your face (avoid your eye area) and leave it on for 15–20minutes, then rinse well with warm water and seal the moisture in with cold water.

You can also use witch hazel, mango, pineapple, lemon, Avocado, canola oil, evening primrose oil, hazelnuts, kukui nuts, olives, safflower oil, soy oil, **sunflower oil**, herbs such as comfrey, calendula, and aloe vera are soothing, effective moisturizers and any of the essential oils listed below to this mask mixture.

**Moisturizers for Oily Skin** - A common misconception is that oily skin doesn't need moisturizing because the skin's natural oils are already acting as a moisturizer. While this is true to some extent, the reality is that through **cleansing** you remove most of the natural oils that your skin needs to stay supple and moisturizers help restore and replace these oils. If you don't moisturize then your skin will actually produce more oils in order to balance out.

Applying oil to your skin can actually **trick it into thinking** that it doesn't need to produce more oil. It works off the theory of “Like dissolves like”. Oils have the following benefits:

- Reduces **clogged** pores by dissolving “plugs”, blackheads, and whiteheads
- Reduces the formation of fine lines and wrinkles
- No harsh chemicals
- Doesn't strip your skin of natural oil
- Moisturizes and soothes **irritated** skin.
- Clears acne

When applied to the skin, the oil should absorb **completely**. If it just sits on top of your skin, looks patchy, doesn't sink in very well, or makes your face look even shinier than before, then it's not the right oil for you.

Please note that **essential oils are not oil** - they are herbal extracts or plant essences - the life-blood of the plant. All essential oils have **healing** and antiseptic properties. You can blend these with **carrier oils** that are good (Cont. on next page)

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for Oily skin such as Extra Virgin Olive Oil, sweet almond, grape seed, avocado or jojoba oil.

**Makeup for Oily Skin** - Only Use water-based, chemical free, organic, vegan cosmetics. Better yet, learn to live without makeup — or at least without foundation — since it will simply add to and trap the oil against your skin and set the stage for **blemishes**. If you feel you must use makeup opt for spot concealers rather than coating your entire face. In general, stick with powder or gel blushers, and avoid cream foundations. Clean your make-up brushes once a week.

### Diet for Oily Skin

- Aim to consume as many fresh, **raw, organic vegetables** as you can, especially green leafy vegetables (spinach, kale, lettuce, arugula, celery, leeks).
- Enjoy a diet rich in plant-based proteins.
- Eat raw as much as possible to get full nutrients, live enzymes, dense in vitamins, minerals and other nutrients and keep your digestive tract healthy.
- Avoid **caffeinated** tea, coffee, tobacco, alcohol and fermented beverages (beer, wine).
- Reduce the amount of bad fats in your diet. This means avoiding animal fats, dairy, fried foods, vegetable oils and processed baked goods with trans fats including store bought croissants, muffins and cookies. Cook with coconut oil, olive oil (low-medium heat).
- **Anti-oxidant rich foods** – vegetables, berries, fruits
- Eat Low – glycemic foods
- Eat foods rich in enzymes, like pineapple, milk, and pumpkin. They help dissolve the oil that attracts dirt and dead skin cells to the skin's surface.
- Eat lots of **Essential Fatty Acids** such as avocado, flaxseed and hemp seeds.
- Omega 3 Fatty Acids - Avocados, flaxseed, walnuts, pumpkin

- seeds, almonds and chia seeds
- **Probiotics** - These have been found to reduce inflammation in the gut, which may help reduce acne. According to a 2011 study, intestinal microflora may affect inflammation throughout the body, which in turn, can affect acne breakouts. Sauerkraut, kimchi are examples of plant-based probiotics.
- Avoid white bread, pasta and bakery products. Choose rye or graham over wheat and practice **portion** control.
- Avoid pickles, pepper, hot pepper, saturated oils and greasy foods.
- Eliminate **sugar** and artificial sweeteners.
- Eliminate trans fats and carbohydrates.
- Eliminate salt as much as you can. If you must have salt only use pure organic sea salt and to a minimum.
- Eliminate anything made from **white flour**.
- Completely eliminate processed foods such as canned food, cold cuts, smoked / fermented cheese.
- Eliminate chemical and hormone laden foods such as meat and meat by-products (eggs and dairy).
- Do not cook with oil – use natural, **non-animal** non-processed oils cold on foods.
- Drink at least 8 glasses of water every day. Start your day with a glass of water with the juice of half a lemon. Fluids help remove the toxins from your body and improve your complexion.
- Drink spearmint or nettle tea (at least one cup a day).
- Eat natural **organic fiber** to flush out toxins.
- **Juice** - Fruits and vegetables can naturally help clear up oily skin. Many contain beta-carotenes, which naturally help reduce skin oils, and all are naturally anti-inflammatory. Dark, leafy greens also help clear toxins from the body, which can encourage acne.
- **Dark-colored** berries contain phytonutrients good for skin.

**Food for Oily Skin** - flaxseed, tomatoes, eggplant, mushrooms, whole grains, raw organic soaked nuts and

seeds, oils with linoleic acid (Safflower, evening primrose, grape seed, sunflower, hemp, wheat germ, apricot kernel, sesame and rosehip seed), **cucumber**, grapefruit, lemons, oranges, lime, oats, apples, leeks, green beans, garbanzo beans, strawberries, cucumber, mango, celery, asparagus and rhubarb, pumpkin seeds, ginger, pecans and Brazil nuts.

**Vitamins for Oily Skin** - Vitamin A, B-complex vitamins (especially B2 which is often deficient in oily skinned people), Vitamin C (key in reducing the excess oil secretion from the skin's glands), Vitamin D and Vitamin E.

**Minerals for Oily Skin** - Zinc, Calcium, Magnesium, Iron, Silica and Selenium.

**Herbs for Oily Skin** - Rhodiola Rosea, Agnus Castus, Siberian Ginseng, Aloe Vera juice, Saw Palmetto (for excessive androgens which is a cause of oily skin), Burdock, Chamomile, Horsetail, Oat straw, Thyme, Lavender, Licorice root, Rosebuds, Yarrow and Spearmint.

**Essential Oils for Oily Skin** - The best essential oils for oily skin are: lemongrass, lemon, pink grapefruit, orange oil, jasmine, tea tree, geranium, peppermint, rosemary, Bergamot, Cedarwood, Cypress, Frankincense, Juniper, Lavender, Lemon, Sage, Basil, Benzoin, Carrot, Clary sage, Fennel, Juniper berry, Majoram, Neroli, Apricot Kernel, and Ylangylang.

**Extra tips for Oily Skin** are: 1) Pull your hair back. It's best to keep hair away from the face if you are having issues with your skin. Often oily hair and oily skin go together. 2) Don't touch. Keep your hands off your face during the day. Hands deliver excess oil and dirt.

### DRY SKIN

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## Your Can Heal DRY and/or OILY Skin with the "Right" Nutrition, Exercise and Mindful Lifestyle!!! (Cont.)

### Cleaning Dry Skin

- Bathe less and use cooler water. Use warm water, not hot for bathing and cleansing your skin. Hot water **flushes** protective oils from your skin; just as it flushes grease from your dirty dishes. Do not take saunas, steam baths or soak in hot tubs.
- The best treatment for dry skin is to replace the lost **moisture** and then protect the skin from losing more water by: taking a shower or bath, step out and apply oil while your skin is still wet, sealing in the water. Then, pat dry.
- Do not use **strong soaps** and do not add bubble bath to the water. Soaps rob your skin of moisture by stripping off natural oils. Super-oiled soaps, made from cocoa butter, coconut oil, coconut oil, extra virgin olive oil and almond oil are less irritating. Make sure they are chemical free and planet based. After washing gently blot dry or let air dry instead of vigorously towel-drying. Both these tips will help **prevent stripping** of Natural Moisturizing Factor, which is responsible for protecting your skin's water levels.
- **Oatmeal baths** can help soothe itchy skin. You can use a commercial product if you make sure you check the ingredients carefully for any added chemicals of any kind.
- Avoid the use of tap water when cleansing dry skin. The deposits are too drying on the skin. And never, ever use hot water. Use **100% live filtered water** to freshen your face. Don't use a washcloth—a rough texture can irritate. In the morning, apply a spray of mineral water on your skin misted on with a plant sprayer. (Do not use a sprayer that had been used for any other purpose) Lightly pat dry.
- **Olive oil** cleanser. A great natural oil to use is olive oil, which works as a natural cleanser and moisturizer.
- Adding a cup of oatmeal to a **lukewarm** water bath can naturally rehydrate dry skin and it

helps skin retain the moisture from the bath water.

- To remove dead skin, **dry brush** your body every day. Use a softer brush for your face to avoid bruising delicate skin.
- Epsom Salt is very healing for your skin and can be added to your bath water.
- Put 2-3 drops each of **jasmine** and chamomile oils into a bowl, and add warm water. Soak a soft towel in this. Wring it out and place it over the face, then relax until it cools a bit. Repeat.
- Pour 6 tablespoon of sweet almond or avocado oil into a dark glass bottle. Add 10 drops each of jasmine and chamomile essential oils. Shake to blend before each use.

**Toner for Dry Skin** - Witch hazel is well known to have an excellent toning effect on the skin. Studies have shown its potential to support the skin while soothing common itchy-ness and irritation. You can add sweet almond oil along with jasmine, orange, **rosewater** and Neroli oils (or any of the essential oils listed below for dry skin).

**Scrubs, Lotions, and Face Masks for Dry Skin** - Just as with the Oily skin lotions above you can make your own with any of the herbs and essential oils we have listed below for dry skin.

**Moisturizers for Dry Skin** - Moisturizing lotion can also be applied to the dry parts of the skin. It is suggested to use herbal lotions that are **pre-prepared** from herbal extracts. Moisturize your skin after cleansing to keep it from drying out. Use a **liquid** moisturizer or facial oil that contains nutrients and other natural ingredients. Avoid solid, waxy moisturizing creams. Oils are best and making your own is even better.

Here are some **naturally** moisturizing oils and ingredients: Almond Oil, Coconut Oil, Sesame Oil, Avocados, Aloe Vera, Cocoa Butter, calendula cream or oil with comfrey, vitamin E oil and Extra virgin olive Oil

### Diet for Dry Skin

- **Water** – Hydrate, hydrate, hydrate. Drink 100% filtered living water regularly: The most common home remedy that can be used to treat dry skin is drinking at least eight to ten glasses of water every day. This helps in retaining the water content of the body throughout the day, thus preventing the skin from **losing** moisture. If there are any toxic or waste particles stored inside the body that are causing your dry skin, water flushes them out and keeps your skin healthy and glowing.
- **Fruits and Vegetables** are therapeutic for dry skin because they are high in antioxidants, vitamins, minerals, enzymes and water.
- Add plenty of green **leafy vegetables** to your diet, such as broccoli, cabbage, Brussels sprouts and spinach. These vegetables contain important phytochemicals that act as free radical scavengers in the body.
- Eat raw as much as possible so that your food retains all of the nutrients and is **alive**
- Include foods that contain **lipoic acid**, which can reduce dry skin and damage caused by sun exposure. Foods that contain lipoic acid include tomatoes and green leafy vegetables.
- Make sure your diet contains **fiber**. Fiber flushes toxic chemicals from the body such as smoke, smog, stress hormones and other environmental factors that can cause dry skin. However, be careful about filling up on fiber. According to The American Dietetic Association, too much fiber intake **prevents** the body from absorbing important vitamins and nutrients that are vital for healthy, moist skin.
- **Omega-3 fatty acids** nourish the skin. The Omega-3 fats reduce inflammation in the body, which can also reduce the inflammation and redness in your skin. You can find Omega-3s in flaxseed and walnuts.
- Eat lots of **Essential Fatty Acids** (EFAs) as a deficiency will lead to (Cont. on next page)

## Your Can Heal DRY and/or OILY Skin with the “Right” Nutrition, Exercise and Mindful Lifestyle!!! (Cont.)

scaly, dry skin and very low moisture levels. Good sources are chia seeds, flaxseeds and walnuts.

- **Probiotics** –Many don't realize this, but the health and quality of your skin is strongly linked to the health of your gut. Fermented vegetables such as sauerkraut or kimchi are ideal for promoting the growth of beneficial intestinal bacteria.
- **Gamma-linolenic acids**, or GLAs, are essential fatty acids that help the body produce prostaglandins--hormone-like substances that support numerous body functions. GLAs can be found in evening primrose oil, borage oil and black currant oil.
- Avoid foods that are high in fat and cholesterol.
- Avoid un-hydrogenated vegetable oils for cooking.
- Avoid **spicy** or bitter foods in excess.
- Eat a **balanced** diet that includes vegetables, fruits, grains, seeds, and nuts. Eat quality protein from vegetable sources. Increase your intake of raw foods.
- Eat foods such as garlic, onions, and asparagus that are high in sulfur, which helps to keep the skin smooth and youthful.
- Consume plenty of yellow and orange vegetables. These are high in beta-carotene, an antioxidant. Carrots are especially good.
- Cantaloupes, carrots and apricots are **healing foods** for dry skin because they are rich in the vitamins A and C, both important for a supple, smooth skin. Eat them whole or take as fresh juices. Eat foods rich in **pantothenic acid** (vitamin B5), such as leafy green vegetables, nutritional yeast and wheat germ. Pantothenic acid is needed for the synthesis of fats and oils used by the skin.
- Avoid fried foods, animal fats, and heat-processed vegetable oils. Use cold-pressed oils only. Heating oils leads to the production of free radicals, which have a

destructive effect on the skin.

- Do not drink soft drinks or eat **sugar**, chocolate, potato chips, or other processed foods.
- Avoid alcohol and caffeine. These substances have a diuretic effect, causing the body and skin cells to lose fluids and essential minerals.

**Food for Dry Skin**—spinach, avocados, coconut oil, soaked nuts, sweet potato, cucumbers, seaweed, sesame seeds, asparagus, beets, tangerines, licorice, leeks, green beans, garbanzo beans, strawberries, cucumber, mango, celery, asparagus and rhubarb.

**Vitamins for Dry Skin** - Vitamin A, Vitamin B (particularly Vitamin B6, which is water-soluble nutrient that supports enzyme production, metabolism and transport of oxygen throughout the body), Vitamin E, Vitamin C and Vitamin D.

**Minerals for Dry Skin** – Zinc, L-Cysteine, Selenium, Potassium and Silica.

**Herbs for Dry Skin** - Aloe Vera, Nettle, Lavender, Marigold (calendula), comfrey, aloe vera, basil, burdock, chamomile, chaparral, comfrey, gotu kola and horsetail, Rose, chamomile, dandelion or peppermint, Borage, fennel, coltsfoot and calendula.

**Oils and Butters for Dry Skin** - Evening Primrose, Extra Virgin Organic Olive Oil, Macademia nut oil, Avocado Oil, Neem Oil, Hazelnut Oil, Almond Oil, Argan Oil, borage oil, sunflower oil, flaxseed oil and walnut oil, Shea Butter, Mango Butter and Cocoa Butter.

**Essential Oils for Dry Skin**—Evening Primrose, Lemon, Ginger, Mandarin, Rose, geranium, Rosewood, Sandlewood, Tea tree oil, Lavender, Peppermint, Chamomile, Hyssop, Patchouli, Ylang-Ylang, Rosemary, Basil, Benzoin, Carrot, Clary sage, Fennel, Frankincense, Juniper berry, Majoram, Neroli, Ylangylang, Sage, Yarrow, Calendula, Lemon and Tangerine.

**Heat and your Dry Skin** - Turn your

heat or radiator down whenever possible at home, especially while you are sleeping. Room humidifiers, vaporizers and houseplants can help counterbalance the drying effect of dry **indoor heating** or refrigeration by adding moisture to the air. You can use a hygrometer, which you can find at most hardware stores, to measure the amount of moisture in your home's air so you can adjust your humidifier use accordingly since too much moisture may grow mold.

### GENERAL SKIN SUGGESTIONS

- **“Like Treats Like”** - It seems intuitive to reach for the oil-free moisturizers when your face is already an oil slick. When we apply drying products on the skin, it actually signals the skin to produce more oil to compensate for the oil that is being **stripped** away. But when we use an oil-based moisturizer, it signals the pores to produce less sebum.
- **Stop using “natural” products that aren't** - Clever marketing covers a myriad of sins. The minimalist, clean packaging and eco-friendly buzzwords on the label make it appear that these are indeed safe and non-toxic skincare options. But that is far from the truth! Read labels and if possible make your own **100% natural**, organic, chemical free vegan skin care products.
- **Ditch the heavy night cream** - While you sleep your skin is actually hard at work regenerating itself, balancing oil production and expelling impurities. Regular application of night creams interferes with these **essential** tasks, and over time skin becomes less able to care for itself. Use of nighttime moisturizers signals the sebaceous glands to cut down on moisture **production**, resulting in a destroyed system of oil production. Over time, skin becomes dependent on moisturizing products just to appear “normal.”
- **Use Jojoba oil** – Contrary belief Jojoba isn't oil at all - it's actually a (Cont. on next page)



## Your Can Heal DRY and/or OILY Skin with the “Right” Nutrition, Exercise and Mindful Lifestyle!!! (Cont.)

liquid wax. Unlike oils, it never goes rancid and it endures an endless shelf-life. It absorbs completely into the skin and rinses clean with warm water, leaving no oily **residue**. More than any other carrier "oils", jojoba most closely resembles your body's own natural sebum. Jojoba oil makes a wonderful cleanser, skin softener, skin lubricant and skin conditioner and it is very effective at dissolving dirt, oil and makeup.

- **Don't put soap on your face!** - It is not best to use soap on the face. Soap, even “gentle” cleansers and castile soap, disrupt the skins acid mantle and pH. Harsh and stripping, soaps dissolve all the skins natural oils. As discussed above, **stripping** the skin of all sebum actually makes the skin prone to over-produce oil and then an oily/dry cycle will ensue.
- **Address any hormonal issues.** One of the most significant changes we can make for better skin is balancing our hormones naturally through diet, lifestyle and if needed, a few carefully selected supplements.
- **Do not smoke.** Smoking promotes enlargement of the pores and impairs the overall health of the skin.
- **Avoid artificial** perfumes, coloring agents, synthetic chemicals, and mineral oils.
- To avoid side effects, always use 100% natural, organic, **chemical free**, vegan products.
- Regularly **brushing** and massage of the whole body stimulates circulation and rejuvenates the skin.
- Get **sufficient sleep** as the skin's cellular repair activity is at its optimum during this resting phase. Getting the proper amount and quality of sleep is also important for healthy sebum production. Lack of sleep promotes irritability, instability of blood sugar levels, increased cortisol levels and a tendency to eat **inflammatory** foods. These are all elements that promote hyperactive sebaceous

glands. They also promote inflammation, which is a recipe for common skin complaints such as acne.

- **Liver Cleansing** - The liver is your master organ of detoxification. As toxins leave the body, the skin may get worse at first, but long-term, cleansing the liver with herbs that are both detoxifying and protective has many benefits for skin health.
- **Exercise** benefits skin as it boosts circulation and encourages blood flow. Regular exercise will nourish and cleanse your skin from within.
- **Yoga** is incredible for your skin. While immersed in the downward dog pose, have you observed your breath? The beauty of yoga practice is that there is attention on the body (as it stretches) and on the **breath**. Every time you exhale, you get rid of toxins from your body. Yoga and the process of conscious breathing, accelerates the cleansing of the entire body and leaves the skin refreshed and energized providing a glow on your face.
- **Practice stress relief:** Stress can make your skin more reactive, both the oily and dry areas. Try meditation, yoga, tai chi, journaling, music and/or whatever works for you.

The following Research Resource Links are available so you can learn more about Natural ways to prevent and heal Oily and Dry Skin:

- <http://www.raw-food-health.net/Diet-And-Dry-Skin.html> - The Raw Food Diet And Dry Skin
- [http://www.huffingtonpost.com/anjali-sareen/vegan-benefits\\_b\\_2919946.html](http://www.huffingtonpost.com/anjali-sareen/vegan-benefits_b_2919946.html) - Vegan Secrets (Or Why My Skin Is Always Glowing)
- [http://www.huffingtonpost.com/2013/03/24/vegan-diet-help-skin\\_n\\_2933134.html](http://www.huffingtonpost.com/2013/03/24/vegan-diet-help-skin_n_2933134.html) - Does A Vegan Diet Help Your Skin?
- [http://1stholistic.com/beauty/skin/skin\\_oily\\_skin.htm](http://1stholistic.com/beauty/skin/skin_oily_skin.htm) - Oily Skin
- <https://do-cakilah.wordpress.com/2011/07/27/natural-remedies-for-oily-and-dry-skin/> - Natural Remedies For Oily and Dry Skin

[skin/](http://www.naturalremedies.com/skin/) - Natural Remedies For Oily and Dry Skin

- <http://skincare.lovetoknow.com/skin-care-treatments/holistic-approaches-skin-care> - Holistic Approaches to Skin Care
- <http://www.holistichealthherbalist.com/what-are-the-best-oils-for-your-skin-type/> - What are the Best Oils for Your Skin Type?
- <https://www.womentowomen.com/skin-care/holistic-skin-care-healthy-skin-from-the-inside-out/> - Holistic Skin Care – Healthy Skin From The Inside Out
- <http://www.top10homeremedies.com/home-remedies/home-remedies-dry-skin.html> - Home Remedies for Dry Skin
- <http://www.holistichands.org/skin-purge-the-whole-body-part-one/> - Skin Purge the Whole Body – Part One
- <http://www.besthealthmag.ca/best-you/home-remedies/natural-home-remedies-oily-skin/> - Natural home remedies: Oily skin
- [http://www.healthy.net/Health/Essay/Dry\\_Skin\\_Oily\\_Skin\\_Solving\\_Your\\_Skin\\_Problems/717](http://www.healthy.net/Health/Essay/Dry_Skin_Oily_Skin_Solving_Your_Skin_Problems/717) - Dry Skin, Oily Skin: Solving Your Skin Problems
- <http://bestnaturaltips.com/how-to-control-oily-skin> - How to Control Oily Skin
- <http://bestnaturaltips.com/20-homemade-face-masks-for-oily-skin> - 20 Homemade Face Masks for Oily Skin
- <http://www.annmariegianni.com/combo-skin-what-it-is-how-to-cope-and-the-best-products-for-you/> - Combination Skin: What It Is, How to Cope, and the Best Products for You
- <http://www.mindbodygreen.com/0-15082/is-your-skin-wrinkled-dry-red-or-itchy-try-this-holistic-treatment.html> - Is Your Skin Wrinkled, Dry, Red Or Itchy? Try This Holistic Treatment
- <http://www.transformationswellness.net/skincare.asp> - (Cont. on next page)

## Your Can Heal DRY and/or OILY Skin with the “Right” Nutrition, Exercise and Mindful Lifestyle!!! (Cont.)

Superior Skin Care WITHOUT Chemicals or Commercial Products (made from scratch)

- <http://www.everydayhealth.com/skin-and-beauty/natural-skin-remedies.aspx>- 5 Natural Dry Skin Remedies
- <http://articles.mercola.com/sites/articles/archive/2014/12/01/dry-winter-skin.aspx>- Dry Winter Skin? Here's Help
- <http://www.healthguidehq.com/oily-skin-cure-eliminate-these-foods-from-your-diet.html>- Oily Skin Cure: Eliminate These Foods From Your Diet
- <http://blogs.naturalnews.com/natural-remedies-for-excessively-oily-skin/>- Natural remedies for excessively oily skin
- <http://www.stylecraze.com/articles/foods-to-eat-and-foods-to-avoid-for-oily-skin/>- 5 Foods To Eat And 5 Foods To Avoid For Oily Skin
- [http://1stholistic.com/beauty/skin/skin\\_dry.htm#Causes](http://1stholistic.com/beauty/skin/skin_dry.htm#Causes) - Dry Skin
- <http://www.rodalorganiclife.com/wellbeing/natural-dry-skin-care-6> Natural Cures for Dry Skin
- <http://www.pacificcollege.edu/news/blog/2014/09/26/traditional-chinese-medicine-and-dry-or-winter-skin>- Traditional Chinese Medicine and Dry or Winter Skin
- <http://www.nychi-acupuncture.com/blog/dry-winter-skin-remedies-a-holistic-approach/>- Dry Winter Skin Remedies: A Holistic Approach
- <http://www.everydayhealth.com/dry-skin/healthy-skin-diet.aspx> - A diet rich in omega-3s and other healthy fats may help keep skin supple and hydrated.
- <https://chriskresser.com/nutrition-for-healthy-skin-part-1/>- Nutrition for Healthy Skin: Vitamin A, Zinc, Vitamin C
- <http://jonnybowden.com/dry-skin-nutrition/> - Dry Skin Nutrition
- <http://www.medicinenet.com/script/main/art.asp?articlekey=78645>- Diet and Nutrition Q&A by Betty Kovacs
- <http://www.livestrong.com/article/82082-lack-nutrients-flaky-dry-skin/>- Lack of Nutrients and Flaky, Dry Skin
- <http://www.livestrong.com/article/367784-how-to-cure-dry-skin-with-diet/>- How to Cure Dry Skin With Diet
- <http://vitamins.lovetoknow.com/Vitamin-Deficiency-and-Dry-Skin>- Vitamin Deficiency and Dry Skin
- <http://healthyeating.sfgate.com/poor-nutrition-affect-skin-8416.html> - Does Poor Nutrition Affect Your Skin?
- [http://www.naturalnews.com/021773\\_healthy\\_skin\\_care\\_products.html](http://www.naturalnews.com/021773_healthy_skin_care_products.html)- The top five nutrients for healthy skin
- <http://www.dermadoctor.com/blog/oily-skin/>- Oily Skin
- <http://www.livestrong.com/article/521633-a-natural-way-to-reduce-overactive-sebum-glands/>- Is There a Natural Way to Reduce Overactive Sebum Glands?
- <https://www.truthinaging.com/review/quenching-dry-skin>- Quenching Dry Skin
- <http://www.raysahelian.com/skin.html> - Skin health supplements - Natural care - role of diet and food
- <https://www.organicfacts.net/home-remedies/home-remedies-for-dry-skin.html>- Home Remedies for Dry Skin
- <http://empoweredstenance.com/natural-skin-care/>- 6 Counterintuitive Steps for Natural Skin Care
- <http://www.livestrong.com/article/189004-the-best-vitamins-or-supplements-for-dry-skin/>- The Best Vitamins or Supplements for Dry Skin
- <http://www.nutritional-supplement-educational-centre.com/supplements-for-dry-skin.html>- Supplements for Dry Skin - Herbs for Dry Skin
- <http://www.selfgrowth.com/articles/natural-remedies-and-supplements-for-dry-skin-and-winter-itch>- Natural Remedies And Supplements For Dry Skin And Winter Itch
- <http://www.findhomeremedy.com/home-remedies-to-tackle-dry-and-rough-skin/>- 4 Home Remedies To Tackle Dry And Rough Skin
- <http://www.mindbodygreen.com/0-9208/5-foods-to-heal-dry-skin-from-the-inside-out.html>- 5 Foods to Heal Dry Skin (From The Inside Out!)
- <http://www.bustle.com/articles/118227-7-foods-that-help-dry-skin-so-you-can-moisturize-from-the-inside-out> - Foods That Can Help YOU Moisturize from the Inside Out
- <http://www.livestrong.com/article/497085-foods-to-eat-to-reduce-oily-skin/>- Are There Foods to Eat to Reduce Oily Skin?
- <http://www.medicaldaily.com/skin-care-have-oily-acne-dry-skin-here-are-foods-you-should-eat-271650>- Skin Care: Have Oily, Acne, Dry Skin? Here Are The Foods You Should Eat
- <http://www.mensxp.com/grooming/skin-care/9212-foods-for-oily-skin-what-to-eat-and-avoid.html>- Foods for Oily Skin: What to Eat and Avoid
- <http://food.allwomenstalk.com/foods-for-oily-skin-that-you-should-start-eating> - 7 Foods for Oily Skin That You Should Start Eating ...
- <http://www.searchhomeremedy.com/how-to-control-oily-skin-with-diet/> - How To Control Oily Skin With Diet
- <http://thelovevitamin.com/4505/6-ways-to-banish-oily-skin-forever/> - 6 Ways to Banish Oily Skin Forever
- <http://www.annmariegianni.com/5-foods-that-reduce-breakouts/> - 5 Foods to Eat—and 5 Not Eat—to Reduce Acne Outbreaks
- <http://www.awakeningspirit.com/do-you-know-what-your-skin-needs-part-one/> - Do You Know What Your Skin Needs? Part One
- <http://www.top10homeremedies.com/home-remedies/home-remedies-oily-skin.html> - Home Remedies for Oily Skin
- <http://homeremediesforlife.com/oily-skin/>- 14 DIY Home Remedies for Oily Skin

## Physical, EMOTIONAL, Mental and Spiritual Imbalances will cause Your Skin to become Oily or Dry!!!

### Skin is a fantastic communicator

— communicating our emotions to the world. The body has an individual response to inflammatory stressors. If you are a highly emotional person, or conversely, if you bury your emotions, your skin tends to expose your true nature — perhaps more than you realize. \_\_\_When a person becomes stressed, the level of the body's stress hormone (cortisol) rises. This in turn causes an imbalance in oil production, which can lead to oily or dry skin.

It stands to reason, then, that internalizing anger and stress may have as much to do with skin conditions as excessive sebum. As we learn more about this powerful connection, perhaps stress-relieving alternative techniques such as bio-feedback and meditation will be used as often as we use creams and pills to treat chronic skin disorders. There is even a field called Psychodermatology, which addresses the impact of an individual's emotion as it relates to the skin. It has been discovered through research that stress has a negative effect on the barrier function of the skin, resulting in water loss that inhibits the skin's ability to repair itself after an injury.

According to Ted Grossbart, MD, assistant clinical professor at Harvard Medical School and author of "Skin

Deep: A Mind-Body Program for Healthy Skin", "60 to 70 percent of the population experiences some degree of dry skin. What I've found is that the most common cause of severe dry skin is suppressed or unacknowledged anger. The skin is doing a slow burn — it's raging because the patient is not able to." Interestingly, the skin and the brain come out of the same tissue in fetal development, perhaps one of the many reasons why these two vital organs are so closely linked."

Louise Hay, author of You Can Heal Your Life says, " On the metaphysical side, dry skin can relate to a feeling of being unsafe. For some reason you may not be trusting Life at the moment." According to Hay, "On the metaphysical level, anything to do with the skin relates to self-worth and your individuality."

Many holistic practitioners have discovered that the more you meditate, the more you radiate. We are made up of both matter and spirit. This means that our skin, beyond being the visible outer layer, is full of life and activity! It is an organ like any other part of our body and needs to be kept healthy and nourished.

If you want to holistically heal your skin then try examining your hidden emotions. If you think you may be repressing some unexpressed emotions, find a

safe place to free them. Emotional Freedom Techniques (EFT), meditation, journaling, yoga, deep breathing and mindfulness exercises are all healthy stress-relieving practices and great methods of releasing pent-up feelings of anger, anxiety, and fear.

The following Research Resource Links are available so you can explore more about the Mental, Emotional and Spiritual Sources of Oily and Dry Skin:

- [http://www.inlighttimes.com/old\\_site/archives/2006/07/louise-hay.htm](http://www.inlighttimes.com/old_site/archives/2006/07/louise-hay.htm) - Louise Hay - Dry Skin
- <http://www.health-science-spirit.com/deficiency.html> - Deficiency
- <http://www.yourspiritualhaven.com/index.php/component/content/article/44-aroma-herbs/aroma-herbs-articles/118-facial-delights-aroma> - Facial Delights Aroma
- <http://www.artofliving.org/meditation/meditation-for-you/tips-for-skin-glow> - 11 Ways for a Glowing Skin Naturally
- <http://www.webmd.com/beauty/skin/effects-of-stress-on-your-skin> - Effects of Stress on Your Skin
- <https://www.sciencedaily.com/releases/2007/11/071109194053.htm> - Feeling Stressed? How Your Skin, Hair And Nails Can Show It
- <http://www.everydayhealth.com/dry-skin/dry-skin-embarrassment.aspx> - Emotional Impact of Dry Skin

[CLICK HERE TO JOIN MY FREE SPIRITUALITY & SUSTAINABILITY PAGE](#)

## SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

- To express three passions of mine that I have ironically been suppressing since 1999:
  - my passion for spirituality.
  - my passion for our earth/environment/plants/animals and the future of them/us all.
  - my passion for uniting all religions, spiritual expressions without excluding any of them and without relating to one as better than the other.....
- To create a space where my friends and I can enrich each other's spiritual growth and we can all together em-
- power our community (and our world) in their/our spiritual growth.
- To have us all support each other and the world in learning to live sustainable lives and learning to "heal" the world in a "green way".
- To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together lead the way towards a Self-Realized Civilization, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.
- To make it all simple and synergistic.



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