

SKIN --- HAIR --- NAILS

What do these three items have in common? Collagen, connective tissue. What would you eat to help that _____?

Do you know what element will affect all three? How do you fix it?

White spots on the nails? Blemishes on the skin? White hair?

The major organ that affects the skin is _____?

How do you fix it _____?

Minerals, Omega 3 oils, adrenal stress all create HAIR ISSUES!!

Red hair would suggest _____?

Ridges in the nails.....white hair....skin eruptions? _____?

Alopecia _____?

Bruises on the skin, what could be causing that _____?

Thinning hair especially in women _____?

What can you do for the skin FOOD _____?

What organ do you want to focus on _____?

What supplement(s) _____?

What food for hair _____?

What organ? And how would you support it _____?

Nails tell us so much about the body; digestion, protein sugar _____?

Try some iodine? Zypan? Adrenal Tissue? Minerals?

NOTES: _____

www.druglessdoctor.com

SKIN HEALTH - AN INSIDE OUT PROCESS

Healthy skin is sign that your body is firing on all of its cylinders and the cells are dumping the by-products of metabolism into the appropriate areas. You cannot successfully treat skin lesions from the outside/in and get total correction. An external ointment, salve or cream assists in the surface cleanse, but you want the inside channels to be working optimally. This is what I generally see. Teens are told to drink their milk for calcium. They already have an overloaded liver system trying to process their hormones. Milk is sourced from lactating cows that have their own hormones in the milk, especially their progesterone, we drink it as humans, and WHAM, a pimple shows up on the face, then another, and another and before you know it, your whole face is red with acne. What is up? The liver is being over worked, the lymphatic system is being plugged by the dairy and the body starts to use the skin as a detoxification organ. **A general rule of order: the colon is your first organ to eliminate; if it is sluggish the liver is going to be overworked, the next organ to backup is the kidneys.**

If your feet sweat a lot and/or if you perspire a bit more than others, I would suggest you journal what you are eating. Something YOU are doing is overworking the system. Putting a salve or coal tar on the outside is not going to work the inside. A few recommendations: eat fiber and drink water. Wheat, dairy and meat clog up the body's elimination system. Sugar, trans fat, over-the-counter and powerful prescription medications appear to really overwork the entire cleansing mechanism. Be consistent with your water. Focus on eating whole, organic raw or steamed veggies. Soda and alcohol also plug up the pipes.

If you have skin issues, don't focus on the lesion present on the skin. Skin conditions are often rooted in toxic Liver/Colon overload. Think internal cause. I would encourage OAT, RICE or ALMOND milk if you insist on eating cereal for breakfast. I would use nut milks on oatmeal. What I see here in the sunless cold North is an increase of seborrhea and dandruff during the winter. I encourage a blend of Omega 6 and 3 fats. Black currant would be a fine example. Increase a blend of Omega 6 and 3 for all skin issues. Dry skin will respond to extra oil. **Painful cracks on cuticles usually will not appear in the winter—when you take FLAX oil.** Drink more water. Distilled water is acid. Clean machines work better. Eat beets—they help the liver. I talk to patients everyday that have been for conventional treatment relating to skin issues. They always tell me they treat the lesion and not the cause. **Pills, potions and creams do not get to the cause. You need to work the inside out.** Finally, Vitamin A assists the body to have optimal skin. Do you know what I recently read? Dandelion leaves have more Vitamin A than Carrots. You can even get ORGANIC Dandelion at in touch selected conventional grocery stores. More water, eat magnesium rich salad greens and baby carrots...ENJOY!!

Dandelion Root, Yellow Dock, Dermatrophin® Livaplex® Cataplex ACP®
Robert DeMaria, DC NHD
www.druglessdoctor.com
Call for an appointment – You'll be glad you did!