

# Chronic Skin Issues

*"In response to my questions on treating chronic skin issues, Dr. Boven gave me two interesting ways to look at skin."*

One of the benefits I enjoy during the lectures and seminars we host is to sit with clinicians before, during and after their lectures. I get to ask questions that are on my mind or about my tough cases. Questions like, "What kind of success do you have with chronic skin issues?" And "What are the key things you focus on?" I asked those questions to Dr. Louis Boven recently and his answers surprised me.

Dr. Boven is one of those people who is constantly seeking the "why behind the why". Dr. Goodheart used to call it "understanding the process." When he shares his perspective, it's usually based on his personal clinical experience rather than a research article. The surprising thing about his answer to my skin question was his confidence. He gave me two interesting ways to look at skin.

His first response was, "How does medicine treat skin issues like acne?" The



answer was "with antibiotics". His next statement was like fitting your hand in a worn comfortable glove. He went on, "If conventional medicine has success with antibiotics, then we can supplement to support the immune system to work more effectively so it can kill underlying infections."

His initial consideration is to support the thymus with Cytozyme-THY (neonatal thymus tissue). Biotics Research Corporation uses glands from neonatal animals from 1 to 3 days old. These glands are primed for anabolic growth. Consider a five-

year-old animal at the end of their life, mostly in a catabolic state vs. a young animal, primed for life in an anabolic state.

They say a picture is worth a thousand words, so let's look at a comparison, neonatal thymus tissue vs. adult bull thymus tissue. Both are magnified 16 times. The anabolic neonatal tissue shows extensive cortical area which is seen by the darker shading. The lighter shading shows the medulla. The term septa refers to the walls that divide cavities or structures into smaller ones. In the neonatal

tissue the septa are tight, almost invisible. Now look at the magnification of adult bull thymus tissue. Note the prevalence of clear spaces which are fat cells. Note the loss of cortical area and enlargement of septa by fat cells.

In a sense, the thymus gland acts like an orchestra leader directing the immune system. If I was looking for something to direct or supply the DNA material to balance or reset the harmonics of my immune system, I definitely would want to use the healthier neonatal thymus tissue. Cytozyme-THY is a corner stone for the immune system.

Other nutrients that can support the immune system can be found in products like Bio-Immunozyne Forte.

The other piece to the skin question was surprising too; the thyroid. His logic was impressive. You see, the skin is really the largest organ. It covers 16-21 feet. The skin is a multi-layer organ serving as a barrier for microbes of all kinds and infection. So skin plays a key immunity role in protecting the body against pathogens. The skin also protects the body from excessive water loss. Its other functions are insulation, temperature regulation, sensation, and synthesis of vitamin D. Miles of blood vessels are needed to regulate these functions. It takes a lot of energy to maintain the protective layer we call skin.

The thyroid gland is one the major energy regulators particularly as it relates to mitochondrial function. When thyroid hormones are given to animals, trillions of mitochondria increase in size and number. The total membrane surface of the mitochondria increases almost directly in proportion to the animal's increased metabolic rate.

We've done several Tuesday Minutes on optimizing thyroid function, see the link on this page. But basically if symptoms are present, the thyroid is generally involved and should be treated. Symptoms include fatigue, morning headaches that wear off during the day, increase in weight, sensitivity to cold, dry brittle hair, hair that falls out easily, dry, scaly or itching skin, reduced initiative, mental confusion, poor memory, low axillary temperature (below 97.8), muscle cramps at rest, reduced immune function, edema especially facial, constipation, loss of outside portion of eyebrows, breast, ovarian or uterine cysts/fibroids, increase in serum lipids, increase or decrease in blood pressure, tinnitus, impaired hearing or depression.

You'll find a link here on treatment ideas. Whole textbooks are written about both the skin and the thyroid, so we won't solve everything here.

There's also a link for additional Tuesday Minutes on healthy skin. There's one highlighting that the ratio of omega-6 to omega-3 in skin tissue is 1000:1.

Also, remember the skin is an organ of elimination; so we want our other sources of elimination: lungs, kidneys and bowel, to be open to remove metabolic and digestive byproducts.

And let's not forget food allergies. I couldn't even begin to count how many skin issues I have helped clear up by hunting down food sensitivities.

But because Dr. Boven was so confident in his discussion, I wanted to emphasize two areas that you may have missed: the immune system and the thyroid.

Thanks for reading this week's edition. I'll see you next Tuesday.