

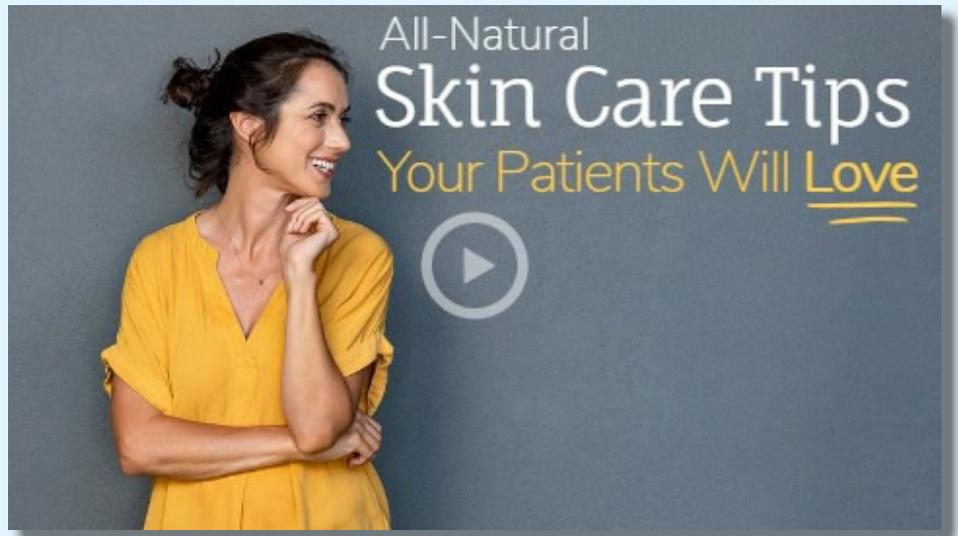
Skin Care Tips

“Patients may not want to invest in their health, but most will want to look good and will invest in their **skin.**”

If there is one market that continues to “stay hot” it’s beauty products, particularly skin care. I am amazed at the prices of all the skin care products and treatments. Patients may not want to invest in their health, but most will want to look good and will invest in their skin.

One of my colleagues shared a great topical face cleansing, revitalizing procedure that I will share in a minute but first let me remind you of a few basics. As you know the skin is our largest eliminative organ. Our lungs, bowel and urinary tract get the most attention, but the skin has the most surface area. So right off the bat we want to make sure the other eliminative organs are working properly, and the skin is not burdened with eliminating their waste.

So beyond keeping the skin hydrated we want to assure that our kidneys have at least 8 glasses of pure water a day to flush toxins. By the same token we want to eat sufficient levels of fiber, my personal goal is 10 servings of fruits and vegetables (mostly



vegetables) every day to feed my microbiome. And of course, for the lungs, enough regular exercise to stimulate deep breathing. That’s one reason when someone goes through the NutriClear Plus Cleanse and the Metabolic Biome program one of the comments we hear consistently is that “my skin feels softer and healthier.”

These programs open the eliminative organs and take the load off the skin. All toxins cause oxidation and create free radicals and free radicals are a significant contributor to aging of all kinds. Sadly, we easily notice the aging that is occurring on our skin. I say

these things to remind you that healthy skin comes from within. But this Tuesday Minute’s topic centers around things we can do topically to restore healthy skin. One of my colleagues, Jamie Belz, a Nutritional Therapist shared a two-step process that she uses on her face every morning after a brisk workout.

Step 1: Apply about 7 or 8 drops of a low dose Vitamin E, as in Bio-E-Mulsion Forte, on your face as a base to combat oxidation and free radicals.

We are talking about a “low dose”; 5 drops yield 20 mg of vitamin E as d-alpha tocopheryl acetate.

It is an oil in water emulsion form and is less than 500 microns in size in a sesame seed oil base. The size is important because since the particles are so small, they can enter the epidermis of the skin and share their antioxidant, anti-aging properties. She added; "spend about a minute to rub Bio-E-Mulsion Forte briskly into the skin stimulating circulation". Because it has an oil base, add a few drops of water as you message your face.

I think of the first step as support for the inner layers of skin. The second step; apply about 6-10 drops of FS 20 Hemp Extract on areas of the face and massage thoroughly.

Her skin looks so good, she doesn't use make-up. However, she shared that once the oil is absorbed in the skin it should provide a good base for those that choose to wear make-up. If it becomes a problem, you can use the products before sleep. The FS in the Hemp oil product stands for "full spectrum". The number 20 refers to the amount of CBD oil in a full dropper. The key concept is full spectrum. FS 20 Hemp oil comes exclusively from hemp flowers and contains over 110 cannabinoids, 120 terpenes and multiple flavonoids found in the hemp flower extracts.

That is in addition to CBD, the cannabinoid, we hear so much about. By the way there is a big difference in hemp oil that comes from the seeds, leaves and stems and hemp oil that comes from the flower. Hemp seed oil from flowers has an impressive omega 6 - omega 3 ratio of around 3:1 and contains anywhere from 2-4% GLA.

Anyone who has met Jamie immediately can see that whatever she is doing for her skin is working. She looks like she is in her late 20's. As long as we are talking about skin issues, several clinicians have shared with me that "rubbing Bio-D-Mulsion on inflamed or infected areas of the skin can be an effective topical therapy to heal dry patches, many types of dermatitis, even warts. They recommend using

Bio-D-Mulsion which is 400 IU per drop as opposed to Bio-D-Mulsion Forte which is 2,000 IU per drop.

My suspicion is the low dose vitamin D is more closely related to how the skin makes vitamin D via sun exposure. The whole topic of skin care is a multi-billion-dollar industry and we have just scratched the surface. I have linked an earlier Tuesday Minute that addresses skin from different perspectives.

I encourage you to ask your patients if they would be interested in a program to slow down or reverse how fast their skin is aging. I think you would be surprised at how many will want to know more. Thanks for watching and I look forward to being with you again next Tuesday.