

Home Cures

March 2015

That Work!

Your Fitness Plan for Great Skin

Exercises to restore skin's radiant youthfulness

3 Tips for Healthy, Flawless and Beautiful Skin

The Inside/Outside Dynamic of Your Skin

Top 3 Internal Acne Fighting Herbs

Soothing Eczema with Homemade Relief Cream with Essential Oils

What Your Skin Reveals

Common causes of skin problems

The 2 Week Healthy Skin Cleanse For glowing skin

More than Skin Deep

How to Cleanse the Liver and Eliminate Psoriasis

HomeCures *That Work*

Healthy Skin

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What Your Skin Reveals

by Dr. Scott Saunders, M.D.

Skin is so revealing!

Our skin is the largest organ of the body, performing multiple tasks. Skin:

- Protects us from our environment
- Regulates our body temperature
- Warns of danger
- Prevents infection
- Senses the world around us
- Reveals what is going on inside our bodies

When I was in medical school we had a dermatology class by a professor in his 80s, Dr. Newcomer. He was hilarious. He would never touch the skin of the patients. Instead, he would have them show him what their rash or skin lesion looked like. He would often say, “Yuck-a-roo! You’ve got a rash there!” He would then turn to us and give us the diagnosis of what kind of rash. Whether it was eczema, seborrhea, psoriasis, or urticaria, he told us the symptoms of each skin condition.

But these skin rash names and symptoms did not denote the cause. Thus, we were only taught how to treat the symptoms of skin problems. Over the years, I have found that the skin reveals what is going on inside the body. Using the old system of diagnosing symptoms wasn’t helpful to find the cause, nor to relieve the condition.

One man, John Kortum, who is not a doctor or practitioner, has written a book in which he describes how he can diagnose internal illness simply by looking at the face. He can tell by the texture of the skin in certain locations on the face if a person has thyroid, adrenal, cancer, or other problems.

There may be no end to using the skin for diagnosis, but it's not easy. The specific skin lesions may reveal that something is wrong, but do not tell us what specifically. We still need to dig to find the underlying cause of the illness.

The skin tells us there is a problem, but doesn't say what is causing it because it is only one symptom. All symptoms do is tell us that there is a problem. If you have pain, then something is wrong. The pain may tell you where, but not what the problem is. Likewise a rash, or other skin lesion, may indicate that there is a problem, but not what or where the problem is.

Flush Food Sensitivities and Relieve Rosacea

I find food sensitivities to be a common cause of skin problems. One skin ailment I frequently see is rosacea, an inflammation in the skin of the face that causes:

- Pimples
- Enlargement of blood vessels
- And sometimes a bulbous tip of the nose

Dermatologists recommend antibiotics or anti-inflammatories in pills, creams, or gels to try to relieve the symptoms. However, I find that going to the source is much more helpful to prevent permanent skin damage.

[Rosacea seems to stem from poorly digested proteins in the digestive tract. Click to Tweet.](#)



An easy way to treat rosacea is to take **Betaine HCL with pepsin and trypsin.**

The cause may be a lack of acid in the stomach to open-up proteins so the enzymes can break them down, or even a lack of enzymes themselves. We can test for stomach acid and enzymes, but an easy way to treat rosacea without having to test is to take Betaine HCL with pepsin and trypsin. This is an acid and enzyme supplement to aid the digestion.

We have people take one capsule with every meal, increasing by one with each meal until they get burning in the stomach. Then they go back to the previous level, taking that many with meals until the problems clears up. This will usually be around 4 capsules with every meal.

The long-term treatment for rosacea is to fast periodically for one to four days. Some need a monthly fast, others need a weekly fast. One patient of mine does very well on a weekly one-day fast. She eats a regular dinner on Sunday evening, drinks only water on Monday, and then eats a regular breakfast on Tuesday morning. This keeps her stomach and pancreas working well. I have others who fast for two days with water only once a month. Fasting resets the stomach, allowing it to produce acid and enzymes in a normal manner.

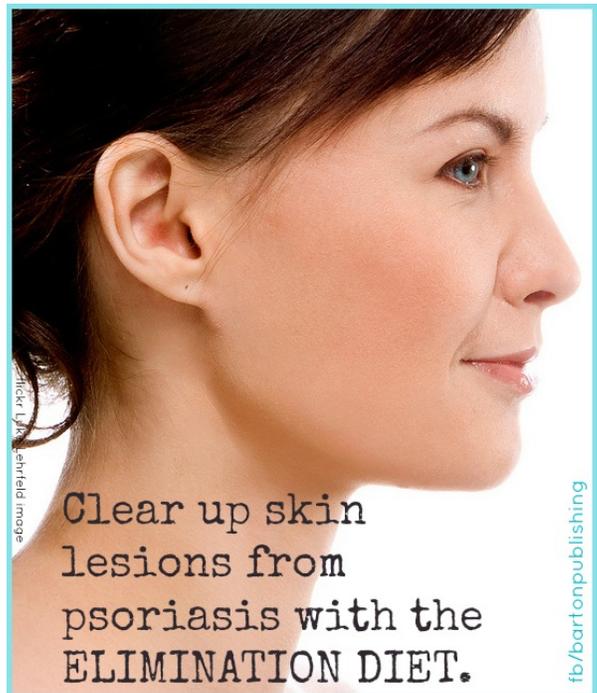
What Foods to Avoid When You Suffer From Psoriasis

Food sensitivities can cause other skin problems as well. Arturo was a young man barely out of high school. His parents brought him to me because he had been suffering with psoriasis for several years. He had been to multiple dermatologists, all of whom gave him skin creams that lessened some of the rash. But if he stopped using the creams, psoriasis would all return. He had red patches

with white scale all over his hands, arms and upper body. He was embarrassed to be in public, especially in contact with others, because people would be afraid he was contagious. He felt like an outcast.

The first thing we tried was an elimination diet, which severely restricts what he could eat. We limited him to bone broth soup and green vegetables. Over the next four weeks the skin lesions cleared-up so we began adding in foods one at a time. When he got to milk products, the rash returned the next day. No other food seemed to affect his rash so we took him off of all milk products with good results. No more lesions showed-up and his skin healed nicely.

He did fine for several months until he was at a friend's house where they were eating pizza. He was hungry, and there was nothing else to eat so he had a slice. The next day, the psoriasis lesions began to return. His parents brought him into the office for my advice. After a few questions, we discovered his dietary indiscretion and discussed the need to be absolutely dairy-free. It was a good lesson for him.



Skin Can Show First Signs of Some Cancers

Sometimes the skin can reveal an internal cancer. Maria came to me with a rash on her hand, across the back of her left thumb. It was annoying her, and she had been living with it for over a year. She had used all kinds of cortisone skin creams, gels, and fungal creams, none of which helped to remove it. I have noticed that these kinds of rashes on the hands most often come from the intestines so we did a bowel cleanse and an elimination diet. Over time, this seemed to help a little, but it didn't go away.

She mentioned the rash to her acupuncturist, who told her that this location indicated a problem in the colon, and she should have a colonoscopy. She was hesitant at first because she was young and had no bowel symptoms. Finally, we were able to get the procedure and an early colon cancer was found. After surgery to remove the cancer, the rash on her hand went away and never returned.

We are more susceptible to cancers when we have inflammation in the body, including skin cancer. My client David had skin lesion on his nose, which a biopsy revealed to be a basal cell carcinoma – a common skin cancer. The dermatologist told him he needed to have it removed, but David wasn't interested in having surgery on his face.

He knew that this type of cancer didn't spread anywhere else, that it just spread locally so he could watch and see if it was getting worse or better. He looked into other options and decided to change his diet. He chose a low-inflammation diet rich in greens, avoiding sugars, starches and grains. He took fish oil, and cod liver oil.

[Though he put nothing directly on the skin lesion, over a period of about a year, it cleared-up entirely because of his diet. Click to Tweet.](#)

Skin Can Warn of Genetic Mutations

A young mother brought in Daisy, a beautiful, bright, five-year-old girl who had been suffering with a dry skin dermatitis rash since infancy. All of her skin was covered in a red, scaly, and sometimes weepy rash. She had been to multiple dermatologists each of whom gave her cortisone skin creams of various types. They helped a little, but didn't make the rash go away. They also affected her adrenal glands, and stunted her growth so Daisy's mother hated to use them.

Daisy's mom had tried all sorts of baths, lotions, skin creams, oils and emollients, none of which worked. Daisy was itching constantly so she was taking anti-histamines, which made her drowsy all the time. It was a terrible situation. We did some testing, and found that Daisy had a rare genetic mutation of an enzyme that activated vitamin B6. Taking the vitamin actually made her worse because she couldn't use it properly. We had to change the entire "methylation pathway" with diet and supplements before the rash cleared, and she became normal. No more rash. No more itching. No creams, lotions, or baths. Her mom said it was like a miracle!

Healing skin problems that have been there for years can be miraculous. Many people can hardly believe that their skin could return to normal with no scarring or marks. The only way I have found to really restore the skin is to find the cause of the problem and remove it. The skin can be an important window to reveal what is going on inside the body.

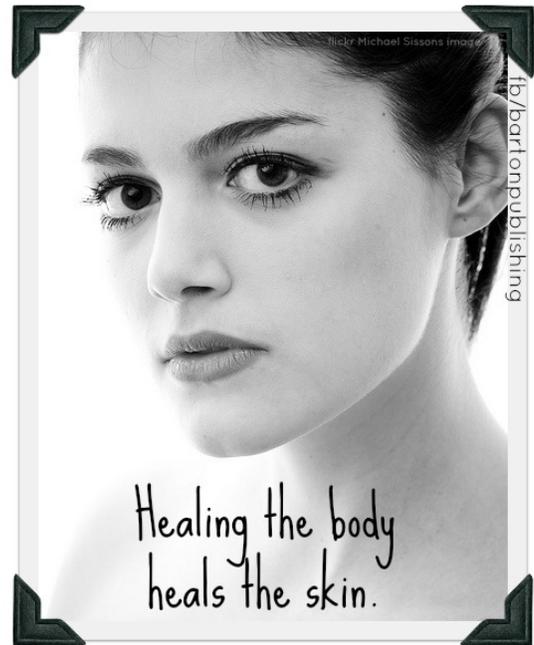
[Healing the body heals the skin. Click to Tweet.](#)

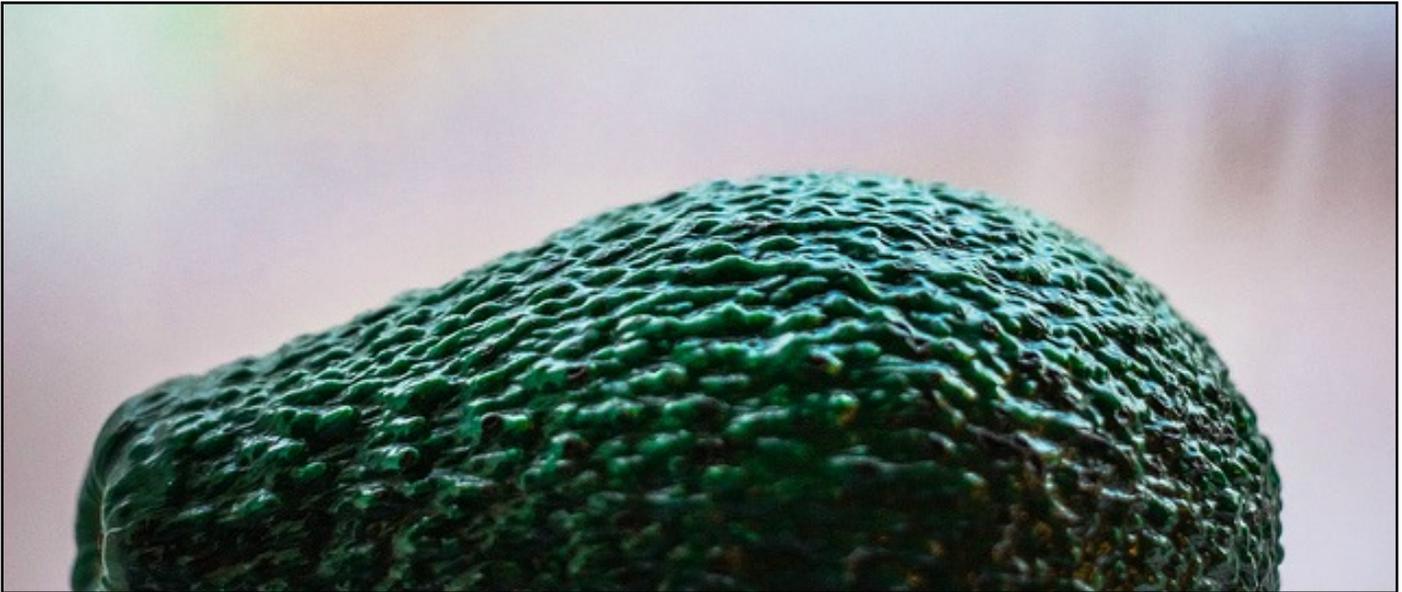
Instead of the standard treatment of symptoms, the benefits of this method are much more than just skin-deep.



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Sources: ^[1] <http://informahealthcare.com/doi/abs/10.3109/15563659509000459>
^[2] <http://www.multiplechemicalsensitivity.org/index.php>





The 2 Week Healthy Skin Cleanse

By Amanda Box, N.D

Skin care is big business.

- Dermatologists book appointments at least a month out.
- Stores line aisle upon aisle with skin care products.
- Infomercials rave about the latest new incredible skin saving formulas.

Yet even with the latest youth serum, dermatology treatments, and skin care prescriptions, our skin still suffers. Skin creams and prescriptions bring little relief to skin difficulties such as rosacea, acne and chronically dry skin. Furthermore, the effects of youth serums and injections may give the illusion of fewer fine lines and wrinkles, yet the results are merely temporary.

[The key to clear and vibrant skin isn't contained in a jar...it lays on your plate. Click to Tweet.](#)

This healthy eating plan and lifestyle change clears the detoxification channels inside your body and leaves you with glowing skin. The purpose of this detox is to eliminate waste and flush toxins from your body so you have supple, clear and youthful skin. The key nutrients in certain foods can also protect your skin from the inside out by:

- Balancing your hormones
- Boosting your metabolism
- Maximizing the efficiency of your eliminatory organs

Following this plan yields positive changes not only for your skin, but also for your entire well-being!

Eating for Healthy Skin

What you put inside your body is reflected by your skin. This makes the food you eat an absolute priority for maintaining healthy skin. Eating fast foods, processed meals, and sugar is akin to

dumping toxic waste into your body. These things slow your metabolism and overburden your detoxification system. Your skin reveals the evidence of the foods you eat. Dry, dull and irritated skin declares your poor food choices.

On the other hand, healthy nutrient based foods support healthy skin in a variety of ways:

- Vitamins, minerals and antioxidants help fight free radicals that cause aging.
- Healthy fats and proteins support collagen formation and prevent dryness and wrinkles.
- Water, herbal drinks and supplements flush toxins out of our system to keep skin free from acne and irritation.

The 2 Week Healthy Skin Cleanse

Healthy skin may require a lifestyle change in eating habits. However, giving yourself a jumpstart may be what your body needs to transition to healthy skin. I have put together a two-week plan that I believe will bring you results that would otherwise take months to achieve. If you want to fast track healthy skin, give your body energy or just make healthy choices, then follow this safe and doable program.

There are 3 essential steps to this 2-week healthy skin cleanse:

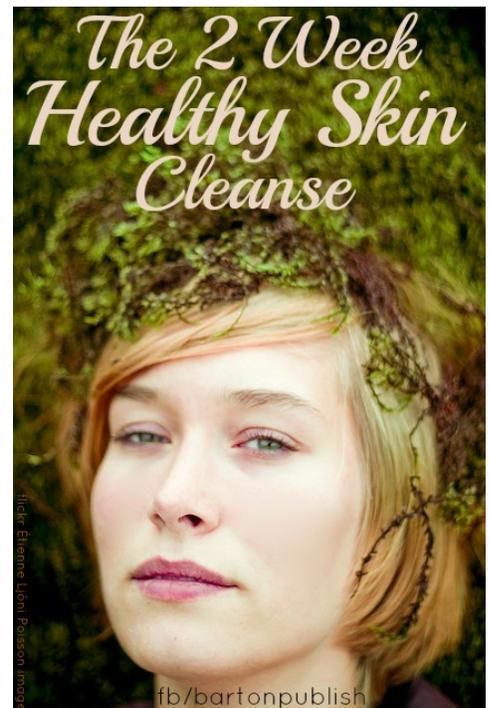
- Skin nourishing foods and drinks
- Detoxifying supplements
- Daily exercising and skin brushing

You can achieve beautiful skin results if you accomplish all 3 steps. Don't take shortcuts or you won't get the results you're looking for! This plan may seem strict or inconvenient at first. It will also require some planning and preparation. But, I assure you that bright, glowing skin is worth it! Push through and you'll see your skin transform!

During this two week jump-start cleanse, the most important aspect will be your diet. I designed this plan to cleanse your body of accumulated toxins. Your skin is your largest eliminatory organ, therefore toxins inside your body have the potential to come out through your pores and create skin issues. This makes eating foods that facilitate detoxification extremely important.

There are several foods that you CANNOT consume during this two week plan. These foods cause congestion in the body and the skin, as well as disruption to the detoxification process.

Think of your skin like a sprinkler system. The underground pipes represent your lymph system and the sprinkler heads represent your pores. Eating congestive foods is like adding debris in the water line. At first the debris may only slow the flow of the water, but over time it completely blocks the water's ability to escape! Congestive foods clog the skin's natural system of elimination. This creates a toxic buildup, which in turn results in premature aging, irritated skin, and skin eruptions such as acne.



Following the two week cleanse, you may incorporate some of these foods back into your diet. However, take note to eat only limited amounts given their ability to trigger further skin issues.

Foods to Avoid:

- Dairy (milk, cheese, yogurt, etc.)
- Wheat (other grains should be eaten very sparingly)
- Sugar (in all forms, including honey)
- Caffeine
- White potatoes
- Bananas (because they have a high sugar content)
- Soy

During the two weeks, limit fruit to only 2 servings a day. Also eliminate high carbohydrate vegetables entirely due to their excess sugar. Sugar attaches to collagen in our skin through a process called glycation. When sugar attaches, skin inflammation occurs and produces enzymes that break down collagen. Collagen is the connective tissue that holds our joints together and keeps the skin elastic.

When collagen breaks down, our skin becomes dull and brittle; wrinkles are a result. Sugar exacerbates acne, as well. Surges of insulin create imbalances in the body, leading to inflammation and acne. The constant rise and fall of blood sugar also disrupts hormone levels, which influence acne breakouts as well.

This plan eliminates grains, aside from a small serving of quinoa each day. This again is due to carbohydrates' destruction of the skin. Gluten from wheat and other grains contain sticky proteins, which are difficult to digest, and also lead to skin inflammation and skin breakouts.

Dairy can also cause skin issues in many people. Pasteurized milk congests the body's system and promotes mucus production. Furthermore, hormones to increase production given to cows end up in the milk itself and have been proven in studies to cause acne.[\[1\]](#)

Raw milk is tolerable for many people, as is goat's milk. You can add these back into the diet after the initial two weeks.

Soy products may seem like a great vegetarian protein option to some. However, the effects of soy on the body are far from healthy. Soy mimics estrogen and promotes hormonal breakouts. Avoiding soy not only prevents skin issues, but also prevents future health issues...such as infertility and cancer! Not to mention that all soy is genetically modified.

Caffeine can also promote hormone disruption by increasing cortisol, the stress hormone. Stress and acne have always had direct connection because of cortisol's presence. Cortisol increases inflammation in the body, which results in acne and premature aging of the skin.

Although I am a big believer of plenty of healthy fat in the diet, limit fatty foods during this cleanse to help give your liver a much needed break. After the cleanse, feel free to increase your daily healthy fat intake with coconut oil, olive oil, fish oil or avocados. These healthy fats are essential for skin moisture and suppleness.

The foods recommended for this 2 week skin cleanse help promote:

- Hydration of the skin
- Detoxification of the skin, as well as the body's cells and systems
- Increase in skin collagen and elastin
- Reduction of inflammation-based breakout and skin issues

Recommended Foods

- Unlimited vegetables (excluding carb based, white potatoes and corn)
- Fruits (2 servings a day only)
- Eggs (free-range or organic)
- Chicken (free range or organic)
- Lean beef (grass-fed or organic)
- Lamb, veal, and fish
- Healthy fat (1 tbsp coconut oil per day, olive oil for sautéing)
- Quinoa or brown rice (1/2 cup per day only)
- Lemons or lime (for daily lemon water)
- Raw unfiltered apple cider vinegar
- Dandelion tea
- Green tea
- Raw almonds (2 tbsp a day only)
- Unsweetened almond milk
- Full cream coconut milk (2 tbsp a day)
- Bone broth
- Gelatin
- Sugar free rice or whey protein powder
- Stevia

Healthy Skin Cleanse Instructions

You will begin each day with a liver cleansing drink. Mix water with the juice of half a lemon and drink this on an empty stomach. The lemon stimulates bile flow and encourages liver detoxification. This is a great way to kick start digestion and cleanse the system.

Fifteen to thirty minutes after drinking your lemon water, eat a protein based breakfast. This is typically an egg dish or protein shake.

The cleanse includes a morning snack followed by lunch, an afternoon snack, and dinner. Some great snacks during the cleanse include:

- 1 serving of fruit
- 2 tbsp raw almonds
- 1 hard boiled egg
- Veggie sticks with fresh salsa

Lunch and dinner are always served with a glass of bone broth, which is rich in collagen, amino acids and skin enhancing minerals. You can drink unlimited amounts of bone broth throughout the day or whenever you feel hungry. Store bought gelatin can also be mixed into a smoothie or water

for a great source of collagen and protein. I recommend Great Lakes Gelatin Collagen Hydrolysate, [available HERE](#).

A sample day is as follows:

- 6:30 am: 1 cup filtered water with 1/2 squeezed lemon
- 7:00 am: Omelet with eggs, spinach, onion, and mushrooms or a protein shake (1 scoop protein powder, 1/8 cup frozen berries, 1 tbsp gelatin, stevia and 1 cup unsweetened almond milk)
- 9:00 am: 1 tbsp almond butter with an apple
- 12:00pm: Mediterranean Chicken Stir fry (recipe below) with 1 cup bone broth
- 3:00 pm: 1/2 grapefruit
- 6:00 pm: Crockpot carne asada in lettuce wraps (recipe below) with 1 cup bone broth

Hydration is key to detoxification, so be sure to drink at least 8-10 glasses of water each day.

Water benefits the skin by:

- Hydrating skin cells, which prevents wrinkles and dry skin
- Encouraging the lymph system to circulate and flush toxins out of the system
- Supporting kidney detoxification by flushing out toxic waste

Healthy Skin Detoxifying Supplements

Detoxification benefits the skin by preventing bodily toxic wastes from accumulating under the skin's layers, which clog pores and damage healthy skin cells. Adding detoxifying supplements to your cleanse can help speed the detoxification process, help curb caffeine and sugar cravings and facilitate more dramatic results for your skin.

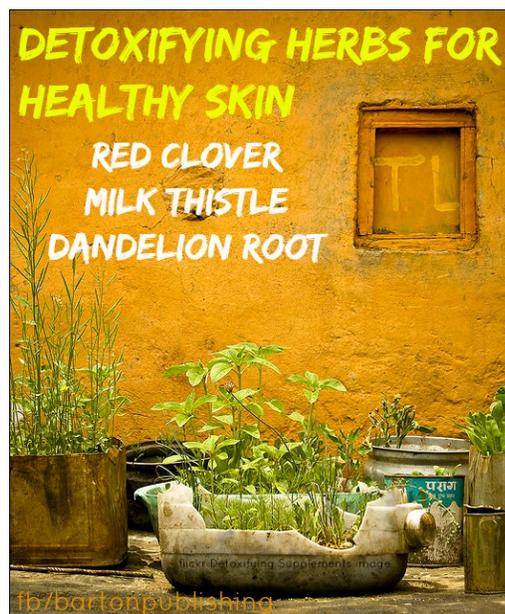
The herbs I recommend during the 2 week healthy skin cleanse include:

Dandelion Root

This well known “weed” has some amazing benefits for the body. Dandelion stimulates bile flow, promoting liver detoxification. The release of bile is laxative, and accelerates the breakdown of various steroid hormones, causing an indirect, favorable effect on eczema and other skin conditions. It also acts as a mild diuretic and encourages flushing toxins and removal of excess hormones from the kidneys, including those that trigger acne breakouts. Dandelion root also helps the body dispose of unwanted skin bacteria.

For those of you who love to have morning coffee, there is an amazing alternative called [Dandy Blend](#). It is a roasted dandelion coffee alternative that tastes like real coffee!

[Dandelion root is one of the best “spring cleansing” herbs, making it the perfect drink for healthy skin! Click to Tweet.](#)



Milk Thistle

Milk thistle is named for the milky sap that oozes from its leaves. This powerful liver detoxifier contains active components that not only encourage liver detoxification, but also promote liver cell regeneration!

Researchers from the University of Colorado Cancer Center explain that when a cell is damaged by UV radiation, it must be repaired or killed so that it cannot go on to cause cancer. Their research shows that the milk thistle extract does both.

This means that milk thistle not only protects the liver, it helps heal damage done to the liver from its years of hard work.

Red Clover

This herb is well known for its blood detoxifying properties and its ability to heal inflammation of the skin, producing radiant, healthy skin. Red clover also helps balance hormones in the body, which reduces breakouts and premature aging. Red Clover retards the process of skin aging due to its estrogen-like effects and helps maintain youthful and vibrant skin. It also ensures appropriate skin thickness and healthy keratinization and vascularity of the skin.

Burdock Root

A powerful astringent root, burdock expels toxic products from the blood through the urine. It also contains natural anti-inflammatory and antibacterial properties giving it the ability to calm skin irritations and acne. Burdock is an excellent preventative for common skin cancers such as basal cell carcinoma. It is used in Russia and India for cases of cancer as many herbalist claim it has the ability to stop cancer from metastasizing.[\[2\]](#)

Exercise and Skin Brushing for Clear, Healthy Skin

A well functioning lymphatic system is foundational for clear, healthy skin. The lymph system acts like a trash service by transporting toxic waste out of the body. Lymph fluid lies right below the skin's surface. It is constantly cleaning cells and dumping toxins into the blood in order to keep the body clean. When overloaded with toxins, the lymph system becomes sluggish and the skin suffers. If the lymph system isn't moving properly, toxic wastes sit below the skin causing irritation to the skin cells. Acne, skin inflammation, and even cellulite can result from a sluggish lymph system. By stimulating the lymph to move and circulate cellular wastes out of the body, you naturally improve skin health!

One of the best ways to stimulate the lymph system is through exercise. Brisk walking, rebounding and swimming are great exercises to keep the lymph moving. The lymph system needs stimulation in order to move. Sitting all day creates a stagnant lymph system, which leads to a build-up of wastes. Take 20 minutes each day during the 2 week healthy skin cleanse to exercise and promote lymph circulation.

Skin brushing is another great method to stimulate the lymph system. It stimulates circulation and also exfoliates dry skin. Skin brushing also clears clogged pores and leaves skin soft and smooth. Skin brushing is performed on dry skin and requires a special stiff bristle brush designed for this purpose.

I recommend brushing once a day body prior to showering. This will help wash away the dead skin cells and wastes off the surface after brushing.

The key to skin brushing is to always brush toward your heart. This is best for circulation and your lymphatic system. Brush your entire body starting at your feet and working up your legs to your arms, chest, back and stomach. Avoid brushing your face because the bristles are too harsh for delicate facial skin.

Benefits of Clay Baths for Soft, Clean, Youthful Skin

Clay has been used for centuries to absorb toxins in the human body. Many different tribes would eat clay along with their meals as a natural food poisoning preventative.

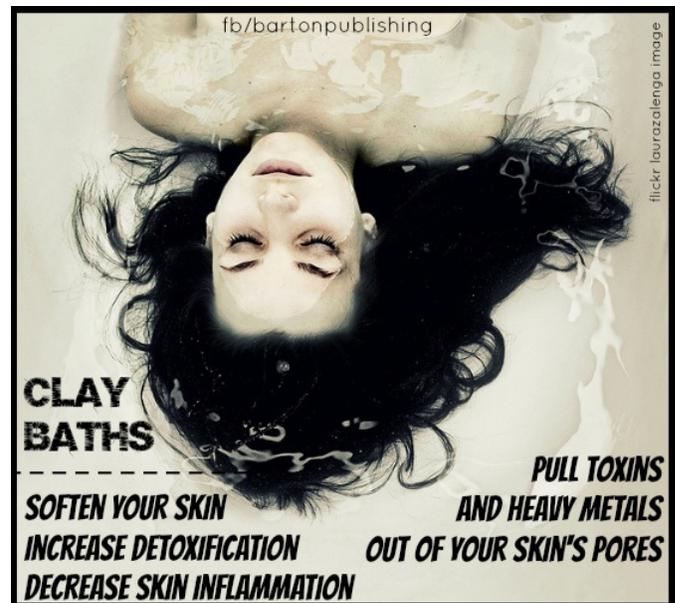
[Ingesting clay absorbs toxic microbes present in undercooked or spoiled food. Click to Tweet.](#)

Bentonite clay, in particular, contains the innate ability to absorb toxins not only inside the body, but also topically through the skin. This unique clay carries a strong negative electrical charge that attracts the positive charge of many toxins. When used on the skin or in a bath, it will pull toxins and heavy metals out of the skin's pores. Using clay baths during your two week cleanse will increase detoxification, soften your skin and decrease skin inflammation.

During the healthy skin cleanse, take two clay baths a week, using 2 cups of clay in a tub full of hot water. Soak in the tub covering as much of your body as possible for 15-30 minutes.

Clay footbaths are also an alternative to a full body clay bath. Just add 1 cup of bentonite clay to a basin filled with six inches of hot water. Relax and soak your feet for 15-30 minutes.

Bentonite clay is such an amazing “magnet” for toxins, that you can actually feel it pulling them out through your skin! I have taken many clay baths and I am always surprised to feel such a strong pulling sensation. It's very reassuring to actually feel it working!



Bentonite clay has anti-aging properties, as well. It helps increase oxygenation in cells by pulling out excess hydrogen. This allows the cells to replace the hydrogen with more youth enhancing oxygen instead. [Get your detoxing bentonite clay HERE.](#)

A study from Arizona State University found bentonite clay to be highly effective at killing MRSA, as well as salmonella, E. coli and others infectious bacteria!^[3] This is a tremendous discovery because strains of bacteria, like MRSA, can be highly resistant to antibiotics.

[Creating a clay poultice of bentonite clay and applying it to wounds can be more effective than antibiotic ointments! Click to Tweet.](#)

Eating for Healthy Skin

This two week skin renewing cleanse can be life changing not only for your skin, but the overall health of your body. It may feel challenging at first to make the necessary dietary changes, but your body will begin to crave the nutrients contained in these skin enhancing foods. Once you have things running smoothly on the inside, revitalized skin will show on the outside.

I encourage you not to stop after the two weeks are over. Once you've got a clean slate, so to speak, maintain it. You may add other foods back into your diet, but I urge you not to stray from the nutritional foundations of this plan. This nutrient dense diet is designed for optimal health and well-being. It will increase your energy levels, facilitate healthy weight, and promote daily detoxification.

Below are two recipes for delicious meals you can include in your skin cleansing plan, as well as the recipe for skin supporting bone broth. If you are in need of other recipes, I encourage you to surf the internet and websites like Pinterest to find new and exciting ideas that utilize the foods allowed on this plan.

The popular Whole 30 diet and Paleo diet both include many of the same principles and foods as the healthy skin cleanse. Don't be afraid to experiment, be sure to keep the list of foods-to-avoid as a reference.

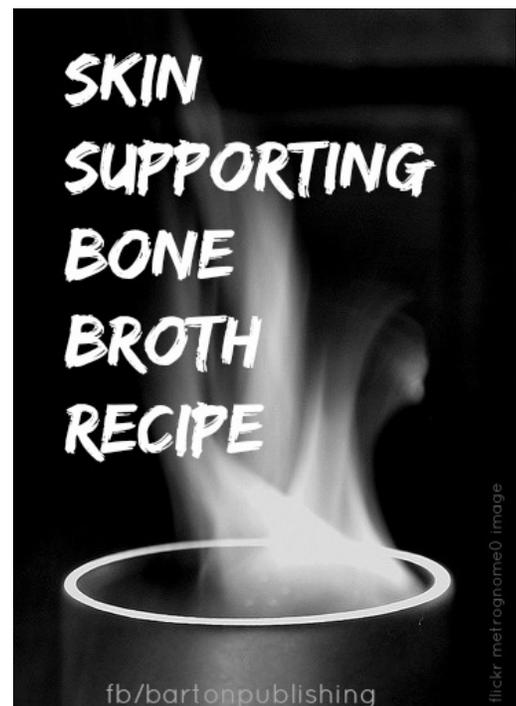
Skin Supporting Bone Broth

Ingredients:

- 1-2 lbs. beef bones, chicken carcasses, lamb bones (usually free from the butchers or use the saved bones from roast chicken or beef)
- A splash of apple cider vinegar (optional – this can help to extract the minerals from the meat bones)
- 2 handfuls of any onions, leeks, carrots or celery ends
- 1 tbsp black peppercorns
- A few dried bay leaves
- 1 tbsp sea salt
- 4 cloves garlic

Directions:

- 1 Place the bones and other ingredients into a large stainless steel or ceramic cooking pot and cover with cold water. The water level should cover the bones by 1/2 inch while still leaving room at the top of the pan.
- 2 Cover with a lid and bring to a boil. Reduce the heat and simmer, lid on, skimming off any foam that rises to the top. The longer the bones simmer, the more nutrients are released. Cook chicken bones for 12 hours until the bones begin to crumble and beef bones for 24 hours.
- 3 Strain the liquid, using a fine mesh strainer for poultry. Use immediately or leave to cool before storing (preferably in glass/ceramic rather than plastic).



Notes

- You can also use a slow cooker. Just cook on high for 12 hours or more.
- Beef bones produce a lot of nutritious fat – skim some of it and save it for roasting vegetables.[\[4\]](#)
- Any leftovers can be stored in the fridge for up to three days, or freeze the stock in a glass container.

Mediterranean Chicken Stir fry

Ingredients:

- 2-3 lbs. boneless, skinless chicken breast
- 1 onion, minced
- 2 zucchini, chopped into small pieces
- 1/2 cup roasted red peppers, cut into small pieces
- 14 oz. can artichoke, cut into small pieces
- 1/2 cup pitted kalamata olives, chopped
- Sea salt and pepper, to taste
- 2 tbsp olive oil

Directions:

- 1 Preheat oven to 350.
- 2 In large oven safe skillet, heat oil over medium high heat. Sear the chicken breast on both sides until golden brown.
- 3 Bake in the oven for 15-20 minutes, or until chicken is cooked through.
- 4 In another skillet, heat oil over medium heat. Add onions and sauté until translucent. Add zucchini and cook until zucchini is just cooked through. Add peppers, artichokes and olives. Season with salt and pepper.
- 5 Slice the chicken and toss with the veggie mix.[\[5\]](#)

Crock-Pot Carne Asada Lettuce Wraps

Carne Asada Ingredients:

- 2 lbs. steak
- 1 medium yellow onion, chopped
- 2 tbs minced garlic (about 4 cloves, chopped)
- 2-3 tomatoes, chopped
- 1/3 cup bone broth
- Juice of 2 limes
- 2 tbs chili powder
- 1 tbs cumin
- 1/2 tsp cayenne pepper
- Salt and pepper to taste

Toppings

- Lettuce leaves (butter lettuce, romaine, or iceberg)
- Avocado, sliced
- Salsa
- Lime wedges
- Cilantro

Directions:

- 1 Rinse off your steak and pat it dry.
- 2 Liberally cover it with salt, pepper on either side. Set aside.
- 3 Chop up your onions and tomatoes.
- 4 In the bottom of your crock-pot, add your bone broth.
- 5 Place your steak on top of the broth and cover your steak with the onion, tomatoes, and garlic.
- 6 Add the lime juice, pouring it evenly over the whole mixture, then the chili powder, cumin and cayenne.
- 7 Set your crock-pot on a low setting and cook for 6-8 hours.
- 8 Once it is done, shred your beef and serve it on a lettuce cup with your favorite toppings!

Don't put your hope in the latest skin creams and concoctions any longer. Take the time to cleanse your body from the inside out and watch your skin transform before your eyes.

[The fountain of youth isn't found inside a bottle; it's contained in the nutritious, revitalizing, and purifying foods you put inside your body. Click to Tweet.](#)

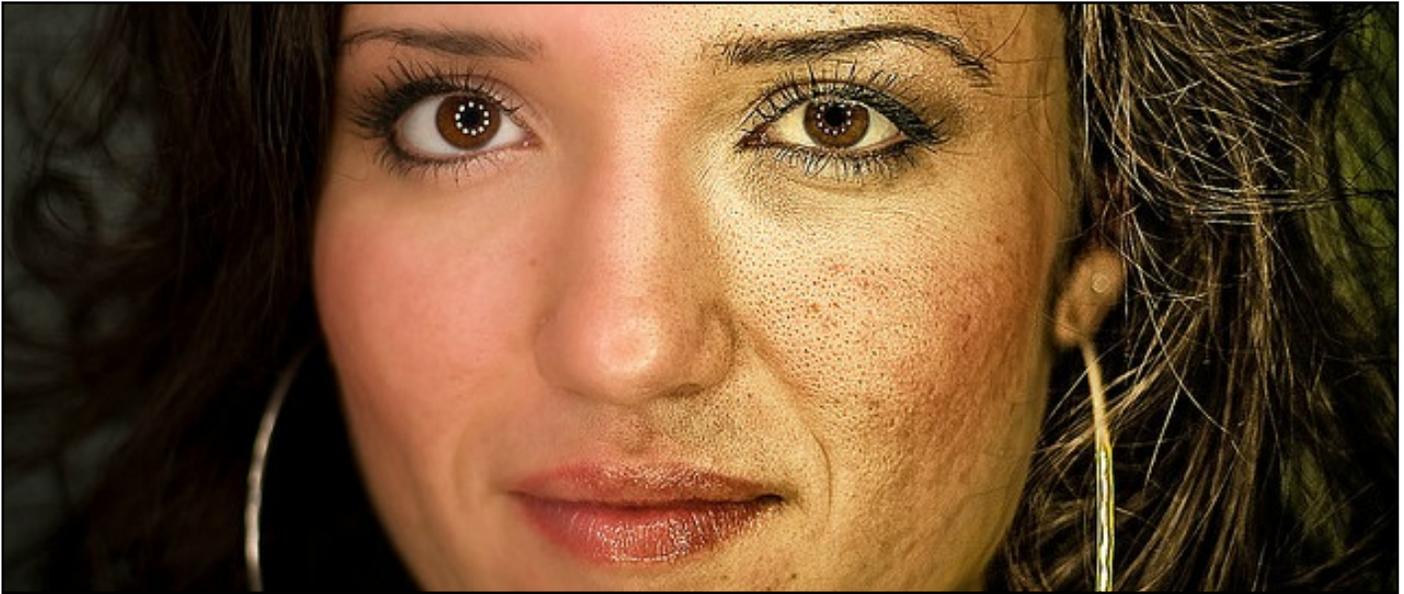
Clear, vibrant, and younger looking skin is just two weeks away!



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at: <http://amandabox.blogspot.com/>

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3 Tips for Healthy, Flawless and Beautiful Skin

By Amanda Box, N.D

It's the largest organ of our body and one of the most important parts of our immune system. This built-in bodily feature protects us from the environment, helps to regulate our body temperature and eliminates wastes. Its color is unique and exclusive to each and every person. Yet, even with all its amazing capacities, this body part is regularly injured and often not properly cared for.

This incredibly important organ is our skin.

Skin is a storyteller. It exposes your life choices for everyone to see. Those who choose to smoke their entire life display wrinkles and dry skin that expose their choice. Others who baked in the sun have darkened leather-like skin to show for their years under the rays.

But, what about skin issues like eczema, psoriasis and acne? These skin conditions can be embarrassing and cause pain both psychologically and physically. Are these conditions a result of life choices?

The answer is most often is yes. Many times people who believe they are making good choices for their skin still fall victim to one of these conditions. They use the creams the doctor prescribed, but often go years, if not their whole life with flare-ups. This is because the cause of their skin issue is not truly being addressed. Remember, our skin is a storyteller. When these skin issues occur something is wrong underneath the surface.

The Inside/Outside Dynamic of Your Skin

I always say, "An outside problem is most often an inside problem." Our skin reflects the condition inside our bodies. When something is out of balance inside our body, our skin lets us know. For

example, allergic reactions can manifest as hives and viruses can cause rashes, warts and cold sores.

[When something is awry inside our body, our skin sounds the alarm. Click to Tweet.](#)

Though it is rarely addressed in the doctor's office, conditions like eczema, psoriasis and acne have internal roots. I mention these conditions because they are the most common. However, many other skin conditions fall into this category, as well.

These internal causes are why topical creams only work temporarily, if at all. Most of these creams, in particular for eczema and psoriasis, work by suppressing the immune system. They may briefly suppress the outward manifestations of the immune system, but they don't correct the typically overactive immune system underneath.

Where Do You Start for Healthy, Flawless Beautiful Skin?

Taking care of your skin holistically isn't rocket science. On the contrary, it's quite simple, easy and rewarding; it just takes knowing what to do and following through with it. By adhering to the natural remedy steps below, you will give your skin a chance to be, feel and look beautiful and healthy.

The first 3 tips for flawless skin I've compiled from my experience as a naturopath. They can be part of any holistic skin care regime for smooth, soft and radiant skin.

Next, you will find the secrets to reveal your most vibrant inner beauty. If you suffer from eczema, psoriasis or acne, these are the pillars of real and lasting beauty and equally important. Don't overlook these simple and easy steps; they are crucial to your recovery, beauty and health.



3 Tips for Healthy, Flawless and Beautiful Skin

1. Skin Care

- Choose natural skin-cleansing products that don't strip your skin of its natural oils.
- Use a gentle cleanser and follow it with a toner and then a light moisturizer.
- Invest in good skin care products. This may seem costly at first, but it will save you thousands in trips to the dermatologist! Some of my favorite skin care lines include:
 - Hauschka
 - Devita
 - May Lindstrom
- Use a clay based mask 2-3 times per week. These masks help pull toxins out of your skin. I mix mine with Manuka honey, which adds moisture and antiseptic properties to the mask.
- Exfoliate with a scrub to get rid of dead skin cells, which can clog pores.

2. Naturally Glowing Skin Makeup

Chemicals that irritate the skin, clog pores and encourage breakouts are in most counter makeups. In my quest for clear skin, I have tried many all natural makeup lines. I personally believe that Gressa Skin has the best foundation formula to date. It contains 100% natural ingredients. Gressa Skin actually treats the skin in a serum base, which contains antiseptic and skin soothing oils.

My makeup bag also contains brands like:

- Burt's Bees
- Mineral Fusion
- Hauschka
- Vapour
- Well People

These are lines recommended by celebrity makeup artists who use only all natural, organic based make-up on their famous clients.

3. What to Eat For Glowing Skin

Diet is one of the #1 factors for healthy skin. Avoiding sugar, excess carbohydrates, trans fats, and artificial ingredients can do wonders for your skin! What goes in your body has to come out! If you crash diet or eat highly processed foods, your skin won't be as strong and supple as it could be. The toxins will come out of your pores and destroy your skin.

Instead, adopt a healthy, nutrient dense diet that is full of colorful fruits and vegetables. Fruits and vegetables contain essential vitamins and minerals that your body can use to build beautiful, healthy skin. These fresh foods also fight the free radicals that break down collagen over time, so they help improve the quality of your skin.

Don't forget to incorporate healthy fats like coconut oil into your diet as well! Foods high in natural fats help strengthen your skin. They lead to smoother, younger-looking skin with a visible reduction in inflammatory skin conditions like acne and psoriasis.

A healthy diet not only eliminates specific skin conditions like acne, but also slows down the visible signs of aging and prevents wrinkles! What you put in your mouth is as important as the products you apply on your skin. Eating the right types of foods is a great strategy for reducing and even eliminating ugly skin conditions.

Eczema, psoriasis and acne can be cured effectively with all natural alternatives. Using natural remedies for skin issues will not only clear your skin, but also increase your overall health and well-being. Healthy skin on the outside requires a healthy environment on the inside. When you take the proper steps towards healthy skin, you reduce inflammation, elimination channels work efficiently and you boost your immune system. Healthy dietary choices and lifestyle changes will revolutionize not only what you see on the outside, but the systems inside your body as well!

- *For more information on natural acne treatments to permanently treat your acne, [click here](#).*
- *[Apply these natural remedies](#) to see the difference in your eczema as your body's healing process starts to take over.*

- *Many researchers believe that toxicity in the body may cause, or at the very least increase the frequency of psoriasis outbreaks. To start the process of healing psoriasis from within, [please follow these steps to cleanse your entire system—including the liver—of toxins.](#)*

You need a well-rounded approach to keep your skin healthy, clear, and free from irritations. This includes not only what you put on your skin, but also what you put inside your body. Let your skin tell the story of health, vitality, and youthfulness!

Toss out your chemical based skin care products and instead use moisturizers that are natural and mimic your skin's innate oils.

Say “No” to sugar and artificial ingredients and “Yes” to fresh fruits, vegetables, and healthy fats that nourish the skin and promote healing.

Last, but not least, support your body with cleansing herbs to flush toxins out. This will keep your skin clear, calm and radiant! Take these steps and your skin will truly speak beautiful for itself.

- [The Top 3 Internal Acne Fighting Herbs](#)
- [How to Cleanse the Liver to Eliminate Psoriasis](#)
- [Soothing Eczema with Homemade Relief Cream](#)



Amanda Box is a Traditional Naturopath and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 12 years and currently practices naturopathic consulting in the Kansas City, Missouri area. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic practitioner to turn to for your personal needs, Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog “My Life in a Healthnut Shell” at: <http://amandabox.blogspot.com/>



The Top 3 Internal Acne Fighting Herbs

By Amanda Box, N.D

The most common skin complaint among both teens and adults is acne.^[1] This skin condition can be extremely difficult to treat. Hormonal upheavals during puberty and adulthood leave millions of people on a hunt to get rid of their blackheads, whiteheads and pimples.

Teenagers typically get acne in their T-zone (the forehead above the eyes, the nose, mouth area and chin); their oily skin only makes breakouts worse. The products designed to treat acne dry out the skin, exfoliate dead skin cells to open pores and kill bacteria. However, these products are too harsh and can leave the skin dry and irritated. Prescription medications such as Isotretinoin carry powerful warnings such as its category X rating for birth defects. Isotretinoin decreases the size and activity of the sebaceous glands, drying out the skin. Liver damage, IBS and depression are also serious side effects from this acne drug.

Topical ointments such as benzoyl peroxide can kill acne bacteria and prevent acne. However, these ointments often leave skin flaky red and irritated from their drying properties.

Diet also plays a huge role in the presence of acne. Trans fats, artificial ingredients and lack of nutrition leave the body overburdened. The skin, the eliminatory organ that it is, allows the food waste products to come out through its pores. This toxic waste elimination irritates the skin and clogs pores resulting in acne. That bag of fries that you just ate was deep-fried and saturated in oil and now that oil is seeping out through your pores.

Water intake also plays a part in the elimination process as water helps flush wastes out of the body. If the body is even slightly dehydrated and the pores become clogged, the imbalanced pH of the skin will allow bacteria to flourish.

Drinking more water assists the kidneys and liver to efficiently detoxify. If you don't drink enough water, wastes become more concentrated and aren't eliminated through the proper channels.

When we don't sufficiently hydrate, our skin is the first site affected in the body's water conservation management program. If we are dehydrated, our skin loses moisture and our circulatory system cannot adequately provide essential nutrients to the skin.

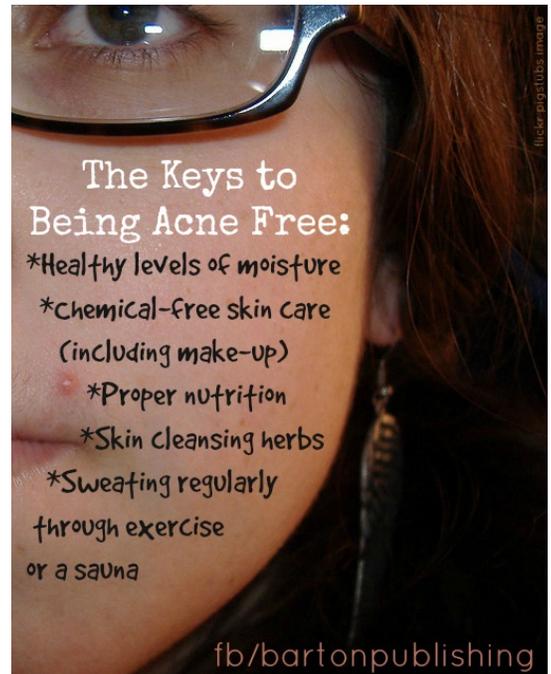
Infrequent bowel movements can also cause acne. Once waste builds up inside the body, it has nowhere else to go. Skin becomes the dumping ground and wastes begin exiting through its pores, leading to acne. Yuck!

Drink a minimum of 8 glasses of water a day to keep your skin well hydrated and to flush out wastes. If you aren't having daily bowel movements, invest in a mild laxative like Cleansemore by Renew Life, [available HERE](#). Magnesium citrate is also a safe laxative and comes in pill form, powder, or liquid. Regular exercise is also a great way to experience regularity in bowel movements.

Treating acne topically does not require drying the skin out as most acne treatments intend. Instead, the keys to being acne free include:

- Healthy levels of moisture
- Chemical-free skin care (this includes make-up)
- Proper nutrition
- Skin cleansing herbs
- Sweating regularly through exercise or a sauna

There are several herbs that have skin cleansing properties and can help to eradicate acne.



The Top 3 Internal Acne Fighting Herbs

Red Clover

- Cleanses blood by promoting urine and mucus production.
- Improves circulation and stimulates the secretion of bile.
- Aids in detoxification of the liver and kidneys.
- Soothes irritated skin.
- Contains isoflavones, which can balance hormones and prevent hormonal breakouts.
- Apply topically to eczema, psoriasis, and rashes to soothe redness and inflammation.

Burdock Root

Burdock root contains antiseptic properties, which wipe out acne-causing bacteria. It also neutralizes toxins that are exiting through the skin.

Burdock root contains a substance called polyacetylene, which can impede the growth of fungi and bacteria. It can help purify the skin by preventing the accumulation of dried keratin, dead skin cells and bacteria that gives acne its typical, inflamed appearance. Because it is such a powerful anti-inflammatory, burdock root is excellent for reducing the redness caused by acne, eczema and psoriasis.

Yellow Dock

Yellow dock contains blood cleansing properties making it a powerful tonic for the skin. It also stimulates detoxification of the liver. Its cleansing action prevents toxic waste build up and clears the skin. This astringent root is also helpful in treating eczema and psoriasis.

You can purchase these herbs naturally or in a combination formula. [Red Clover Supreme by Gaia](#) and [Skin by Solaray](#) are great formulas. If taken daily, you can begin to see the skin-clearing-results of these herbs in as little as a week!



These herbs can treat acne by restoring hormonal balance, killing off bacteria and reducing inflammation. They have far fewer side effects than conventional medication, too. Chances are, your skin will repay you in kind for not simply ravaging it with strange chemicals-and your wallet and overall health will thank you, too.

Many people struggle with these common skin conditions. When it comes to acne, psoriasis and eczema, as a naturopathic doctor, I often see that underlying imbalances in the body contribute to skin issues. Frequently I find that skin complaints are related to the body's impaired detoxification ability, hormonal imbalances, inappropriate immune responses or digestive disorders.

[Here are some of the tips and recommendations](#) that I have found to be the most helpful for people dealing with skin issues.



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How to Cleanse the Liver to Eliminate Psoriasis

By Amanda Box, N.D

Psoriasis is a result of an overproduction of skin cells, which creates a red rash area with silver-like scales. Though both conditions cause inflammation and itching, psoriasis is an autoimmune response whereas eczema is an allergic response.

When treating psoriasis from the outside, I suggest the same approach as I do for eczema. All natural creams, in particular the [homemade Soothing Blue Skin Relief Cream](#) can bring relief to many with psoriasis.

However, the most effective approach I have seen in beating psoriasis is liver detoxification. Studies have proven that there is a direct connection between the liver and psoriasis. [\[1\]](#)

[These studies have found that nearly half of those with psoriasis also have fatty liver disease! Click to Tweet.](#)

How can a skin condition like psoriasis be connected to the liver? Our liver's job is to filter and detoxify our blood. However, if our liver becomes damaged and unable to do its job correctly, toxins begin to accumulate in our blood. These toxins can aggravate the immune system and initiate inflammatory responses throughout the body. One of these inflammatory responses can manifest as psoriasis.

First and foremost, when you have psoriasis, you must avoid alcohol and pharmaceutical drugs that damage the liver. The liver cannot regenerate and heal adequately when bombarded with these damaging substances.

Cleansing and regenerating the liver can reduce and even eliminate symptoms of psoriasis. There are many options for liver cleanses on the market. My recommendation is that you choose a liver cleanse with the following ingredients:

Milk Thistle

Contains silymarin, which protects liver cells from chemical insults. It blocks toxins like pharmaceuticals from damaging the liver's filtration system.

Milk thistle is also a powerful antioxidant. It maintains health and energy by protecting the body from free radical and lipid peroxidation damage, which injures healthy cells and tissues and leads to pathological conditions.

Dandelion

Dandelion stimulates digestion, acts as a natural diuretic, and encourages liver detoxification. Dandelion cleanses the liver by stimulating bile products, which single-handedly break down the body's toxins so they can be excreted by the kidneys.

Artichoke

Artichoke contains liver-protective phytonutrients like cynarin, which help with both the digestion of fats and the absorption of vitamins from our food. Artichoke also eliminates toxic wastes and normalizes blood cholesterol levels. It is especially effective in the regeneration of damaged liver cells.

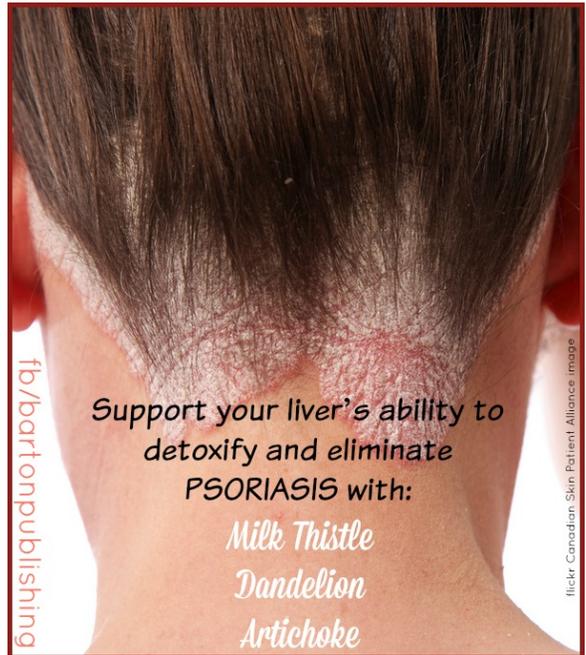
Artichoke helps the digestive system, which means it is helpful for people suffering from irritable bowel syndrome (IBS), dyspepsia, or upset stomach. The boost to bile production that comes from the cynarin in this vegetable helps the liver remove toxins.

Many liver cleanses contain a combination of these ingredients, which saves you both time and money. I recommend a cleansing formula by Enzymatic Therapy called Liver Cleanse, [available HERE](#). It is a two-week formula with milk thistle, dandelion and artichoke that can be repeated as needed. For those who struggle with psoriasis, I recommend taking it for an entire month.

Following this, take the cleanse 2 weeks out of every month until symptoms lessen dramatically or completely resolve.

Not many of us relate the outer glow of our complexion to our liver health. Your liver is the metabolic factory of your body producing energy to sustain the thousands of functions performed every minute by all of your body's cells.

Your skin cells require energy to eliminate toxins and repair and regenerate themselves. If your liver is not doing its job of breaking down toxins efficiently they must be eliminated from your body



by other means – in many cases they come out through your skin! When excessive toxins build up in the deeper layers of the skin this causes inflammation that can manifest as psoriasis. Support your liver’s ability to detoxify and eliminate psoriasis.

[By purifying your liver, you will purify your skin! Click to Tweet.](#)

In addition to the measures described above, which may be necessary in severe cases, I recommend [3 Tips for Healthy, Flawless and Beautiful Skin.](#)



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Sources:

[1] <http://www.ncbi.nlm.nih.gov/pubmed/20415823>



Soothing Eczema with Homemade Relief Cream

By Amanda Box, N.D

I remember the first time I spotted eczema on my daughter. I just couldn't believe it! I breastfed her until she was 14 months old, fed her all natural and organic food and now she had eczema! I was dumbfounded to say the least and went on a hunt to fix the problem.

There are several types of eczema, but the most common is known as atopic dermatitis. This is a chronic allergic condition in which the skin develops areas of itchy, scaly rashes.

Symptoms of eczema include:

- Red itchy patches most often located on the hands, elbows, knees and ankles
- Dry leathery patches
- Blisters that often ooze or scab over
- Inflammation around the affected areas

Eczema often occurs in infants and children, many of whom grow out of the symptoms. Yet, some people battle eczema breakouts their entire lives. Some believe certain substances like soaps, animal dander, and environmental allergens trigger eczema. However, many times people with eczema can't identify an actual cause behind their flare-ups.

Primarily, moisturizing the skin not only treats, but also prevents eczema. Eczema on the hands, in particular, is often caused by frequent hand washing without proper moisture replenishment. Those in the medical field often struggle with this form of eczema due to constant hand-washing and the use of alcohol-based sanitizers.

Unfortunately, most lotions and creams for treatment of eczema are petroleum-based. In researching eczema cures for my daughter, I was disappointed to discover that the creams recommended by dermatologists contained this by-product of the oil industry. That's right!

Petroleum jelly, otherwise known as Vaseline, is made from the same original source as gasoline! Petroleum based products may give the illusion of moisture, but they merely provide a barrier on the skin. This barrier clogs skin pores, traps in dirt and keeps sweat, salts, and other products of human metabolism from evaporating.

If you like the consistency of Vaseline and hesitate to switch, I encourage you to try a product called Un-petroleum Jelly, [available HERE](#). I have used it for years and believe it is the best all natural alternative to Vaseline. Beeswax, cocoa butter and shea butter also act as natural petroleum alternatives by sealing in moisture, but without clogging the pores.

When treating eczema and other skin conditions you should always use creams and lotions that are formulated with all natural oils. These oils are less likely to aggravate the skin because of their similarity to our skin's own oil.

The following oils are the best for skin. These oils help heal, replenish moisture and soothe irritation and itching.

- Rosehips
- Almond oil
- Carrot seed oil
- Hemp oil
- Argan oil
- Sesame oil
- Coconut oil



Artificial fragrances can also irritate sensitive skin and worsen eczema. The best products to improve skin hydration and barrier function are fragrance-free or are scented with essential oils. For commercial cream, I recommend Skin Food by Weleda, [available HERE](#). It is a blend of sesame oil, almond oil, and beeswax with a wonderful citrus essential oil fragrance. It is the perfect hand cream and is easily thrown in your purse or bag for travel convenience. My daughter keeps a tube at school to use during the winter months to prevent chapped hands and other potential eczema outbreaks.

However, what I found to work best for my daughter was a homemade eczema cream. This combination, along with some dietary changes, helped to clear up her eczema in just 2 weeks!

This powerful cream is just as effective for psoriasis and other skin rashes and irritations.

Soothing Blue Skin Relief Cream

Ingredients:

- 2 oz. pure cocoa butter
- 2 oz. shea butter
- 2 oz. pure almond oil
- 1 oz. pure neem oil
- 20 drops lavender essential oil

- 20 drops of frankincense essential oil
- 20 drops of myrrh essential oil
- 20 drops of blue tansy essential oil (this has a blue color which can stain clothing so use with caution)

Directions:

- 1 Melt the cocoa and shea butters over low heat. When melted, remove from heat let cool a few minutes.
- 2 Add in the almond oil and then essential oils.
- 3 Whisk vigorously with a wire whisk or mixer.
- 4 When the oils begin to turn opaque place in the freezer for 5 minutes.
- 5 Remove from freezer and whisk some more.
- 6 If necessary, put the mixture back in the freezer for a couple more minutes. Your goal is to create a fairly solid cream.
- 7 Once you have the consistency of cream you like, place the mixture into a jar.

Many different oils are recommended for eczema, however, I have found this blend to work best. The resulting restoration of the skin’s barrier function by oils prevents penetration of irritants, allergens and bacteria thereby reducing or preventing the development of eczema.

Each oil has a specific purpose:

Neem oil

Neem has been used for centuries to treat eczema and other skin conditions. It contains nimbidin and nimbin compounds, which help relieve redness and swelling. It helps heal dry and damaged skin. Neem oil also contains natural antioxidants, essential fatty acids and vitamins that help soothe inflammation. Its natural antiseptic properties prevent secondary infections in skin tissue, which is important in oozing, irritated eczema.

Lavender

This skin-soothing oil helps reduce inflammation and itching. Its calming properties aid in reducing stress and skin flare-ups induced by stress.

Frankincense

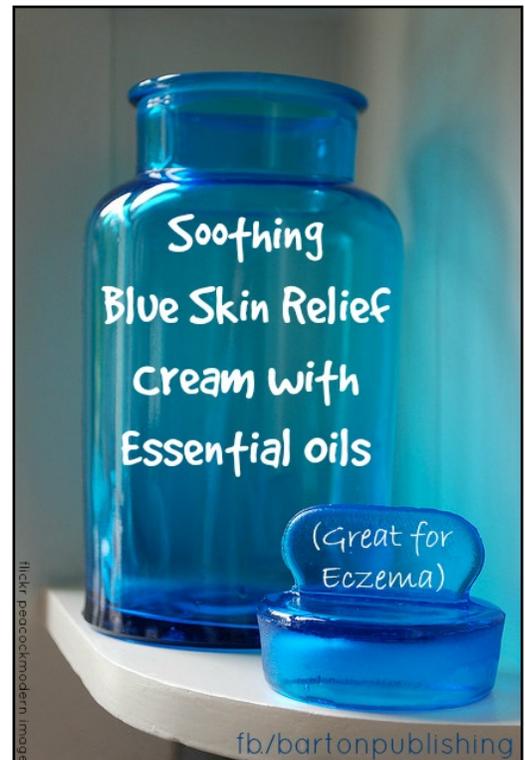
This prized ancient oil is one of the best oils for skin. It is soothing, moisturizing, naturally antiseptic, and a powerful anti-inflammatory.

Myrrh

This oil, like frankincense, was gifted to the Christ child for good reason. Myrrh is a miracle worker for the skin! It is specifically used for skin infections for its ability to speed wound healing.

Blue Tansy

This unique oil gives this cream its blue color. It contains the ability to heal skin wounds as well as soothe irritated skin.



Treating Eczema From the Inside Out

Despite the importance of using natural lotions and oils to moisturize the skin, treating eczema from the inside out is just as important! In my own journey I found that curing my daughters eczema required two important internal components:

- A strong immune system
- Specific skin nutrients

Immunity begins in the gut. A whopping 80% of your immune system lies in the intestinal tract. Therefore, what you eat and the microbial environment inside your gut can truly make or break your immunity!

Probiotics are the #1 choice for boosting immunity. They provide your body the healthy microorganisms it needs to fight off bad, pathogenic bacteria. I recommend that everyone with eczema, or any skin condition for that matter, incorporate a powerful multi-strain probiotic into their daily routine. A probiotic with at least 30 billion live cultures per capsule is a great daily dose. Once I started my daughter on daily probiotics, her eczema improved dramatically!

Incorporating the correct skin nutrients into your diet is also crucial in preventing and treating eczema. Moisturize your skin from the inside out by consuming coconut oil and fish oil on a daily basis. Just a tablespoon of coconut oil and four capsules of fish oil a day can diminish dry skin!

Skin essential vitamins like C, D, and A are also important. Supplementing with these vitamins can provide major improvements. Studies have shown vast improvements in eczema with vitamin D supplementation.^[1] I recommend 5000 IU of vitamin D a day during the winter months for adults and 500-1000 IU a day for children.

A healthy diet and proper nutrition are fundamental when it comes to our well-being. Some people may be able to eliminate eczema altogether by simply giving their body the probiotics and skin nutrients it needs while avoiding the things that lead to inflammation and sickness.

While you're working on healing, try this natural, homemade application of Soothing Blue Skin Relief Cream to help relieve symptoms without the dangerous side effects of prescribed or over-the-counter (OTC) pharmaceuticals.

There are thousands of skin and beauty care products that promise to give you clear and glowing skin. Home Cures That Work recommends which products you can trust, plus some simple and easy home remedies to improve the overall health and appearance of your skin. [Click Here for 3 Tips for Healthy, Flawless and Beautiful Skin.](#)



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Sources:

^[1] <http://www.ncbi.nlm.nih.gov/pubmed/20415823>



Your Fitness Plan for Great Skin

By Rob Fischer

I know what some of you are thinking...”What, now you’re telling me that exercise will give me great looking and feeling skin? Sounds like another cheap ploy to get me to exercise!”

But I assure you; exercise can benefit your skin in ways that you may never have thought possible. In fact, regular exercise can:^[1]

- Give you smoother, blemish-free skin
- Help prevent and reduce wrinkles
- Eliminate cellulite
- Restore a radiant youthfulness to your skin

How Exercise Works for Your Skin

When we exercise, we set our bodies in motion, providing resistance training to our muscles, which helps strengthen them. We breathe more deeply, bringing in more oxygen. Our heart rate rises—which is a good thing—because it’s now pumping oxygenated blood throughout our body. Even the tiny capillaries near our skin begin to open up.^[2]

This increased blood-flow replenish the nutrients in our skin, helps regulate our hormones, prevents free-radical damage, and promotes the production of collagen—a protein that serves as the building blocks of our skin. Collagen reduces wrinkles, reverses aging of skin, tightens skin, plump up skin and improves its elasticity.^[3]

As we continue to exercise, the pores in our skin begin to open up and sweat flushes them of cellular detritus and grime. This action coupled with the continued increase in blood-flow helps detox the skin, removing harmful chemicals and waste.^{[4][5]} Blackheads and acne disappear.

[Working up a good sweat is the equivalent of getting a mini-facial. Click to Tweet.](#)

Our regular exercise routine signals our body to burn fat. As the fat (cellulite) disappears, our skin conforms to the attractive contours of our muscles instead of the shapeless cottage-cheese-like fat deposits.^[6]

While we exercise, harmful stress chemicals like cortisol diminish. These stress chemicals exacerbate skin problems like psoriasis and acne, so relief from these not only reduces stress, but also promotes the health of our skin.^{[7], [8]}

In short, a regular regimen of exercise helps us look and feel better inside and out! This will give your skin a glow you can't get any other way.

And of course, eating right plays a huge role into our overall health and wellbeing, as well developing a subtle, glowing skin.

Healthy Skin Promoting Exercises

In order to improve the health of our skin through exercise, we're basically after three things:

- Increased blood-flow and oxygenation
- Increased lean muscle mass
- Working to a sweat

Those three things will help us achieve all the benefits we're seeking for our skin through exercise. Everybody is different, so you may benefit from the guidance of a personal trainer to address your specific goals. But in general, most trainers will recommend a combination of aerobic and resistance training to achieve these ends and make it much easier to get that healthy skin glow.

Exercising to Eliminate Cellulite

Men and women typically accumulate fat differently. Men usually collect fat in their gut and women on their thighs and buttocks. Unfortunately, those specific fat-collection areas are also the last ones willing to relinquish the fat. The key is strength-training coupled with consistency, perseverance, and the all-important healthy diet!^[9]

Celebrity trainer Valerie Waters recommends the following three exercises to women for removing cellulite from the buttocks and thighs: [single-leg hip raise, reverse lunge, and step-up](#). With exercise, cellulite can become notably better within weeks, but may take up to a year to disappear.^[10]

To get rid of the belly fat will also take some concentrated effort over time. The big belly didn't form overnight, so neither should we expect it to disappear overnight.

Also, as with any fat-loss solution, unless we change our eating habits that got us in this shape, we hinder the effects of exercise to do its work. Eat fewer calories (especially carbs) and enjoy only organic whole foods.^[11]

Having said that, aerobic exercise combined with bicycles, crunches, and planks can help shed that belly fat and help you achieve a slimmer, trimmer abdomen.^[12]

Exercising to Improve Skin Health and Youthfulness

Both aerobic exercise and strength-training exercises that elevate your heart rate, increase blood-flow and bring on a sweat perform the needed functions to give you healthy, glowing skin, slow down the aging process, reduce wrinkles, and eliminate blemishes.^[13]

Fitness experts recommend at least 30 minutes of moderate aerobic exercise, 5 days per week.^[14] Aerobic exercises include activities like: running, jogging, brisk walking, swimming laps, bicycling, rowing, cross-country skiing, and snowshoeing.

Strength training or resistance training involves any exercise that demands greater than normal output from your muscles. Because the body contains a variety of muscle groups, you'll want to choose exercises that address those muscle groups that you wish to focus on.

Caring for Your Skin During and After Exercise

While exercise offers so many benefits for great skin health, take the following precautions in order to preserve and protect your skin:^[15]

- Try to avoid exercising outside in the heat of the day. If that's unavoidable, protect your skin with appropriate clothing and sunscreen.
- Stay hydrated throughout and following your workout. Water is essential to healthy skin.
- After working up a sweat, be sure to shower soon after to wash off the dirt and toxins that have surfaced on your skin. Otherwise, they may find their way back into your skin.
- If you live in a dry climate, or are prone to dry skin, you may want to use a skin moisturizer following your shower.

The benefits of exercise for your skin continue for hours after you stop moving as your glowing skin remains. Plus, the relaxed feeling you get makes you look less stressed with less facial tension and fewer frown lines.

[Exercise is the natural form of Botox! Click to Tweet.](#)

5 Tips for Success

Finally, here are 5 tried and true tips that will help you succeed in your exercise program:

- Choose an exercise or activity that you enjoy.
- Purchase proper clothing and equipment to protect your skin and keep you comfortable.
- Engage an exercise partner to help keep you accountable and consistent.
- Combine your exercise plan with a healthy eating plan; otherwise you'll undermine all your hard work!
- Track your progress. There are all kinds of [smart phone apps and gadgets](#) to help you do this electronically.



That glowing complexion you sport after a workout is indicative of health and beauty. Now, let's go change into our workout clothes and get out there for healthy skin, body and mind!



Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master's degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.

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More than Skin Deep

By Rob Fischer

Skin is a remarkable organ! That's right. Skin is the largest organ in the body and plays numerous significant roles:

- Skin keeps our bodily fluids inside where they need to be.
- Skin regulates our body temperature.
- Skin protects the body from invasions of billions of microorganisms, chemicals and the like.
- Skin color and tone reflect our unique DNA combinations.
- Skin possesses mechanoreceptors that detect textures (of less than .002 inch), pressures, and vibrations.
- Skin contains thermoreceptors so accurate, they allow us to detect just 1 degree of temperature change.
- Skin has pain receptors that register mechanical, thermal, and chemical pain.
- Skin displays a signature (fingerprints) unique to every individual who ever lived.

But we seldom think of skin in terms of its amazing status among our organs. It seems that our chief concern with our skin is the role it plays in our appearance and influence on others. Consider television and magazine ads. We sell everything from cars to soap with the allure of beautiful skin. Our infatuation with beautiful skin is further reflected in the fact that many women in the US spend upwards of \$15,000 per year on beauty products and salon services. Including products for men, that brings the total to nearly \$40 billion per year spent on beauty aids. Yet, we aren't any happier for it according to the Satisfaction with Life Index.

Cultivate Your Inner Beauty

Comedian Redd Foxx, known for his role in the television series *Sanford and Son*, once quipped, "Beauty may only be skin deep, but ugly goes clear to the bone!"

Perhaps what Redd Foxx was getting at is that outward beauty, while eye-catching, can be a very deceptive gauge of a person's true beauty. A person can be "beautiful" on the outside and "ugly" inside and that ugliness dominates our perception of that individual.

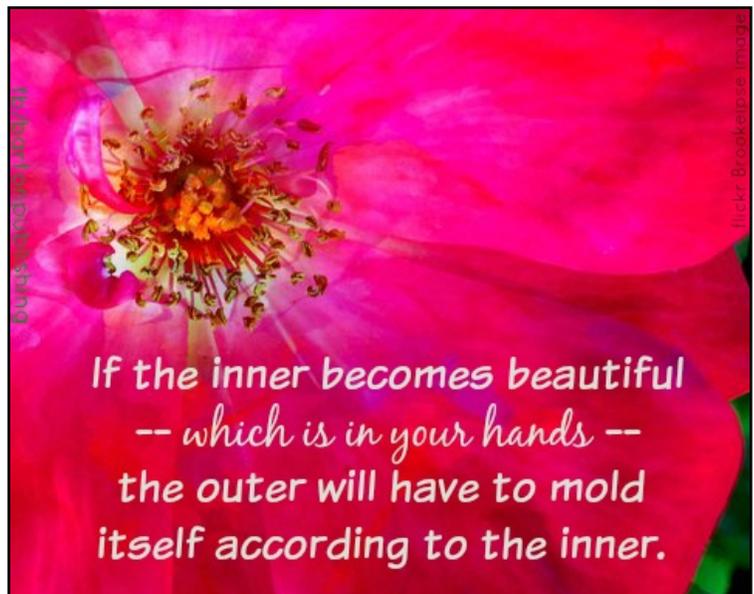
[A person without inner beauty is like an exquisite porcelain vial containing a caustic toxin. Click to Tweet.](#)

We may be attracted by the container until we find out what's inside; then, we stay away.

A person may be born with outward beauty, but inward beauty must be cultivated. And while outward beauty is coveted, it is short-lived and really only skin deep. If the inner becomes beautiful -- which is in your hands -- the outer will have to mold itself according to the inner. The outer is not essential, it will have to reflect the inner in some way.

Feeling Comfortable in Your Skin

Similarly tragic is the fact that many physically beautiful people are uncomfortable in their own skin. We look at them and see a beautiful person. They look at themselves and wish they looked different. They may even go to extreme lengths and great expense to change their physical appearance. They can have plastic surgery. They can have a beautiful face, beautiful eyes, a beautiful nose; they can change their skin; they can change their shape. That is not going to change your being. Inside they still remain greedy, full of lust, violence, anger, rage, jealousy, with a tremendous will to power. All these things the plastic surgeon can do nothing about.



The truth is, at one time or another, probably all of us find ourselves in one or the other situations described above. Either we've failed to cultivate our inner beauty, or we aren't satisfied with our outer appearance. Either way, we are unhappy people, uncomfortable in our skin.

These issues are not new, but have been around as long as people have been on earth. In fact, Jesus spoke about the need for inner beauty. At that time, there was a group of religious fanatics called Pharisees. They liked to do everything for show. Keeping up appearances meant everything to them, but they failed to cultivate an inner beauty.

They built their phony exterior with outward displays of piety:

- Donating money with much publicity and fanfare
- Praying loudly in public to be noticed by others
- Disfiguring their faces when they fasted so as to attract the attention of others
- Wearing special clothes and objects to flaunt their religiosity

But Jesus called them on their hypocrisy. He said to the Pharisees, “You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean.” Can you imagine being compared with a neatly manicured cemetery--beautiful and serene on the surface, but filled with death and decay below the facade?

If we are honest with ourselves, we all have some stuff in our lives that isn't pretty. Yet there is one person we can go to without any pretense or fear of rejection. We can come to God just as we are. Many mistakenly think that they have to “clean up their act” before coming to God, but that's not possible. He knows us intimately already--the good and the bad--yet he loves us and seeks relationship with us.

That which is “ugly” in us, beneath our skin, God wants to renew and rebuild. He performs a makeover in us from the inside out, rejuvenating our inner beauty. Once God is there, it is almost like a light in a dark house. The windows will start showing the light; even the cracks in the wall or the roof or the doors will start showing the inner light.

And for those who are plagued with thoughts that they are too dirty, frumpy, or unlovable, God also restores their self-image by showing them his deep love and acceptance. “People judge by outward appearance, but the Lord looks at the heart.” We are beautiful and precious to him not because of what we have or haven't done, but because of who we are.

True beauty is not defined by anything in this world, but found in something that is beyond this world. It is God himself. God is beautiful, captivating, fascinating and drawing. He is brilliant, shining, color, light, and life. **GOD DESIRES OUR BEAUTY. WE ARE CALLED BEAUTIFUL BY HIM.** Our desire to be beautiful is not wrong. It is from God, he created beauty because he is beautiful. His desire is that we would see ourselves as he see's us, that we would stop looking through the eyes of the world and start looking through his eyes of love and desire for us.

God created us uniquely and he loves us unconditionally. “You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”

God's extravagant love for us gives us the freedom to love ourselves and others too. If you struggle with loving yourself, here's some Rx:

- Discover how much God loves you by reading the Gospel of John.
- Accept and trust in God's great love for you.
- Declare the truth over your life that your are beautiful and reject the lies that tell you otherwise.
- Cultivate a heart of gratefulness and thanksgiving to God.
- Express God's love for others through acts and words of kindness toward them.

By following those actions, we see how highly esteemed we and others are in God's sight and we begin living out that truth making it our own. God will transform not only the inner, but give a new look to our outer being: an innocence, a serenity, a depth, a peace and a love. In this way, we become comfortable in our skin.

God is like a mirror for us. When you look into a mirror you may see a big smudge of dirt on your face that you didn't know was there. The mirror can't get rid of the dirt, but you're really glad you

looked at that mirror before you walked out the door. In the same way, God reveals our shortcomings, our scars, our sins, and we are thankful to see them, so that we can bring them to Him, and He can deal with them through His grace. He will make all things beautiful in his time.

[The healthiest people can see their ugliness... and see their own beauty through the grace and the love of God. Click to Tweet.](#)

Obviously, we need to care for our skin just like the rest of our body. But outward beauty is frail and temporary. However, inner beauty can last a lifetime, even leaving a legacy for others. True beauty really is more than skin deep. Let me encourage you to take care of your skin *and* to cultivate your inner beauty through a healthy relationship with God and others.



Rob Fischer has been writing professionally for over 35 years. His experience includes writing curricula, study guides, articles, blogs, newsletters, manuals, workbooks, training courses, workshops, and books. Rob has written for numerous churches, for Burlington Northern Railroad, Kaiser Aluminum, and Barton Publishing. He has also trained managers in effective business writing. Rob holds two Master's degrees, both focused heavily on writing. Rob has published eleven books and serves as an editor and ghostwriter for other authors.

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