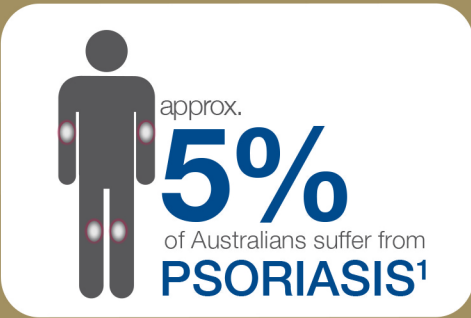
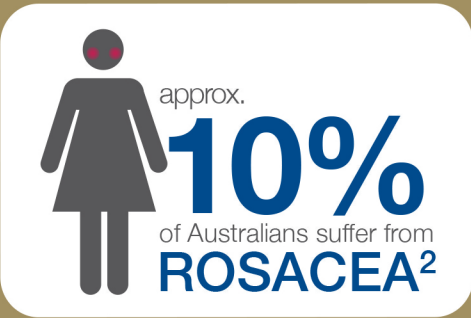
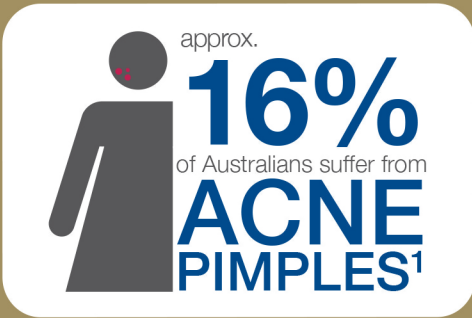
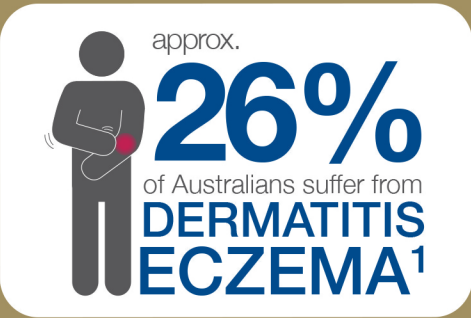
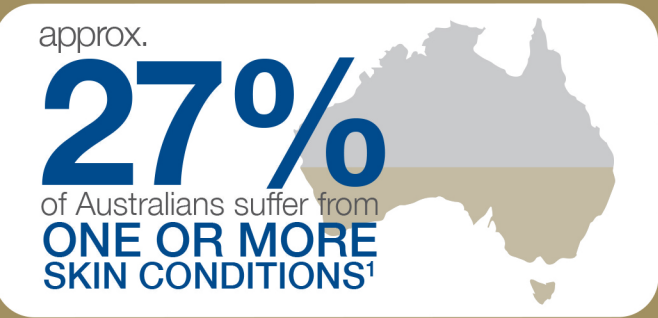


# Eliminating skin conditions

improving detoxification for healthy skin

Skin conditions are often multifactorial in origin and may be an indication of various underlying health conditions. Often, skin conditions are a sign that the body is not eliminating toxins efficiently. The main channels of elimination are the lungs, lymphatic system, digestive system and urinary system. If these channels are not working effectively, toxins are excreted via the skin causing various skin conditions. Identifying and addressing sluggish elimination can aid in the treatment of skin conditions.



## IDENTIFYING SLUGGISH ELIMINATION<sup>3,11</sup>

### SKIN the largest elimination organ

- |   |  |                                     |
|---|--|-------------------------------------|
| <input type="checkbox"/> dull appearance    | <input type="checkbox"/> eczema          | <input type="checkbox"/> dermatitis |
| <input type="checkbox"/> excessive sweating | <input type="checkbox"/> congested pores | <input type="checkbox"/> psoriasis  |
| <input type="checkbox"/> strong body odour  | <input type="checkbox"/> very oily skin  | <input type="checkbox"/> boils      |
| <input type="checkbox"/> acne               | <input type="checkbox"/> very dry skin   | <input type="checkbox"/> rashes     |

### LUNGS toxins are exhaled or trapped in mucus and coughed up

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> shallow breath      | <input type="checkbox"/> barrel chest         | <input type="checkbox"/> avoiding/decreased physical activity |
| <input type="checkbox"/> wheezing            | <input type="checkbox"/> voice alterations    | <input type="checkbox"/> frequent respiratory infections      |
| <input type="checkbox"/> coughing            | <input type="checkbox"/> excessive mucus      |   |
| <input type="checkbox"/> shortness of breath | <input type="checkbox"/> difficulty breathing |   |

### LYMPH drains excess interstitial fluid; immune responses

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> oedema              | <input type="checkbox"/> chronic sinusitis | <input type="checkbox"/> headaches          |
| <input type="checkbox"/> frequent infections | <input type="checkbox"/> enlarged adenoids | <input type="checkbox"/> cellulite          |
| <input type="checkbox"/> swollen lymph nodes | <input type="checkbox"/> congested pores   | <input type="checkbox"/> excessive sweating |
| <input type="checkbox"/> puffy eyes          | <input type="checkbox"/> chronic fatigue   | <input type="checkbox"/> tonsillitis        |

### LIVER primary detoxification organ

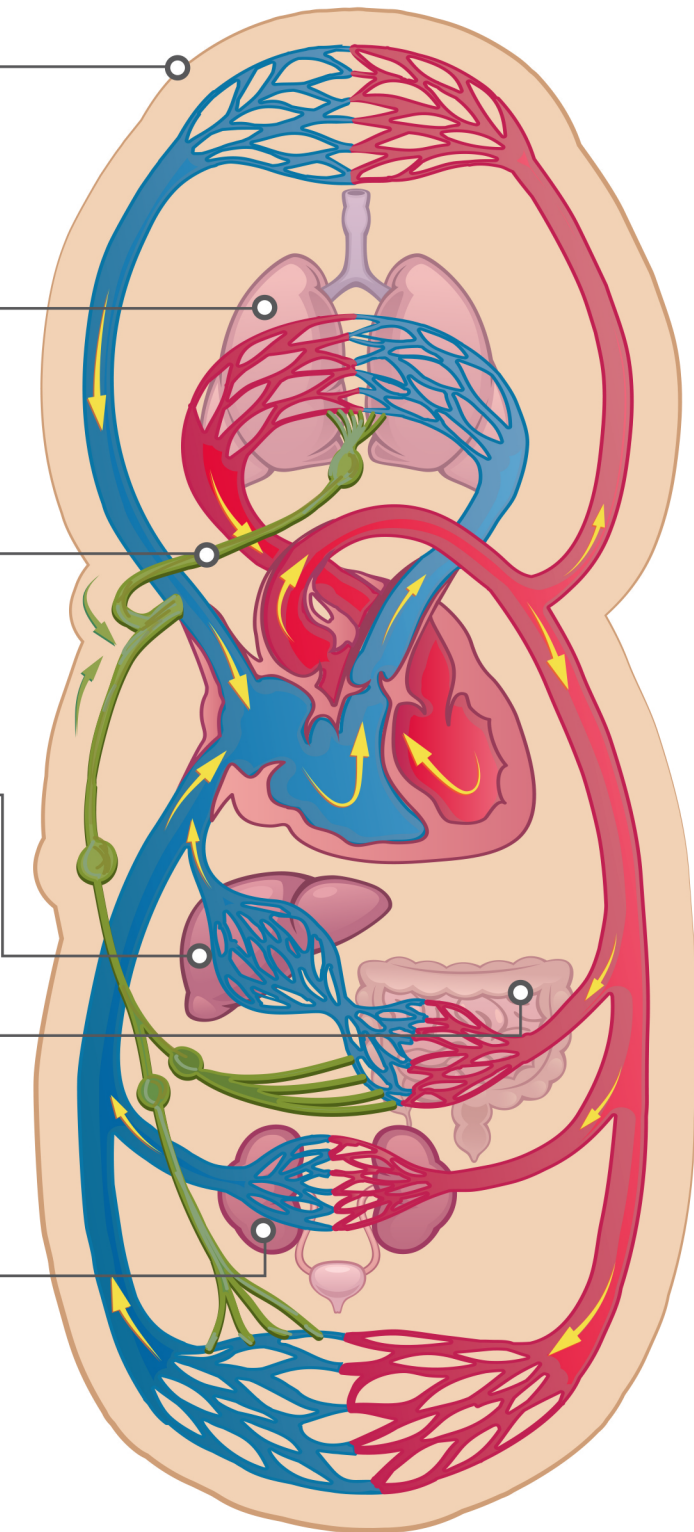
- |  |   |  |
|--|---|--|
| <input type="checkbox"/> elevated liver enzymes      | <input type="checkbox"/> nausea or vomiting | <input type="checkbox"/> dark urine colour                 |
| <input type="checkbox"/> abdominal pain and swelling | <input type="checkbox"/> chronic fatigue    | <input type="checkbox"/> swelling in legs and ankles       |
| <input type="checkbox"/> jaundice                    | <input type="checkbox"/> headaches          | <input type="checkbox"/> pale/floating/bloody/tarry stools |
| <input type="checkbox"/> itchy skin                  | <input type="checkbox"/> loss of appetite   | <input type="checkbox"/> fat intolerance                   |

### GUT removal of dietary, environmental and metabolic toxins from the body

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> irregular bowel movements | <input type="checkbox"/> hard, pellet-like stools | <input type="checkbox"/> indigestion                          |
| <input type="checkbox"/> constipation/diarrhoea    | <input type="checkbox"/> loose stools             | <input type="checkbox"/> abdominal bloating, cramping         |
| <input type="checkbox"/> fat/blood/mucus in stools | <input type="checkbox"/> flatulence               | <input type="checkbox"/> bad breath despite good oral hygiene |
| <input type="checkbox"/> undigested food in stools | <input type="checkbox"/> heartburn                | <input type="checkbox"/> haemorrhoids                         |

### KIDNEYS filters metabolic and toxic waste out of the body; regulates pH

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> high blood pressure                            | <input type="checkbox"/> blood in urine  | <input type="checkbox"/> loss of appetite                       |
| <input type="checkbox"/> changes in urination frequency                 | <input type="checkbox"/> oedema          | <input type="checkbox"/> cystitis                               |
| <input type="checkbox"/> changes in urine appearance e.g. colour, odour | <input type="checkbox"/> lower back pain | <input type="checkbox"/> bad breath and metallic taste in mouth |
|   | <input type="checkbox"/> fatigue         |   |



## THERAPEUTIC CONSIDERATIONS

### Burdock (*Arctium lappa*)<sup>3-5</sup>

ANTI-ALLERGY, ANTI-INFLAMMATORY, ANTIMICROBIAL, ANTIOXIDANT, DIURETIC, DIAPHORETIC, DEPURATIVE, INCREASES CIRCULATION TO SKIN, MILD ALTERATIVE

- Used internally for chronic skin conditions and eruptions.
- Considered one of the best depuratives.
- Can also be used topically for acne, dry skin, eczema, psoriasis and to improve the appearance of wrinkles.

### Echinacea (*Echinacea purpurea*)<sup>4,6,7</sup>

ANTI-INFLAMMATORY, ANTIMICROBIAL, IMMUNOMODULATORY, WOUND HEALING

- Used both internally and externally for skin conditions including eczema, psoriasis, burns, ulcers, abscesses, boils, acne and wounds.

### Cleavers (*Galium aparine*)<sup>3,4,8</sup>

DIURETIC AND LYMPHATIC DEPURATIVE

- Used both internally and externally for a range of skin conditions including psoriasis, eczema, ulcers, rashes, lymphadenitis and enlarged lymph nodes.

### Pokeroot (*Phytolacca americana*)<sup>3,4</sup>

ANTI-INFLAMMATORY, ANTIVIRAL, EMETIC, IMMUNE ENHANCING, LYMPHATIC AND BLOOD DEPURATIVE

- Traditionally used in western herbal medicine for its action on skin and glandular structures.
- Used in traditional Chinese medicine to treat oedema, oliguria, ascites and pyogenic infections of the skin.

### Yellow dock (*Rumex crispus*)<sup>3,4</sup>

DEPURATIVE, IMPROVES BLOOD AND LYMPHATIC FLOW, MILD LAXATIVE, ENHANCES LIVER FUNCTION

- Used in the treatment of chronic skin conditions including psoriasis and dermatitis as well as for lymphatic enlargement.
- Used in conditions arising from bowel stagnation and constipation.

### Vitamin A<sup>3,6,9</sup>

ANTI-INFLAMMATORY, IMMUNE ENHANCING, WOUND HEALING

- Integral to immune function and essential for the maintenance of epithelial cell integrity. Vitamin A also increases collagen production, reduces excess sebum and improves wound healing.
- Orally, vitamin A is used for a range of skin conditions including acne, eczema, psoriasis, cold sores, wounds, burns (including sunburn), lichen planus and other inflammatory skin conditions.

### Zinc<sup>3,4,10</sup>

IMMUNE ENHANCING, WOUND HEALING

- Beneficial effects in the treatment of various infectious and inflammatory skin conditions e.g. acne, rosacea and eczema.
- Symptoms of zinc deficiency include dermatitis, rough and/or dry skin, skin lesions, impaired wound healing and an increased susceptibility to skin infections (bacterial, viral and fungal).