

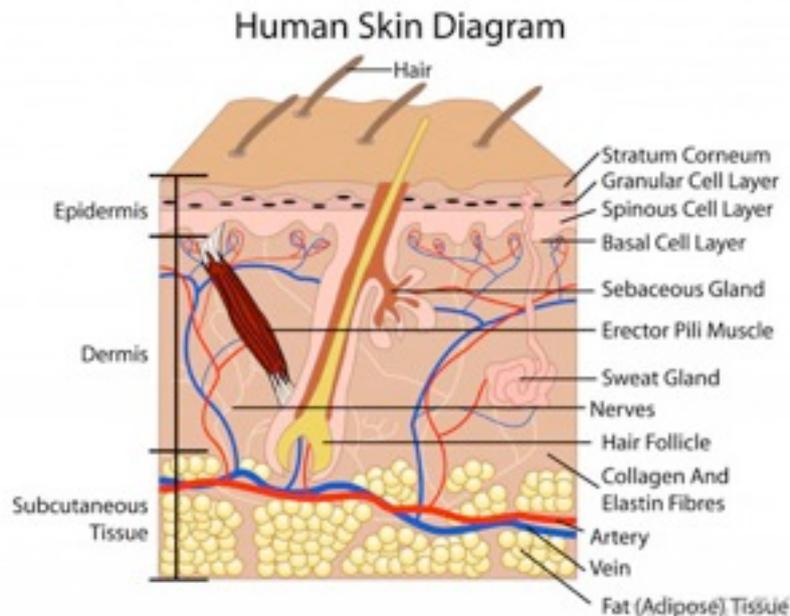
# SKIN: The Body's Largest Organ

by Lady Carla Davis, MPH  
*Specializing in Nutrition*

**Skin** is the thin layer of tissue forming the natural outer covering of the body. It is the body's largest organ and part of the integumentary system. It protects the underlying muscles, bones, ligaments, and internal organs with multiple layers of ectodermal tissue. Along with the bowels, kidneys, and lungs, the skin is one of four channels of elimination.

In fact, the skin has many functions such as:

- Absorption**
- Aesthetics**
- Communication**
- Evaporation Control**
- Excretion**
- Insulation**
- Protection**
- Protection of vitamin B folates**
- Sensation**
- Storage**
- Synthesis of Vitamin D**
- Temperature Regulation**
- Water Resistance**



For the average adult human, the skin has a surface area of between 16.1-21.5 square feet (1.5-2.0 square metres). Most of it is between .10 inch (2-3 mm) thick. The average square inch (6.5 cm<sup>2</sup>) of skin holds 650 sweat glands, 20 blood vessels, 60,000 melanocytes, and more than 1,000 nerve endings.

## AGEING FACTORS

### SUN

Too often, the Sun is blamed for causing most skin damage. While sunburning may be responsible for some skin damage and should be avoided, other factors can be more to blame. For example, skin damage is more likely to occur when sunlight reacts with chemicals and drugs such as caffeine and medications, etc. in the body, which would not occur if there were no chemicals present. This reaction is similar to the rash that occurs when a person taking an antibiotic is exposed to sunshine. When there are no chemicals involved, sunbathing without burning is very beneficial for the body. READ "**Light: A Vital Nutrient**" by this author at: <http://www.NourishingBasics.com/Nutrition.html>

Not long ago, researchers at Harvard did a study to find out what ages the body. They found that **steep increases in insulin levels** aged the body more than anything. Hence, AVOID substances that rapidly increase insulin levels such as alcohol, coffee, refined sugar and carbohydrates, tobacco, and various other drugs.

### SUGAR & REFINED CARBS

When refined sugar and carbs are ingested, they quickly enter the blood stream and attach to proteins that forms harmful new molecules called advanced glycation end products

(AGEs). The more sugar you eat the more AGEs you develop. As they accumulate, they damage adjacent proteins. Most vulnerable are collagen and elastin, which are the protein fibres that keep skin elastic and firm. Collagen is the most prevalent protein in the body. Once damaged, collagen and elastin become dry and brittle, leading to wrinkles and sagging.

Along with damaging collagen, a high sugar/carb diet also affects what type of collagen you have. The most abundant collagens in the skin are types 1, 2, and 3. Type 3 is the most stable and longest lasting. Glycation transforms type 3 collagen into type 1, which deactivates your body's natural antioxidant enzymes and leaves your skin more fragile and vulnerable to sun damage.

## FLUORIDE

Another offender not addressed in their research, but revealed in the book, **Fluoride - The Ageing Factor** by Dr. Yiamouyiannis, PhD, is the ingestion of and exposure to fluoride. Fluoride significantly ages the skin because of several factors. It breaks down the body's collagen, which is the body's structural protein. In turn, this causes the skin to age prematurely, wrinkle, and become vulnerable to skin cancers. Fluoride is also an endocrine disruptor that blocks the uptake and production of **iodine** in the thyroid gland. Dry skin is a symptom of an iodine deficiency. Fluoride is not only dumped into many water supplies, but also found in many drinks/juices, food products, and medications. Thus, AVOID all water, products, and medications containing fluoride. To learn more go to: <http://www.fluoridealert.org/health/> and <http://www.fluoridedebate.com/question41.html>.

The ageing factor of fluoride is obviously being ignored in Australia. A recent study revealed that **faces of Australian women are ageing more quickly**: RN Breakfast - Separate stories podcast en mp3(11/04/2017 a las 01:14:48) 06:08 18069299 - iVoox <http://www.abc.net.au/radionational/programs/breakfast/faces-of-australian-women-ageing-more-quickly:-study/8433208>.

In essence, tax payers are paying millions of dollars in water rates each year for a toxic waste to be disposed of into their water supply, under the guise of dental treatment, at the expense of prematurely ageing their skin. Then, they spend millions more dollars on cosmetic surgery and dentistry to repair the damage! How foolish is that? Plus, damage to other parts of the body are not taken into consideration either. Recommendations and endorsements are not real science. Thus, claims of safety have no credibility. So, who really benefits?

Fluoride is very difficult to remove from water because of its small molecular structure. Thus, finding a suitable water filtration system is a challenge. Reverse osmosis filtration is very costly and leaves the water acidic and in poor condition. Fluoride filters leave a residue of alumina, which is not safe. In addition, treating the masses with a 'one size fits all' policy is highly unethical and denies people the right to choose their medical/dental treatments. There are many credible, independent scientific studies, which clearly reveal the damaging effects of fluoride. To learn more and get involved to help end water fluoridation go to: <http://fluoridealert.org>

## CHEMICAL EXPOSURE

Other offenders of skin damage are cosmetics and toiletries containing chemicals, fragrances, and alcohol. Since labelling is not required for these products, consumers don't know what they are applying on their skin. More than 95 percent of the [chemicals](#) in synthetic fragrances are derived from petrochemicals. These chemicals include: benzene derivatives,

aldehydes, [phthalates](#), and a slew of other known toxins. In addition to skin damage they can cause allergies, endocrine disruptions, birth defects, nervous-system disorders, and cancer. Some of them are cited on the EPA's [hazardous waste](#) list. AVOID them.

## **ENDOCRINE SYSTEM & HORMONES**

Maintaining hormonal balance is vital for producing healthy skin; especially during puberty. High copper and low zinc levels and ratios promote an abundance of oestrogen, which is synonymous with candida, acne, migraines, and cancer. This mineral imbalance also creates emotional havoc.

In addition to an iodine deficiency, adrenal burnout and malfunctioning thyroid/parathyroid glands also contribute to dry, aged skin. To function properly, the thyroid/parathyroid glands must be well nourished. Sea vegetables such as bladderwrack, dulce, kelp, kombu, wakame, etc. are good, natural sources of iodine. If the thyroid and/or parathyroid glands are damaged from x-rays/radiation, prolonged stress, or fluoride, serious diseases can occur. (e.g. lower I.Q., obesity, bone loss, joint pain, depression, heart disease, cancer, etc.). Well nourished thyroid (the body's emotion gland) and parathyroid glands also ensure that calcium is placed and stays in the bones and teeth where it belongs. AVOID alcohol, drugs, junk foods, GMOs, soda, sugar, and damaged fats/oils, x-rays, which damage the gland's and in turn, disrupt the body's hormone production and balance.

## **STRESS**

Stress produces an abundance of cortisol and adrenalin. Over time, this 'fight or flight' mode depletes and breaks down the body, including the glands. Stress also contributes to inflammation, which is the start of all degenerative diseases. Prolonged stress increases the calcium level in the soft tissues (e.g. skin, arteries, heart, etc.) as a defence mechanism. Thus, dry, aged skin is a warning sign of calcification of the body's arteries (arteriosclerosis) and heart disease, along with an indication of iodine and magnesium deficiencies.

Alleviating inner and outer stress helps to avoid calcium buildup in the body's soft tissues, burnout, and many other diseases. Daily meditation, tai chi, yoga, dancing, swimming, and gardening are some of the best ways to reduce the damaging effects of stress. For tips, go to: <http://mastersofhealthmag.com>

## **SKIN CARE**

Billions of dollars are spent each year on skin care and skin rejuvenation. Yet, to be truly healthy, skin MUST be properly hydrated, cleansed, and well nourished from within. Below are some tips on how to create beautiful, glowing, youthful, healthy skin.

### **BODY BRUSHING & CLEANSING**

**Body Brushing** on a daily basis is the one of the finest things you can do for your skin. It eliminates acids and old skin cells, promotes circulation, and regenerates new skin growth. Body brushing enables the skin to breathe and cleanses the lymphatic system, which contains about 44 pints of lymphatic fluid. The circular motions of tai chi, dancing, swimming, etc., pump the lymph nodes to help circulate the lymph fluid.

Body brushing before a shower may have some merit, but I recommend doing it AFTER a shower to cleanse what the shower misses. Do circular body brushing around the feet, ankles, knees, buttocks, joints, and face. Brush up and down on the arms, legs, and back.

Downward brushing under the arms, and then circular brushing around the breasts are very important for lymphatic drainage. Invest in several firm, natural bristle body brushes for your face and body to maintain healthy skin.

**To cleanse the skin**, use cold water and a mild, chemical-free skin wash such as goat milk or herbal liquid soap. AVOID harsh soaps, which dry the skin. **Nubian Heritage** produces some of the finest natural soaps. Goat's Milk & Chai w/Rose Extracts is one of their nicest. <https://www.nubianheritage.com> or <https://www.vitacost.com/nubian-heritage-1/?csrc=PPCADWINTL-AUS-nubian+heritage&mtp=vHNj6OJF%7Cpcrid%7C8912101812%7Cmt%7Ce>. To close the pores, gently rub ice on the face. To help correct the skin's pH and fade age spots, apply fresh lemon juice several times a week. Rice vinegar and Witch Hazel can also help balance the skin's pH.

## FACIALS

**Facials**, which are enjoyable, promote circulation and help cleanse the skin. However, it is important to be selective with what products and moisturizers are used in the process. AVOID products containing harmful chemicals.

## FRESH AIR, SUNSHINE, & EXERCISE

Plenty of fresh air, sufficient sunshine, and exercise on a daily basis are also necessary for healthy, glowing skin. Get outdoors as much as possible withOUT sunglasses and exercise.

## GUT HEALTH

Often referred to as the body's second brain, the gut also plays a big part the health of the body's skin. To create and maintain healthy gut flora, and in turn healthy skin, AVOID antibiotics and other medications; refined sugar and carbs; damaged fats/oils; GMOs'; fluoride; junk food; soda; coffee and other acidic, caffeine drinks. Parasites and bacterial infection from food, water, and poor hygiene can also damage gut flora. Good hygiene with your body (washing hands, etc.), in food preparation, and in the kitchen are vital. To help restore and maintain healthy gut flora, consume a wholesome, gluten-free, sugar-free, diet that includes unrefined omega 3 EFAs in balance, quality protein, organic fruits and vegetables, prebiotics, and probiotics. For more tips go to: <http://www.NourishingBasics.com/Cookbook.html> and <http://www.NourishingBasics.com/Recipes.html>.

## HYDRATION & RESTRUCTURED WATER

**Water** is the most important nourishment for the skin. However, not all water is created equal. Therefore, the type of water consumed is very important. Pure, restructured/revitalized water provides the best hydration. To learn more about water read the following books: "**Dancing With Water**" *second edition* by MJ Pangman and Melanie Evans. "**The Hidden Messages in Water, Messages from Water**" and "**The Universe and The Secret Life of Water**" by Dr. Musari Emoto. "**Your Body's Many Cries For Water**" and "**Water, For Health, For Healing, For Life**" by Dr. F. Batmanghelidj.

Also, go to:

<https://www.alivewater.com/affiliate/15101>

<http://www.dancingwithwater.com/>

<http://www.masaru-emoto.net/>

<http://quantumsoundtherapy.com/structured-water/>

<https://www.elektramagnesium.com.au/>

## HYDRATING WATER PRODUCTS

The **Vortex Water Revitalizer** is one of the most unique water water systems available.

There are several different models that can be easily attached to a sink or shower faucet, or a water filter. They can be easily removed and transported if you move. The cost starts from \$298.00, and you never need to buy filters. The Vortex Water Revitalizer is very durable and lasts for many years without any maintenance. Whole house models are also available. Mikael Lund will help you find the right model for your needs. To learn more about the benefits of the Vortex Water Revitalizer go to: <https://www.alivewater.com/affiliate/15101>

**The Water Cradle with Orgonite Holder, Tensor Ring, and Shungite Sphere** combines the golden mean ratio with the energetic benefits of laminar crystal. Crystalline materials are “tuned,” like radio receivers, to pick up specific frequencies. Mica and laminar crystal pick up many life-supporting cosmic frequencies and radiate them for the benefit of everything in the surrounding area. Laminar crystal can store a tremendous amount of energy, which results from millions of multi-directional layers resonating together. The elements in laminar crystal are maintained in a high spin state referred to as ORMUS. Laminar crystal excites individual elements in water and heightens their energetic potential. It brings structure, life force, and hydrogen to water and is ideal when used in combination with ocean salts. Together, they bring the full-spectrum of life-supporting energies to water. The Water Cradle holds 6.5 cups of water. [Read more about the Water Cradle.](http://dancingwithwater.3dcartstores.com/Water-Cradle-with-orgonite-holder-Tensor-ring-and-shungite-sphere_p_48.html) [http://dancingwithwater.3dcartstores.com/Water-Cradle-with-orgonite-holder-Tensor-ring-and-shungite-sphere\\_p\\_48.html](http://dancingwithwater.3dcartstores.com/Water-Cradle-with-orgonite-holder-Tensor-ring-and-shungite-sphere_p_48.html)

**Miracle Structured Water** works very quickly on a cellular level. True “hexagonal” structured water enhances maximum cell water turnover to support and strengthen all the bodily functions. This is accomplished by the reduced molecular size and the geometry of the molecule. The hexagonal geometry is accomplished with a proprietary scalar energy vortex imprinting, in a clean room laboratory. The base water, which is sourced directly from the purest USA Mountain Valley Spring of Hot Springs, Arkansas, is taken through 13 proprietary steps while it is stripped, polished, and prepared for the unique formulas. Proprietary frequencies are applied in a scalar vortex energy laboratory to create each unique formula. To learn more go to: <http://quantumsoundtherapy.com/structured-water/>.

## LIVER HEALTH

The liver, which performs over 700 bodily functions, is one of the most important organs that must be kept healthy. The condition of your liver and blood is revealed through the skin. If the liver and blood are polluted with toxins, chemicals, alcohol, damaged oils/fats, and/or high levels of copper, the skin will reflect this in color, texture, and and pimple outbreaks. To help repair a damaged liver, avoid all damaged fats/oils, refined sugar/carbs, alcohol, harmful chemicals, heavy metals, GMOs, and tobacco. Herbs such as dandelion and milk thistle help to cleanse and repair the liver, which in turn helps to cleanse and rejuvenate the skin.

## MASSAGE THERAPY

There are many different types of massage therapies. All of them are beneficial for the skin because they promote good circulation and lymphatic drainage. Massages also stimulates and rejuvenates the body's glands, which in turn help to restore the body's hormonal balance. When ever possible, treat yourself to a nice massage.

## NUTRITION

**Good nutrition** plays a big role in creating beautiful, healthy skin. To properly nourish the skin, repair damaged skin cells, and/or generate new skin cells, consume a diet rich in vitamins, minerals, enzymes, and essential fatty acids (EFAs) in balance. **Natural vitamins A, C complex with bioflavanoids, D, E, iodine, magnesium, zinc, and silica** are all necessary to create beautiful, healthy skin. READ the articles on the NUTRITION page at:

<http://www.NourishingBasics.com>

**The Essential Fatty Acids (EFAs) in balance** are vital for producing good, healthy skin. READ **“Know Your Fats & Oils”** by this author at: <http://www.nourishingbasics.com/Nutrition.html>. White heads and blackheads are often caused by the ingestion of damaged fats/oils, along with a vitamin A deficiency. Too much omega 6 (vegetable oils, including olive oil mixtures) can cause a deficiency in omega 3 EFAs. Particularly damaging are canola/rapeseed, corn, peanut, soy, safflower, sunflower, cotton seed oils, and margarine. For quality oils go to: <http://www.omeganutrition.com>. Omega Nutrition’s Flax Seed oil is an excellent source of omega 3. One capful/Tbsp daily, w/fresh lemon juice in your salad beautifies the skin.

Oily skin is a symptom of a vitamin A deficiency. Consumption of **vitamin A foods** and a **natural vitamin A (beta and mixed carotenoids)** supplement on a daily basis will nourish and protect the skin and mucus membranes from bacterial and viral (flu) invasion and infections. ALL yellow, orange, & dark green vegetables and fruits are good sources of vitamin A. (e.g. Pumpkin soup, sweet potatoes, leafy greens, and other vegetables according to your blood type. Organic liver is another good source of vitamin A.

Poor skin tone, redness, bruising, infections, bleeding gums, heart disease, and fatigue are symptoms of **vitamin C complex** deficiency. **Vitamin C complex** is found in high levels in the epidermis (outer skin layer) and dermis (inner skin layer). It plays a vital role in collagen synthesis (a protein that gives skin its firmness and strength). Vitamin C complex also aids in the growth of cells and blood vessels and assists in the absorption of iron and balancing the LDLs with HDLs. Vitamin C complex helps to repair and regenerate tissues and protects the immune system, the heart, arteries, veins, and circulatory system. It neutralise the effects of nitrites and free radicals and protects against a variety of cancers, scurvy, and cataracts. Never go without a good vitamin C complex that includes a high amount of bioflavanoids.

When UVB sunlight is absorbed, **vitamin D** is made in the skin from cholesterol. These vitamin D2 & D3 fat-soluble, secosteroid hormones are taken up by the liver and kidneys and then transported as calcitriol throughout the body to regulate many enzyme activities, including phosphate and calcium metabolism and homeostasis, growth, bone formation, and neuromuscular function. Vitamin D also strengthens the immune system and increases the absorption of calcium, iron, magnesium, phosphate, and zinc. Ironically, skin cancer occurrences are more prevalent in temperate regions than in equatorial regions. In fact, natural vitamin D is the strongest known anti-cancer nutrient. Ensure a good supply of natural, full-spectrum daylight and sunshine on a daily basis, without burning your skin. While vitamin D3 is the best supplement form, it is not as effective as bathing in real sunshine. AVOID sunglasses and sunblocks, which decrease vitamin D absorption by 95% and do more harm than good. When protection is needed, use a hat or clothing. READ: **LIGHT-A Vital Nutrient**, by this author at: <http://www.nourishingbasics.com/Nutrition.html>

**Natural Vitamin E** is a powerful antioxidant that provides photo-protection, which minimizes damage caused by UV rays. It also assists many other nutrients to be more effective. Natural vitamin E helps prevent stretch marks and spider veins during pregnancy and minimises scars from surgery, burns, or injuries. Select a quality natural brand that provides d’alpha, d’beta, d’delta, and d’gamma tocopherols. MRM Complete E is one such brand.

Dry, thin, saggy skin can also be a symptom of magnesium deficiency. **Magnesium** plays an important role in over 300 enzymatic reactions within the body, including metabolism of food, synthesis of fatty acids and proteins, transmission of nerve impulses, and calcium

absorption. Elektra's transdermal magnesium chloride is superior to other forms and free of harmful chemicals. To learn more go to: <https://www.elektramagnesium.com.au/articles/>

Acne and skin eruptions are symptoms of an imbalance in the body's **copper/zinc** ratio and/or levels. Wounds that don't heal, cold sores, herpes, and shingles are symptoms of zinc and lysine deficiencies and an arginine overload. **Lysine** supplements help balance an overload of arginine. **Zinc** is necessary to repair damaged cells and strengthen the immune system.

**Silica** is the beauty element that provides elasticity to the skin, capillaries, veins, and arteries. It plays a major role in collagen production and improves the structure of cartilages, tendons, hair, and nails. It helps direct the blood electricity to keep the body warm. Along with magnesium, silica enhances the absorption of calcium making it a major bone builder. Without silica, calcium starts calcifying, which leads to osteoporosis, arteriosclerosis, and dementia. Silica is also very effective in eliminating aluminum and other heavy metals that trigger MS, Parkinson's, autoimmune, and nervous system diseases. Good sources of silica are: brown rice, diatomaceous earth, horsetail, nuts, oats, oat straw tea, Romaine/cos lettuce, seeds, the skins of food, and vegetal silica supplements.

**Antioxidants** help to eliminate sun and age spots and protect against skin cancer. Consume a diet rich in antioxidants that include: vitamins, A, C, E, carotenoids, selenium, flavonoids, polyphenols, lycopene, lutein, lignans, co-Q10, glutathione, and super oxide dismutase.

## SKIN CARE PRODUCTS

**Elektra Magnesium Products** are formulated with the highest quality ingredients, avoiding the use of toxic chemicals. They comprise rich plant oils and butters infused with wild sourced natural magnesium chloride flakes (food grade). Elektra Magnesium products are manufactured in Australia in a TGA accredited facility and to the highest manufacturing standards. Their products offer the most dense nutrient load in body care products to make available an absorbable form of magnesium which reaches cells much faster and more efficiently than magnesium from oral tablets or powders. Elektra Magnesium products are also more 'user-friendly' and pleasant to use on a regular daily basis, leaving the skin in beautiful condition. Transdermal magnesium ensures a good supply of available and absorbable nutrients to cope better with the stresses of life. There are three categories of magnesium products that you can choose to combine in any way you like for optimal magnesium supplementation – and the best skin care!

<https://www.elektramagnesium.com.au/>

**Pearl Nourishing Moisturizer** beautifies the skin by providing moisture and proteins, which enhance elasticity and minimize fine lines and wrinkles for a smooth, youthful appearance. It is specially formulated with pearl powder and a blend of Chinese herbs in an oil-free fruit base. It spreads well and can be applied under make-up. NO harmful chemicals, ingredients, or animal testing are used with this uniquely natural product.

<http://www.NourishingBasics.com/Beauty-and-Image.html>

To **ORDER** go to **Shop & Recommended Products** page & **CLICK** on 'Add to Card'; or email your name, address, & tel. contact to: [Order@NourishingBasics.com](mailto:Order@NourishingBasics.com); or call +1 310 383-2345 (USA), or +617 5478-5885 (Australia)

There are numerous other fine skin care products on the market. But, before you apply anything to your skin, be sure to check the purity of the ingredients along with the integrity and knowledge of the people behind the product.

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