



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Dry Skin?

Give This Wellness Program A Try!

Dealing with Dry Skin

“When our skin is healthy, we have more confidence. Make sure you are getting the essential fatty acids your body needs for healthier, younger looking skin.”

When your skin is dry, chapped, or cracking, your body is talking to you. Are you listening? Dry skin can range from mild to severe, slightly uncomfortable to very painful. So, what should you do? Sure, you can use moisturizers and lotions, but many contain chemicals, which are absorbed into your skin, and ultimately, they only provide temporary relief. They don't fix the real problem. Your body is signaling outwardly that there is an internal problem.

Dry skin is a classic sign of an essential fatty acid need. Essential fatty acids are the good oils, like fish oils or oils from seeds and nuts. We become deficient because our diet may not include enough of these oils. Don't feel too bad. Many people lack these

essential fatty acids, until they learn how to add them to foods and how to supplement regularly. Knowing how much and how often to supplement is important too.

Here's an example. My brother Jerold supplements regularly with Biomega-3 Liquid, a pleasant lemon-flavored fish oil that's easy to take. If you've seen other Wellness Minutes, you may remember it was Biomega-3 Liquid that helped our neighborhood friend with migraines and Kevin's chronic back pain.

So, my brother Jerold was taking about 3,000 mg daily for overall health and prevention. That comes to 3 capsules of Biomega-1000 or 1 1/2 tsp of BioMega-3 Liquid. But the

winter temperatures caused him to experience dry and cracked fingers. He said his fingers were so rough that when he tied his necktie, the silk would fray due to his cracked fingers. So, in addition to what he was taking, he doubled the dose, by drizzling BioMega-3 Liquid on a salad every day.

In 2 weeks, the cracks were gone. Once he reached sufficiency, he cut back to his regular dose. This case shows that even though he was taking a sufficient dose, the stresses of the cold added extra strain on his biochemistry, to the point where he needed more.

Here's a similar story how regular long-term use of essential fatty acids worked

This is a transcript from a “video magazine” we send out each week called the Wellness Minute.
If you're not getting our Wellness Minute videos each week, sign up at the front desk.

internally to correct dry skin. A friend I've known for 18 years recently told me how he was addicted to lip balm. He used it every winter as long as he could remember. His lips got so chapped he couldn't get through a winter without it. He began to show an interest in wellness, and about two years ago, he started taking essential fatty acids regularly.

Two years later, one wintry day, he observed someone applying lip balm. It suddenly occurred to him for the last two winters he hadn't needed lip balm. Even though he was taking essential fatty acids for vascular health, to his surprise, it prevented dry, chapped lips. I have heard lots of stories how essential fatty acids in the right dose have helped dry skin, but I hope you get the point.

Your skin can tell you a lot if you pay attention. Your body has approximately 50 -100 trillion cells. Each cell is covered by a thin membrane that consists of 2 layers of essential fatty acids. They are called essential because our bodies can't function without them.

Essential fatty acids help to keep the cell membrane soft and permeable, meaning healthy nutrients can get into the cells and toxins can leave. A deficiency of good oils can cause the cell membrane to become "sluggish." Not only will nutrients have trouble getting in,

but natural waste products and toxins can become trapped in the cell. Toxins build up in the cell, picture a type of, "cellular constipation", which causes cells to age faster.

We can get our cells working again by feeding them what they need. Beyond cell membranes, essential fatty acids are needed for hormones, immune function, pain and inflammation reduction, blood sugar stabilization, healthy heart and blood vessel function.

Essential fatty acids and particularly fish oil is the number one class of anti-aging supplements. You can order essential fatty acids through your clinic right here on this page. Click and get started. You'll like Biomega-3 Liquid fish oil because it has a subtle pleasant lemon flavor. Start with 1 tsp daily. If you don't see results, double the dose. The latest research shows the anti-inflammatory properties are most effective when you are taking 4 grams a day. By the way, it's good to rotate oils, so make sure you are eating extra virgin olive oil as well.

If you need more help, give your Wellness clinician a call at the number on this page. When our skin is healthy, we have more confidence. Make sure you are getting the essential fatty acids your body needs for healthier, younger looking skin.