



Wellness Minute

Health Information You Can Use On Your Path To Wellness

Try This

Free 10-Second EFA Test

At Home



Try EFAs For Dry Skin

“If a small amount of friction causes skin to slough off, it is a classic sign of an essential fatty acid deficiency.”

Here's a simple approach to "Dry Skin." Rub your arm and see if your dry skin flakes off. If a small amount of friction causes skin to slough off, it is a classic sign of an essential fatty acid deficiency.

not realize it, but beyond cell membranes, EFAs are needed for hormones, immune function, gut health, pain and inflammation reduction, blood sugar stabilization, as well as healthy heart and blood vessel function.

"dry skin?" The first thing we want to address is hydration. Are you drinking 8 glasses of pure water a day? Water is essential for many bodily functions, but especially healthy skin.

How important are essential fatty acids? For one thing, essential fatty acids are essential for life. Our bodies can't make them. Every one of our 100 trillion cells has two ultra-thin layers called the cell membrane. Some researchers are calling the cell membrane the intelligence of the cells because it protects and supports the life of the cell. Essential fatty acids help to keep that membrane soft and permeable, meaning healthy nutrients can get into the cells and toxins can leave. You may

And another bonus... essential fatty acids, and particularly fish oil, are the number one class of anti-aging supplements. When you brush your skin and see the dry skin flakes, it's a valuable indicator that you are low in essential fatty acids. But beyond symptoms, the real value of taking supplements is when we build cellular reserves. Cellular reserves are built when the symptoms have disappeared.

Next, add essential fatty acids. Some oils on the market are rancid, that's why I always recommend oils by Biotics Research because they test for rancidity before and after production. Wellness clinicians generally start with a teaspoon of Biomega-3 Liquid, twice a day with meals, which will supply 5 grams of EPA and DHA. You can take it by the spoonful or add it to salads or in protein shakes.

So, what are some of the ways your wellness clinician will treat

My brother Jerold was taking fish oil, but when the winter

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temperatures caused him to experience dry and cracked fingers, he increased the dose to 5 grams of Biomega-3 Liquid on his salads. In 2 weeks, the cracks were gone. Once he reached sufficiency, he cut back to his normal daily dose.

A friend mentioned how he was addicted to lip balm every single winter for as long as he could remember. He started taking Optimal EFAs regularly. Optimal EFAs contain organic flax seed oil and organic black current seed oil as well as EPA and DHA - Omega 3 Fatty Acids from small fish. After taking Optimal EFAs for an extended time, two years later, on a wintry day he observed someone applying lip balm. He thought to himself, "I don't buy that stuff anymore because my lips are NEVER chapped."

Next, make sure you reduce, better yet stop, all hydrogenated processed seed oils like corn, safflower, sunflower, canola, cotton seed, grapeseed, rice bran, and soy oil. These oils are high in omega 6 oils and cause inflammation when used in excess. Historically, the best ratio of omega 6 to omega 3 oils is 4:1 or less. Researchers share that the average American ratio is 15:1 and frequently higher when inflammation and pain are part of the clinical

picture. So, by increasing Omega 3 oils and reducing Omega 6 oils you are setting the stage for your body to reduce systemic inflammation and support cell membranes.

Of course, you may also add organic oils topically like coconut, walnut seed, apricot seed, or sesame seed instead of processed skin lotions. Because everything we put on our skin will be absorbed internally. My personal rule for things I put on my skin is that if I wouldn't want to put it in my mouth and eat it, I won't put it on my skin.

If dry skin is still an issue after 60 days, your wellness clinician will consider supplementing orally with iodine, zinc, probiotics, as well as vitamins D and vitamin A. They might ask questions to make sure you have a healthy liver and gall bladder. Obviously, it won't do any good to take oils if they are not being digested and assimilated.

Rub your arm to see if dry skin flakes up. You may need to start a conversation with your Wellness clinician about essential fatty acids, especially if you have existing pain and inflammation.