



Heal Your Skin

From Acne to Eczema

A Holistic Approach

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Today you will learn...

Your skin is your first line of defense

Your skin is a barrier and a detox organ

The triggers that cause the most common skin issues

How to treat skin conditions naturally

What inflammation, gut issues and diet have to do with skin health

Recipes for natural skin products



**WHAT SKIN ISSUES ARE
YOU DEALING WITH?**

Acne

Eczema

Gluten Rash

Lupus

Psoriasis

Rosacea

Wrinkles

Age Spots



Factors that Contribute to Skin Issues

Heredity

Hormones

Digestive Imbalance

Allergies

Stress

Diet

Environmental Toxins

pH of body

Nutritional Deficiencies

Drugs (BCP, Steroid,

Lithium...)



Epidermis Barrier

Waterproof

Protects from UV Rays

Dermis

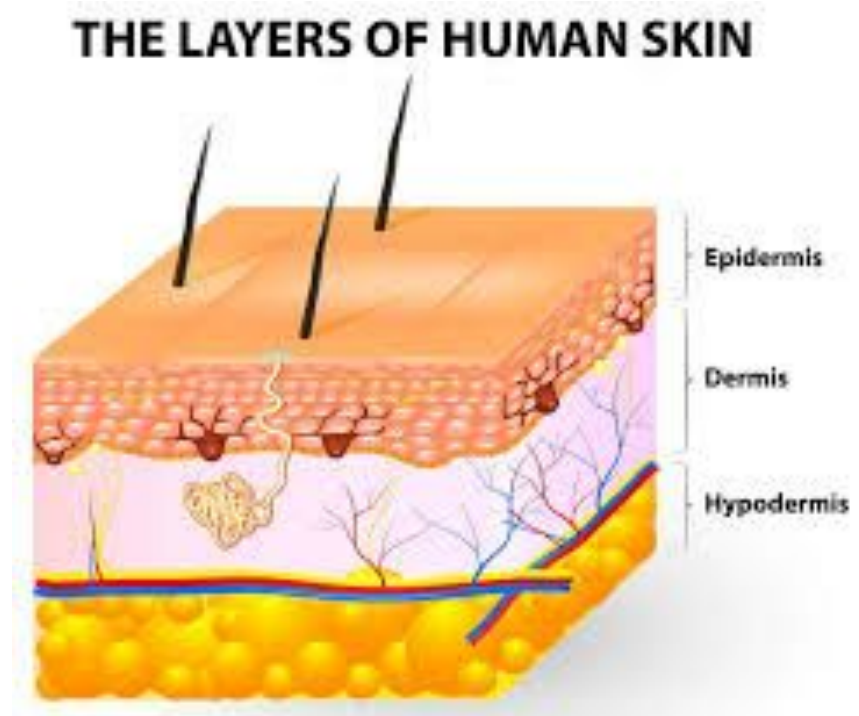
Sweat glands

Blood Vessels

Nerve Endings

Hypodermis

Fat layer for insulation



The Third Kidney

The skin is the largest organ

The skin is a detox organ

The skin flushes out toxins

Eliminates toxic waste products through sweating

If the kidneys and liver are overburdened by toxins then the toxins escape through the skin causing inflammation and damage to the skin

A sluggish colon can cause skin issues due to the back up or recirculation of toxins



Detoxification for your Skin

Sweating

Daily bowel movements

Water intake

Avoiding toxins ingested or topically



Avoid Exogenous Hormones

A 2005 study showed that milk from pregnant cows increases hormones ingested from milk, cheese, yogurt, whey, ice cream

These hormones affect the oil glands in the skin converting to DHT turning on cellular activity that causes acne

Organic dairy contains less but still some

Use rice milk or coconut milk



Avoid Toxins from the Outside

Skin products and makeup with parabens and phthalates

Chemical laden skin products

Soaps and shampoo

Laundry detergent and dryer sheets

Air out dry cleaning outside

Household cleaning products



Check EWG.org for safe products or make your own

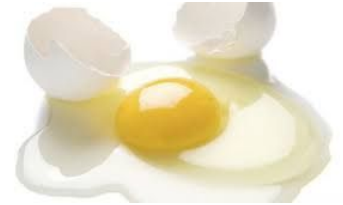
Avoid Toxins from the Inside

BPA in the form of plastic wrap, plastic water bottles, canned food



Use Glass

Avoid microwaving food in plastic



Unfiltered water has estrogen from BCPs in the water supply system

Get a Water Filtration System for your home

Conventional Eggs are hormone bombs.

Eat organic eggs.



**WHO HERE
HAS GI ISSUES
(GAS, BLOATING, DIARRHEA,
CONSTIPATION)
AND SKIN ISSUES?**

Check for Food Sensitivities

Scratch Tests

IGE

Blood Tests

IGE, IGA, IGM, IGG

Muscle Tests

NAET



Healthy Skin Requires a Healthy Gut

Chew your food well

A healthy amount of stomach acid and digestive enzymes

Optimal amount and diversity of intestinal bacteria in the colon

Proper elimination

Do a, doctor supervised, liver detox twice a year

Green veggie smoothies once or twice a day

Consider a Fasting Mimicking Diet or Intermittent Fasting



Alpha-Hydroxy Acids

Help to exfoliate skin by removing the dead skin cells that clog the oil glands

Grapes

Strawberries

Pineapple



Zinc

Necessary for the immune system

Antibacterial

Necessary element that is needed for the oil producing glands of the skin

A diet low in zinc may cause flare-ups of skin conditions

Nuts, Seeds and Grains



Vitamin A

Eggs

Liver

Sweet Potatoes

Carrots

Cantaloupe

Dried Apricots

Spinach

Mango

Vitamin A Sources



Liver



Fish



Carrot juice



Cheese



Sweet potatoes



Squash

Essential Fatty Acids

Flax Seed

Salmon

Brazil Nuts

Herring

Sesame Seed

Sardines

Avocado

Walnuts



Colostrum

What is it?

Contains immunoglobulins than can suppress allergy reactions

Full of antioxidants to protect against environmental factors like sun and premature aging



Collagen

Main component
of connective
tissue made of
amino acids
(protein)

7 ways that
COLLAGEN
can **BOOST** your **HEALTH!**

	1 IMPROVES SKIN & HAIR
	2 REPAIRS JOINTS
	3 HELPS LEAKY GUT
	4 BOOSTS METABOLISM
	5 STRENGTHENS TEETH & NAILS
	6 HELPS DETOX
	7 REDUCES CELLULITE/ STRESS MARKS

Argireline

Applied topically

Decreases the appearance of lines and wrinkles in the skin

Relaxes facial tissue

Safer than injecting botulism poison with similar results

Research published in the “International Journal of Cosmetic Science” in October 2002 reported Argireline to **reduce wrinkle depth in women by 30 percent after 30 days of use without the risks posed by injections.**

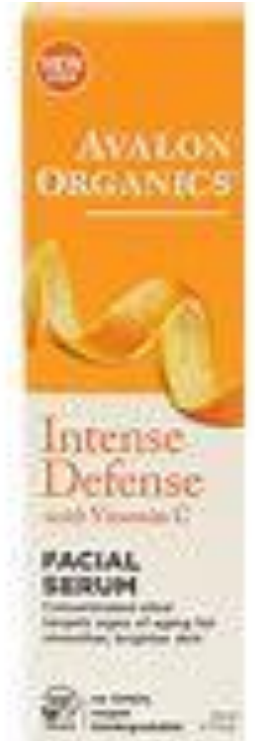


Vitamin C

Stimulates collagen

Antioxidant

Protects against
damaging effects of the
environment (smoke,
chemicals and UV rays)



EmuAid

Emu Oil- Improves hydration and prevents water loss

Colloidal Silver- Antimicrobial and Antifungal

Tea Tree Oil- Antimicrobial and Antifungal

Bacillus Ferment- Enzymatic exfoliant with similar effects to AHA

L-Lysine- Helps build collagen and fights acne and the herpes virus

Phytosphingosine- Part of the natural defense system of the body

Ceramide 3-Helps to retain water



CBD Oil Balm

Agricultural hemp-derived CBD Oil, delivering cannabinoids, naturally occurring vitamin E and fatty acids.

Often works better than a steroid cream

Can be used for eczema and psoriasis



A quick course on CBD

The body has an endocannabinoid system that allows for cannabinoid compounds to communicate with every organ of the body.

The body makes cannabinoids like anandamide and 2-arachidonoylglycerol as needed.

Phytocannabinoids like CBD use this pathway to affect the body and help restore balance.

It has a good safety record and does not cause psychotoxic feelings like euphoria.

Does not contain THC and will not show positive for THC on a urine drug test unless used in high doses daily.



Dry Skin

Allergies

Loss of sweat and oil glands

Overuse of soaps, perfumes, hot baths,
deodorants

Lack of essential fatty acids in diet



Aging Skin

We spend billions on skin care products for...

Wrinkles

UV rays

Age spots

Smoking

Loss of elastin

Effects of gravity



www.EWG.org/SkinDeep

Age Spots

Avoid too much sun

If you have to be in the sun too long wear a sunscreen with healthy ingredients

Keep estrogen in check

Get tested

Avoid plastics, BPAs, BCPs, commercial animal products...

Eat foods high in antioxidants



3rd Rock Sunscreen



Jouve Dark Spot Corrector

Fungal Infections

Candida Albicans overgrowth

Thrives in warm, damp areas

Worse with sugar or refined carbohydrate intake



Eczema

Scaly red patches

Often related to food and environmental sensitivities

Also triggered by toxins, infections, radiation, surgery and stress

Increased incidence with family history of autoimmune or the allergic triad of allergies, asthma and eczema.

May be triggered by **histamine** foods: fish, deli meats, aged cheeses, dried fruit, citrus, pickles, yogurt, kefir, kombucha, sauerkraut or anything fermented.

Decrease inflammation with ginger, turmeric and garlic



Psoriasis

Scaly red patches

Autoimmune condition

Triggered by:

Gluten and dairy sensitivities

Yeast overgrowth in the gut

Heavy metal exposure



Testimonial



Firming and Anti Aging Skin Serum Recipe

2 TBSP. [Rosehip Seed Oil](#)

2 TBSP. [Sweet Almond Oil](#)

10 drops of [Cypress essential oil](#)

10 drops of [Geranium essential oil](#)

7 drops of [Frankincense Essential Oil](#)

Mix all ingredients in a [2 ounce glass bottle](#). You can use this serum morning and night. I prefer to only use mine at night. Like all serums, less is more. It only takes a small amount to cover your entire face and neck. If you use too much, you will feel quite greasy!

<http://www.primallyinspired.com/firming-anti-aging-skin-serum-recipe/>

Eczema Cream <https://draxe.com/eczema-cream/>

- ½ cup raw shea butter
 - ½ cup coconut oil (optional: ¼ cup olive oil or almond oil)
 - 1 tablespoon local honey
 - 30 drops of lavender essential oil
 - 8 drops of tea tree essential oil
 - optional additions: 5 drops of geranium essential oil and/or 5 drops of myrrh essential oil
1. Using a double boiler or something similar, melt the shea butter and coconut oil until they're combined.
 2. Add the honey and continue to stir.
 3. Once everything has melted and is well blended, add the lavender and tea tree oils. Continue to blend.
 4. Slightly cool the ingredients so that it will begin to thicken, but keep it soft. You can put the solution in the refrigerator for a few minutes to speed up this process but not for long. You do not want it to harden too much.
 5. Using your mixer (either hand-held or a stand mixer), mix for several minutes until it has a frothy appearance, eventually developing the consistency of lotion. You can achieve this by continuing to mix about every 10 minutes.
 6. Transfer to the mason jar or other container.
 7. Store at room temperature or in the refrigerator. It will stay a bit softer at room temperature which may make it easier to apply.

References

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