Here is a compilation of my experience with skin problems of many kinds. I believe that these are the most difficult to diagnose and heal. I am always looking for wonderful new skin remedies! So please, stay tuned!

**Acne**

Acne is associated with genetic factors, hormonal imbalances, a junk food diet, and emotional problems. It is associated with excess secretion of the sebaceous glands, which secrete an oil (sebum) to prevent aging. Testosterone, a major male hormone also present in women, stimulates secretion of this oil during puberty. In acne prone individuals, excess sebum accumulates in skin follicles and feeds the always-present bacteria. As the oil breaks down into fatty acids, the cells lining the follicles stick together causing clogged pores impacted with dead cells. This leads to whiteheads, blackheads, pimples and cysts. First, let’s summarize causes. I will skip the genes. Everyone has them. If you have acne genes, then you are predisposed to acne but that doesn’t mean you have to get it.

**Hormonal Imbalances Related to Acne**

Low thyroid function is a primary causal factor in acne. Why? Because when thyroid hormone is deficient, the body cannot convert cholesterol to the anti-aging steroids, including pregnenolone, progesterone and DHEA. Of these, progesterone is the most important hormone in the prevention and cure of acne. It inhibits both estrogen and testosterone. Although progesterone is the major female hormone, it is also helpful for males with acne. Dr Raymond Peat has a cream containing 3% progesterone, which is useful in this purpose. Peat reports his studies using dissolved progesterone on both females and males. Both experienced a regression of their acne. Peat says that his clients consistently reported that the use of progesterone at the first sign of a pimple stopped the development and prevented the outbreak, and within a few days resulted in a relatively clear skin. In males, this progesterone support is important because it inhibits the excessive testosterone present in male (and some female) acne sufferers. However, I must caution males to not inhibit their testosterone to the extent that they lose their whiskers and libido!

Why is the thyroid hormone so important in acne? Because the thyroid hormone along with adequate vitamin A works by ensuring progesterone formation, providing you have adequate LDL cholesterol.

**Dietary Factors**
Please read my dietary rules list. I always tell people to avoid a junk food diet. This includes all processed, refined, junk foods and non-foods such as all commercial dairy, meat, poultry and eggs. Sometimes, just avoiding junk and processed foods is enough. But, if you have hormonal problems, changing your diet will not be sufficient.

There are many nutrients important in preventing skin conditions. Instead of taking megadoses of synthetic vitamins and minerals, why not eat an organic, whole foods diet? This will supply you with adequate amounts of B-vitamins, minerals, including zinc, folic acid and the entire B complex including biotin, and the fat soluble vitamins, such as vitamins A and E, both of which are very important in skin health.

Friendly bowel bacteria are called probiotics and have many beneficial functions in the intestinal tract. Among them are Lactobacillus acidophilus, Lactobacillus bifidus, and Streptococcus faecium. These are not enzymes but they help the body produce enzymes such as protease, lipase, and lactase, B vitamins, and natural antibiotics, which inhibit at least 27 types of pathogenic bacteria. They thus aid healing of skin diseases including acne.

*What about vitamin A treatments?*

Dr. Peat says that thyroid hormone plus natural vitamin A work to ensure progesterone formation. It is very important for you to know that there are some poisonous vitamin A products out there. The vitamin A that Peat recommends is retinyl palmitate, a very pure form of vitamin A. This can be applied directly to the skin. He does not recommend internal use of vitamin A.

Unfortunately, most acne sufferers use poisonous, synthetic forms of vitamin A. These include: Retin A and Acutane. Retin A causes bone disease. It makes bones spotty and soft. Acutane causes birth defects and adrenal insufficiency.

*Emotional Problems*

Severe emotional problems suppress the immune system, reduce thyroid function, and contribute to all problems, including acne. I am listing these problems here so as not to negate the importance of emotional health and realizing when there are emotional problems that need to be resolved.

Below is a general program for acne sufferers. It will differ according to the specific enzyme and dietary deficiencies of the sufferer.

*Nutritional Program for Acne Sufferers*

- Eat a whole, organic food diet. Avoid processed, synthetic foods. This includes all refined sugars, grains, processed foods and junk foods.
- Use a multiple digestive formula to facilitate digestion of your foods. Find out what you have trouble digesting and minimize it.
• Check your thyroid function. If you have a sluggish thyroid gland, you are a candidate for acne (and a lot of other health problems).
• Women should use Peat’s 10% progesterone oil. Men should use the 3% progesterone cream. Refer to the chapter on anti-aging steroids for more details.
• Use topical creams. These include: natural progesterone in vitamin E, retinyl palmitate and creams containing salicylic acid (active ingredient in aspirin) and alpha-hydroxy acid (glycolic acid).

Success Stories:

The boy who wouldn’t eat protein: A 15-year old boy came to my office. When I met him, I marveled at his wonderful good looks, apparent good complexion, wonderful curly hair and extremely polite behavior. I said, ‘why did you come?’ He replied, ‘because I have acne and I want to get rid of it.’ I looked more closely. Yes! Upon closer examination, I saw that, indeed, there were a few areas that did have some acne eruptions. Since I knew the boy’s mother and that this boy was taking adequate amounts of enzymes, thyroid supplements and eating a fairly good diet, I questioned the concerned boy. ‘How much protein are you eating?’ I asked. ‘Not much,’ was his reply. ‘Perhaps you should increase your daily protein.’ The young boy took my advice to heart. He increased his daily protein. He started eating more organic eggs, more raw cheese and raw milk, more potatoes and fish. In less than two weeks, his acne disappeared. Why? Because adequate protein is required to make the thyroid hormone and to convert the inactive form of thyroid hormone (T4) to the active form (T3) and low thyroid function is a causative factor in skin problems.

The young woman who developed cystic acne: This is the story of an 18-year old woman who developed severe cystic acne following 3-4 years of antibiotics beginning at age 13 for very mild acne, including Tetracycline and related forms (Minocin and Minocyclin), Augmentin and Amoxicillin. At 14 she began 3 years of oral contraceptives for ovarian cysts. This was hard for me to fathom, since the estrogen in birth control pills causes ovarian cysts, not to mention the synthetic progesterone (progestin), which also has estrogenic properties. Then on May 1, 1995, she received a shot of Depo provera (a progestin) for the cyst. Following this shot, she gradually developed severe cystic acne.

When she walked into my office, I observed a very petite, pretty and beautifully dressed girl with a voice that would melt butter, who could have been a model had it not been for her face, which was very inflamed and covered with large cysts and scabs. She said her face hurt so much she couldn’t touch it. She said, “I have had this acne for about five months. I don’t feel like myself. I am very spacey, lightheaded and fatigued. I am so moody that I have lost many of my friends. I am very self-conscious and depressed. I eat a totally vegan diet with no animal or dairy products, yet I feel horrible.”

Although her face was her major complaint, she also had other health problems and frequently got sick with flues, colds and bronchitis. She still had painful ovarian cysts in one ovary and her periods were irregular. Nausea was so constant it was difficult for her to eat. Social engagements caused great anxiety.
Her initial urinalysis showed extreme sugar intolerance (she craved sugar), a severe vitamin C deficiency, low calcium, a salt deficiency and severe allergies. Other testing showed a very sluggish thyroid gland, adrenal insufficiency, candidiasis, liver and spleen problems (related to the many drugs and a suppressed immune system), and constipation. Her past history included physical abuse by her father, rape, smoking and anorexia. In fact, she had moved away from her family to start a more healthy life on her own.

In addition to the above physiological problems, she had severe structural problems, including a misaligned atlas (from an injury), a misaligned coccyx (tailbone). Also one leg was two inches shorter than the other, causing abdominal muscle cramps. These problems were corrected by chiropractic therapy over a period of time.

My first effort was to work on her immune system, clear the yeast infection, relieve the nausea and the allergies, improve her diet and digestion, and help balance her hormonal system. Her initial program included the following supplements.

- **PAN**: a digestive formula, which includes the disaccharidases for sugar-intolerant people.
- **Adr**: an enzyme formula containing a source of B vitamins plus high levels of sucrase, for severe sugar intolerance and related mental and emotional problems including mood swings.
- **Nsl**: an antioxidant, vitamin C formula that also relieves a stuffy nose.
- **Skn**: an enzyme-herbal formula for the liver, intestines and kidney. This is specific for skin problems, including psoriasis, eczema and acne.
- **Kdy**: a kidney-lymphatic formula which helps relieve many symptoms, mainly allergies, but also swollen glands, nausea worse in women during menses and pregnancy, kidney pain, frontal headaches and low blood sugar.
- **TRMA**: containing protease and catalase plus minerals. This is the major immune system formula and is used for any kind of infection. It also relieves anxiety.
- **Thyroid glandular.**
- **10% natural progesterone in vitamin E oil.**
- **3% natural progesterone cream.**

In addition to diet and digestion, I consider thyroid and progesterone essential in acne. Peat considers acne causally related to low thyroid function, low progesterone plus vitamin A deficiency. He does not recommend taking vitamin A internally but does recommend the use of Retinyl palmitate (pure vitamin A) topically.

Regarding diet, I strongly recommended that she start eating animal protein daily. She grudgingly obliged, beginning with raw cheeses, potatoes and occasional fish. I also told her to eliminate all thyroid inhibitors, such as all raw cruciferous vegetables (cauliflower, broccoli, cabbage and brussels sprouts) - cooked is okay; all polyunsaturated oils (PUFA - canola, safflower, soybean, flax, etc.); fluoridated water; and foods with pesticide residues (estrogenic and therefore suppresses thyroid secretion).
The progesterone cream and oil relieved her pain and the inflammation on her face but this was only the beginning of her healing journey, which was on a long road with many hills and valleys over the next six months. She felt immediately better but in a month or so, got a respiratory flu, which set her back and took at least a month to heal. For this flu, she took Rsp to help relieve a relentless cough, in addition to the TRMA for the infection. Gradually, her immune system improved and with it, her acne, although flare ups would occur with periods of bad diet and high stress. Gradually, the cysts began to shrink. Her forehead was the first to clear. With each milestone, she grew more hopeful. With each setback, she lost hope temporarily.

She came often for an update in her program. I used other enzymes as her body indicated. At one time, she took a round of Lvr to cleanse the liver, Spl, to aid in healing the spleen and supporting the immune system along with the TRMA formula, which she took everyday.

She used many healing creams and lotions to help heal her face and relieve the inflammation. Let me list important ingredients in these creams and lotions:

- **Progesterone cream (3%) and oil (10%):** Progesterone not only relieves pain, it helps heal cysts and scars. The vitamin E in the oil is an added benefit. She dabbed the oil on her cysts every other day.
- **Alpha hydroxy acid (glycolic acid):** this is a component in many skin creams. It helps shrink the pores and to slough off dead skin. It is excellent for pimples but did not help the cysts.
- **Zinc:** an important mineral for skin healing. Certain skin enzymes require zinc to become activated.
- **French Green Clay:** special clay that helps draw out toxins and puss from infections.
- **Retin A cream.** Retin A is synthetic vitamin A and is very toxic, causing bone diseases. It did help her condition but I quickly ordered her some Retinyl (vitamin A) palmitate, a pure and odorless form of vitamin A to replace the Retin A. Anxious to heal, she refused to stop taking the Retin A until the Retinyl palmitate arrived!

It has now been seven months. She is strong enough to work and go to school. Her immune system and her acne continue to improve. In fact, when I look at her, it is hard for me to believe that this was the young woman who cried so hard in my office and told me that she thought she would never heal.

**The woman who wanted a peaches and cream complexion:** A 43-year old business woman with dark hair immaculately done walked briskly into my office, dressed in a neat business suit, her high heels clicking and her attaché case in her hand. She had many health problems and she rattled them off in a hurried manner indicative of her fast paced, hectic career-oriented life. These included: food allergies, especially to sugar, frequent bladder infections, PMS, hot flashes, candidiasis and acne. Being quite concerned about her looks, her acne, though not severe, was her major complaint. ‘I used to have a beautiful complexion, she said, and look at me now!’ She pointed to several cysts. ‘The dermatologist wants to operate on this one,’ she said, pointing to a cyst on her nose.
Her diet consisted mainly of foods from trendy San Francisco Bay area restaurants that served pasta, fish, salads, gourmet soups, steamed vegetables and potatoes or rice.

A urinalysis indicated a typical pattern of sugar intolerance, low calcium, excess acidity, and kidney-lymphatic stress leading to allergies. Further testing indicated a yeast problem plus a urinary tract inflammation. Her thyroid test indicated low thyroid function, which is why, even with her relatively good diet, she still had acne. It was obvious that she needed thyroid and progesterone therapy in addition to a multiple digestive enzyme formula, an allergy formula and a remedy for candidiasis.

My discovery in this case was the profound effect of the formula for candidiasis on her acne. This formula, SmI has a large amount of cellulase in it, which digests pathogenic yeast. Almost overnight, her acne started to clear. I attribute this to the probiotics in the SmI formula, such as Lactobacillus acidophilus and related species of friendly bowel bacteria. Her cysts took longer to heal and for this I told her she would gradually improve as her thyroid gland healed and she took adequate progesterone to balance her estrogen level.

For her urinary tract (bladder) problem, I gave her UrT, a special formula for inflammation of the bladder (cystitis). During periods of infection, I gave her TRMA, which also has a healing effect on all soft tissue and therefore is an aid in the healing of skin. Later, I found that the cause of her frequent bladder infections was the use a spermicidal foams. When she eliminated them, her bladder problems ceased.

**Allergic Bee Sting, Bug Bites, Poison Oak/Ivy, Hives, and Sunburn**

Amylase herbs (Thera-zyme DERM), high in amylase are the major enzymes used for all skin manifestations except sun sensitivity and sun-triggered herpes (cold sores triggered by sunshine). Sometimes Thera-zyme Lvr is used, in addition to DERM.

**Success Stories:**

*A case of poison oak:* My daughter went on a camping trip with her class to a beautiful place near Yosemite, California. During the trip, she was exposed to poison oak, although she was not aware how it occurred. Many students had an outbreak. One teacher was hospitalized. My daughter refused a cortisone shot, but since she had no enzymes with her, she took some benedryl. When she came home three days later, her face was swollen, her eyes puffy, and she had a full body case of poison oak. I immediately started her on Thera-zyme DERM plus a homeopathic remedy (Anacardium). She got immediate relief from the itching an oozing. In three days, she was nearly back to normal. A month later, she went into the woods where we live and got another case, but this time, the immediate use of the enzymes and homeopathics was enough to control the outbreak and keep it at a minimum. Other popular homeopathics for poison oak include Rhus tox and Croton tiglium but these did not work for my daughter.
An unusual case of hives: A 55-year old man presented with no particular complaints. He said he wanted to improve his life style and remain healthy. Since his wife had come to me before him, his diet had already been improved. His urine showed a pattern of fat and sugar intolerance and a severe vitamin C deficiency, but was otherwise normal. I sent him home with Thera-zyme Bil for fat intolerance, Thera-zyme SvG for sugar intolerance and a vitamin C formula (Thera-zyme Opt). A month later he called me complaining about the appearance of hive-like sores on his lower back and hands that had progressively worsened and had opened up and started oozing. I told him that I thought the enzymes were digesting toxins and that he could not eliminate them through normal channels -- the urine and feces. I asked him if he had been exposed to any environmental toxins. At first he said “no,” but after more questions he told me that he sprayed pesticides on his lawn every two weeks without a mask or gloves. He also told me that his water came from a well on his property. I told him to come immediately for another test. He did and I now found the need for not only Thera-zyme DERM to relieve the hives but also a kidney-lymphatic formula (Thera-zyme Kdy) plus a formula to help cleanse the blood and for soft tissue trauma (Thera-zyme TRMA). Needless to say, he stopped using pesticides. In several days, his wounds began healing and they have not returned.

The woman who could not sunbathe: A beautiful 19-year old woman with red hair, pale blue eyes and very fair skin complained to me that she could not sunbathe because her skin would turn bright red and burn. I gave her a bottle of Thera-zyme DERM and told her to take 6 capsules daily plus use coconut oil on her skin when in the sun. A month later she beamed into my office with a lovely golden tan and told me that she took a sunbath of about 30 minutes daily and hoped that her room mates would not mow the lawn because then she would have to put on clothes.

Bee Sting Scare: Dr. Loomis told me this story. A woman came to his office for a chiropractic adjustment. Just as she opened the door to his office, a bee hit her forehead and stung her. She gasped, “I am allergic to bees and do not have my bee sting kit with me!” Dr. Loomis gave her four DERM capsules immediately. He then gave her a bottle of DERM and told her to repeat the dose if necessary. After her adjustment she left with her enzymes. The next day, curious about what happened, he called her and asked, “How are you?” “Fine,” was her reply. “How many doses of the DERM did you take? “Only the one you gave me,” she replied. “Nothing developed, so I didn’t take another dose.”

I can’t assume that only one dose is needed in every situation but it sure did the job in this particular case.

Herpes

Although herpes is a virus, its outbreak is triggered by nutritional factors -- the two most important of which are calcium metabolism problems and an overly acidic oral pH. It is commonly believed that sunshine triggers herpes outbreaks but the real culprit is nutrient deficiencies, primarily vitamins A, and E, all of which are involved in the transport of ionizable calcium into the soft tissues of the body. Vitamin D helps transport calcium from the stomach into the blood. Fatty acids transport calcium from the blood into the tissues. Suppose you are
sitting in the sun making plenty of vitamin D and transporting calcium into your blood, but you have a fatty acid deficiency. The calcium cannot get into the tissues from the blood. This leads to sun sensitivity and some people get sun rashes or welts, especially around the belt or clothing lines where there is pressure) as well as itchy skin. Also, lack of calcium in the intercellular spaces is believed to contribute to herpes, because it causes the surface epithelial cells to separate.

The second commonest nutritional factor is an acidic (low) oral pH, which is the medium favored by the herpes virus. The optimum oral pH is slightly alkaline, but fluctuations do occur and can be aggravated by consuming too much acidic substances, commonly protein, citrus fruits, tomatoes and even ascorbic acid. Normally the saliva buffers and restores the optimum pH before the herpes virus can sneak in but if your saliva is already too acidic, eating acid foods may shift the pH balance long enough to allow the virus to win.

Below is a list of nutrients for support with herpes (any kind):

- Thera-zyme DERM plus sometimes Thera-zyme Lvr Healing time: Fever blister or canker sore: 3-4 doses; genital herpes: 3-4 days; shingles: 5 doses per day for 2-3 weeks + chiropractic care. Below I have listed some important nutrients, deficiencies of which can trigger herpes. However, the plant enzymes are more effective in halting herpes than any other supplement or formulation I have ever tried, including high doses of lysine, which can have side effects.
- Thera-zyme TRMA for soft tissue trauma of any kind. Dosage: 4 caps between meals 3x/d until well. Contraindication: gastric problems. Some but not all people with gastric problems can tolerate TRMA if taken with water on an empty stomach.
- Calcium supplements. It's very important to have enough calcium to transport. Most calcium supplements are ineffective because they're not absorbed. Most of the people who come to me for urinalysis and blood chemistries are low in calcium even though most take some form of calcium supplements. Also, it's hard to get calcium that doesn't contain lead and the FDA allows about 5 ppm of lead in calcium supplements. Use Thera-zyme Para for calcium in patients who have herpes.
- Lysine rich foods: chicken, beef, seafood, lamb, dairy products, eggs, brewer's yeast, and peas. It is better to eat lysine rich foods than to take an isolated amino acid every day because taking an isolated nutrient can cause an imbalance in the others associated with it, in this case amino acids. Not only that but isolated nutrients can have side effects. For example, lysine can increase your cholesterol level. Why does lysine work in inhibiting the herpes virus? It replaces a similar amino acid, arginine in the herpes virus cell, without which the herpes virus cannot grow.
- Immune system stimulants, especially vitamins A, E, C and the B complex plus zinc and manganese. If you are eating junk (refined) foods (white sugar, white flour, margarine, etc), you are probably deficient in these and should seriously consider dietary changes. People who eat natural, whole, unprocessed foods and take food enzymes to optimize digestion of them seldom have herpes outbreaks.

Update on the use of Acyclovir (Zovirax) ointment and pills (Douglas, William Campbell, 1987). Dr. Douglas tried this drug on many of his patients and did not find it effective. Dr. J. Clark Huff of the
University of Colorado has reported that Zovirax may increase the frequency of herpes attacks after the therapy is discontinued. It may also cause birth defects, according to Huff.

**Success Stories:**

The Man Whose Painful Shingles Kept Him Awake: A handsome, robust, healthy-looking 75-year-old man came to me for treatment of several conditions, including asthma, arthritis, digestive problems and shingles (herpes). In this report, I will only discuss his treatment for shingles. In particular, this man had shingles on his legs, arms, and the back of his neck of four years duration. The pain of his shingles woke him up at night. In this case, I recommended only Thera-zyme DERM, because this man needed so many remedies for his other health problems. His history also included chicken pox and canker sores.

In three weeks, he called me to report his progress. Everything had improved, including his shingles. He said that it had disappeared except for one small area. He was sleeping better. He was very happy!

The Pregnant Woman Who Had Genital Herpes: A beautiful 38-year-old pregnant woman came to see me. Why? She had genital herpes and candidiasis. So what, you say, what’s the problem? The problem is, she wanted a home birth and could not have one with genital herpes because a vaginal birth under this condition is dangerous and can cause death or birth defects.

Neonatal herpes is the most dangerous complication of herpes, which is otherwise annoying, embarrassing and irritating, but otherwise uncomplicated and hardly dangerous. Secondly, there is an epidemiological association of herpes with cervical cancer in women and with other cancers in humans and animals. In this discussion, we will talk about the risk of genital herpes to newborns (neonates).

Statistics: The risk of neonatal herpes appears to be highest in pregnant women with a genital infection during the last three weeks before term. Genital herpes is also associated with spontaneous abortion, premature birth and congenital anomalies. An infant born to a woman with active herpes infection has a 50% or greater chance of acquiring neonatal herpes. Neonatal herpes during the first month postpartum is a life-threatening disease because the baby’s immune system is not sufficiently developed to fight the virus. Survival chances are very poor. There is a 50-60% fatality rate associated with neonatal herpes, which generally affects the central nervous system, and at least 50% of the babies who survive have significant brain damage and/or are blind (Nahmias, A. J., & Roizman, B., 1973).

Because of the above dangers, I was cautious with this young mother, and told her to be very strict with her diet and to take the formulas for herpes. In this discussion, I will only report what I gave her to control her herpes, so that she could have her desired home birth without complications.

- DERM - antihistamine formula for skin manifestations, including herpes (any kind).
- Lvr - a liver support formula.
- TRMA - an immune support formula for soft tissue trauma.
When she took her enzymes and followed her diet, she was fine. When she did not, she had an outbreak. This is a story with a happy ending. This woman had a wonderful home birth of a son, without herpes and without complications.

**Skin Nutrition Summary**

**Enzymes**

Thera-zyme DERM: DERM contains an enzymatic antihistamine enzyme (amylase) which helps relieve acute allergies and is used to nourish the skin in people who may have a tendency towards rashes, bug bites or bee sting reactions or reactions to poison oak/ivy. It will also provide nourishment during episodes of herpes. It provides nutritional support during abscesses. Usage: 3-4 caps at onset and every two hours until relief is obtained. This enzyme may be taken every hour until relief is observed.

Thera-zyme SKN: Thera-zyme SKN is an excellent enzymatic formula for gentle detox and nourishment of the liver, kidneys and intestines. SKN provides nutritional support of normal function and structure in people who may have blemishes, or any kind of skin problem including psoriasis, acne, etc., frequent skin eruptions or rashes, many warts or moles, excessive perspiration or a lack of perspiration.

Thera-zyme TRMA: This is for soft tissue trauma, edema and many other conditions. I recommend TRMA for nutritional support of normal function and structure for the immune system and as a nutritional support formula for the skin, eyes, hair, and ears, for edema (water retention) anywhere including ear fluid, for soft tissue trauma (accidental or surgical) including gums, soreness or discomfort anywhere from injury, joint problems, etc. and immune system problems such as frequent infections and more serious health conditions. TRMA can help relieve anxiety which can lead to sighing a lot. In addition, the kelp in the TRMA formula is a good source of minerals. Note: if gastric problems are present (gastritis, hiatal hernia or ulcers), it is very important that TRMA be taken on an empty stomach with only water. If this causes gastric irritation, simply open up the caps, add the enzyme to water and drink. The majority of people with gastric problems do not need to do this. Usage: 4 caps between meals 3x/d (about 30 minutes before or about 2 hours after meals).

**Herbs**

Turmeric, an Ayurvedic herb is excellent for nourishment of the immune system, gallbladder, liver, colon, eyes and skin. Turmeric is a mild curry spice used by millions of Asian people. It supports normal structure and function for healthy DNA, cardiovascular health and for people who may have skin problems, including psoriasis, gallbladder problems, and weak vision. It is a COX inhibitor (inhibits free radicals, like aspirin), and provides a gentle liver and colon detox. Try 1 cap 3x/d with food. If you need more help, increase to 2 caps per dose. I recommend a potent herbal form of turmeric (New Chapter) from Costa Rica, 1-2 caps 3x/d. Start with one cap and increase if needed.
Coconut Water

Nutritional support for healthy skin: restores strength and elasticity to skin; reduces age spots; reduces wrinkles and sagging. Coconut water has many other important health benefits as well. It is high in electrolytes (minerals) and is regarded as an excellent rehydration beverage. It supports and nourishes all organs – the colon, kidneys, eyes and cardiovascular system. It improves exercise performance, reduces edema (water retention), supports the immune system and thus has anti-aging properties. See article, book and product of the same name.

Hormonal Balancing

Thyroid glandular nutrition is always indicated in people with skin problems and many other health conditions.

Progesterone in Vitamin E oil is excellent for nourishing the skin and preventing the thinning of skin aging (whereas estrogen has the opposite effect). I recommend making your own progesterone cream by adding some progesterone to coconut moisture cream, stirring well and applying it wherever it is needed.

"Disclaimer: I am a chemist and an enzyme nutritionist, not a medical doctor. I do not diagnose, prescribe for, treat or claim to prevent, mitigate or cure any human diseases. I do not provide diagnosis, care, treatment or rehabilitation of individuals, nor apply medical, mental health or human development principles. I do not prescribe prescription drugs nor do I tell you to discontinue them. I provide enzymes and other dietary supplements to improve digestion and to nourish and support normal function and structure of the body. If you suspect any disease, please consult your physician."

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