

# Skin Care

By  
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## What function does the skin serve:







1. Protects your internal organs from injury and infection.
2. Protects you from dehydration.
3. Helps detoxify wastes through perspiration.
4. Protects your body from sunburns.
5. Provides an important line of immune defense against infections — your healthy skin creates a barrier to viruses and bacteria.
6. Protects you against extreme changes in temperature, through its thermoregulatory effect of controlling heat flow between you and your environment.
7. Produces and stores vitamin D, which is important to your immune system.
8. Rich in receptors, it allows you to sense conditions around you — like hard/soft and hot/cold — and send information to your brain so you can react to it for self-preservation.









## What causes skin problems: Internal problems.

### Here is what I do for my skin:

1. Skin brushing
2. Dermatological wash cloth (Mirco-mit)
3. Far Infrared Sauna
4. Witch Hazel (plant extract)
5. Shea Butter
6. CGF Powder
7. Internally: Angstrom silicon, sulfur (MSM), olive oil, coconut oil, ionized water.

### What to avoid in skin products:

-  **Mineral Oil, Paraffin, and Petrolatum** – Petroleum products that coat the skin like plastic, clogging pores and creating a build-up of toxins, which in turn accumulate and can lead to dermatologic issues. Slows cellular development, which can cause you to show earlier signs of aging. Suspected cause of cancer. Disruptive of hormonal activity. By the way, when there's an oil spill in the ocean, don't they rush to clean it up – fast? Why put that stuff on your skin?
-  **Parabens** – known Carcinogen; Widely used as preservatives in the cosmetic industry (including moisturizers). An estimated 13,200 cosmetic and skin care products contain parabens. Studies implicate their connection with cancer. They have hormone-disrupting qualities – mimicking estrogen – and interfere with the body's endocrine system. One or more animal studies show reproductive effects at very low doses; One or more studies show endocrine system disruption at low doses; One or more in vitro tests on mammalian cells show positive mutation results; One or more animal studies show brain and nervous system effects at moderate doses; Limited evidence of sense organ toxicity.
-  **Phenol carbolic acid**– Found in many lotions and skin creams. Can cause circulatory collapse, paralysis, convulsions, coma and even death from respiratory failure.
-  **Propylene glycol** – Used as a moisturizer in cosmetics and as a carrier in fragrance oils. Shown to cause dermatitis, kidney or liver abnormalities, and may inhibit skin cell growth or cause skin irritation.
-  **Acrylamide**– Found in many hand and face creams. Linked to mammary tumors in lab research.
-  **Sodium laurel or lauryl sulfate (SLS), also known as sodium laureth sulfate (SLES)**– Found in car washes, engine degreasers, garage floor cleaners... **and in over 90% of personal care products!** SLS breaks down the skin's moisture barrier, easily penetrates the skin, and allows other chemicals to easily penetrate. Combined with other chemicals, SLS becomes a “nitrosamine”, a potent class of carcinogen. It can also cause hair loss. SLES is sometimes disguised with the labeling “comes from coconut” or “coconut-derived”.

-  **Toluene** – *Poison! Danger! Harmful or fatal if swallowed! Harmful if inhaled or absorbed through the skin.* Made from petroleum or coal tar, and found in most synthetic fragrances. Chronic exposure linked to anemia, lowered blood cell count, liver or kidney damage, and may affect a developing fetus.
- Butylated hydroxytoluene (BHT)** contains toluene. Other names may include **benzoic** and **benzyl**.
-  **Dioxane**– Found in compounds known as PEG, Polysorbates, Laureth, ethoxylated alcohols. Common in a wide range of personal care products. The compounds are usually contaminated with high concentrations of highly volatile 1,4-dioxane, easily absorbed through the skin. Dioxane's carcinogenicity was first reported in 1965 and later confirmed in studies including one from the National Cancer Institute in 1978. Nasal passages and liver are the most vulnerable. Dioxane is easily removed during the manufacturing process by "vacuum stripping". Warning: It is a synthetic derivative of coconut. Watch for hidden language on labels, such as "comes from coconut".
-  **Triethanolamine** Known human immune system toxicant, Human skin toxicant - strong evidence; Human immune and respiratory toxicant - strong evidence; Human immune system toxicant - moderate evidence.
-  **Glyceryl Stearate/ PEG-100 Stearate** - Restricted in cosmetics; use, concentration, or manufacturing restrictions - Not safe for use on injured or damaged skin.
-  **Stearic Acid** - One or more animal studies show brain and nervous system effects at very low doses; Human immune and respiratory toxicant - moderate evidence; One or more animal studies show respiratory effects at very low doses; One or more in vitro tests on mammalian cells show positive mutation results; One or more animal studies show endocrine system disruption at high doses; One or more animal studies show skin irritation at low doses;
-  **Glyceryl Monostearate** - Human irritant - strong evidence; One or more animal studies show broad systemic effects at moderate doses.
-  **Fragrance** - Known human immune system toxicant; Moderate evidence of human neurotoxicity.
-  **Chlorophyllin-Copper Complex** - Persistent, bioaccumulative in wildlife and humans; One or more in vitro tests on mammalian cells show positive mutation results; One or more animal studies show broad systemic effects at low doses; Wildlife and environmental toxicity.

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