

The Wolfe Clinic News



Skin Deep

An Introduction

Some people say the eyes are a window to the soul. That may or may not be so. The skin, however, is certainly a mirror reflecting the overall health of your body. Next time you are in a grocery line up, take a look at the person next to you. Sure enough, it's easy to use the appearance of their skin as an indicator of how the foods in their grocery cart affect their health.

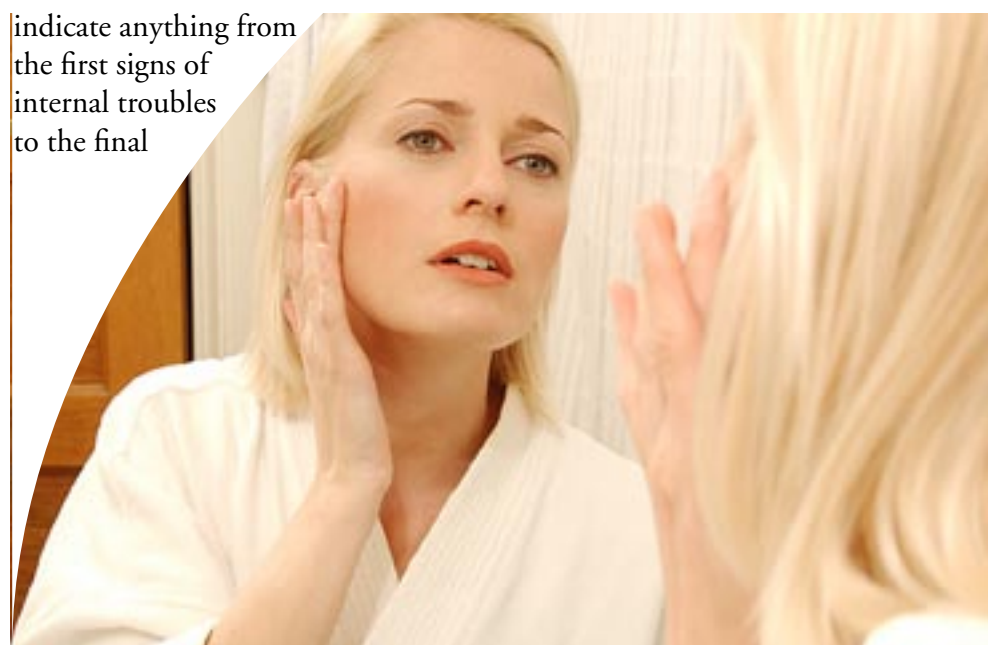
The importance of keeping your skin healthy can't be overemphasized. It's the body's first defense against disease and infection and it protects your internal organs from injuries. It is, in fact, the largest organ in the body. It regulates body temperature and prevents excess fluid loss. It also helps your body remove excess water and salt. The skin indicates youth or advanced age, overall health and protects internal delicate tissues from harm.

An attractive person radiates beauty not simply due to their genetics, but also as a reflection of how they nourish and hydrate their body. The skin represents beauty as well as health. Therefore, skin is truly representative of both internal and external well-being.

Our external covering is not isolated from other organs of the body, but rather clearly represents the health and cleanliness of the internal terrain. An experienced eye can easily identify nutritional deficiencies as well as other problems by simply examining the skin. This visible condition can

manifestation of more serious conditions within.

Treating any skin condition externally, while neglecting to address internal causes, may temporarily help in appearance



indicate anything from the first signs of internal troubles to the final

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The Wolfe Clinic
"FEAR IS THE GREATEST DISEASE"



THE FUNCTION OF SKIN

Protection - the number one function of skin. It is our barrier between internal organs and the environment. It is a critical sensory organ that not only protects us from harmful surroundings, temperature and pressure but also brings us pleasure by providing sensitivity to touch.

Temperature - Sweat glands provide the cooling system for over-heated bodies and the blood vessels of the dermis dilate to disperse heat or constrict to maintain heat. Amazingly, the epidermis provides a waterproof quality and elasticity that allows us to enjoy bathing as well as balancing body fluids and electrolytes. If the skin becomes dry and cracked, its efficiency as an effective barrier is diminished.

Toxin Eliminator – each sweat gland acts as a microscopic colon or rectum, releasing internal waste

products continually. Perspiration is a critical function that expedites the removal of debris from the body. Exercise, infrared saunas and steam baths are excellent in assisting this vital process.

Evaporates ('breathes') oxygen and carbon dioxide – not only do the lungs breathe but the skin plays a huge part in the exchange of gases. Many studies were done during war times that effectively demonstrated this function.

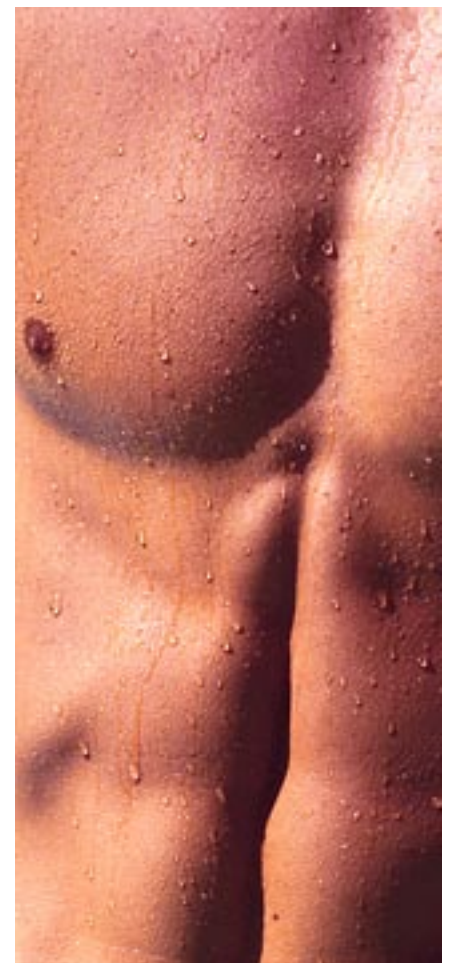
Communicator – connects nerve endings and relays signals from the environment.

Storage house for sugars – stores calories and sugars as a reserve source.

Health indicator – skin reflects internal health. Liver distress can be seen as a yellow skin hue and green tinges reflect gallbladder/bile conditions.

but will seldom remedy any health situation permanently. Most topical applications of medications, over-the-counter aids and cosmetic solutions do little more than temporarily cover up the problem and such attempts become futile and frustrating. Careful consideration of lifestyle must be included in any permanent response.

The skin is intricately linked to each and every function connected to life. The elimination of toxins is possible because of the tremendous ability of the skin to remove poisons. The skin is our temperature regulator, body water regulator, nerve and pain/pleasure sensor and vitality-energy activator.



THE LARGEST ORGAN OF ELIMINATION

Did you know that your skin, if laid flat, would cover approximately 20 square feet? As we grow from childhood to adulthood, our skin continues to efficiently grow to accommodate the changes. Similarly, with weight gain or weight loss, skin will stretch or shrink.

The skin is made up of seven layers: the thin outer layer called the epidermis and a thicker inner layer called the dermis. Below the dermis is the subcutaneous tissue that contains fat. Hair and nails are simply an extension of the skin and are also indicative of internal health. They contain keratin, which is a constituent of the outer most epidermis.

EPIDERMIS – made up of flat cells that look like paving stones under the microscope. It is thickest on the soles of the feet and palms of the hands, and is thicker in men than in women. It thins with age for both genders.

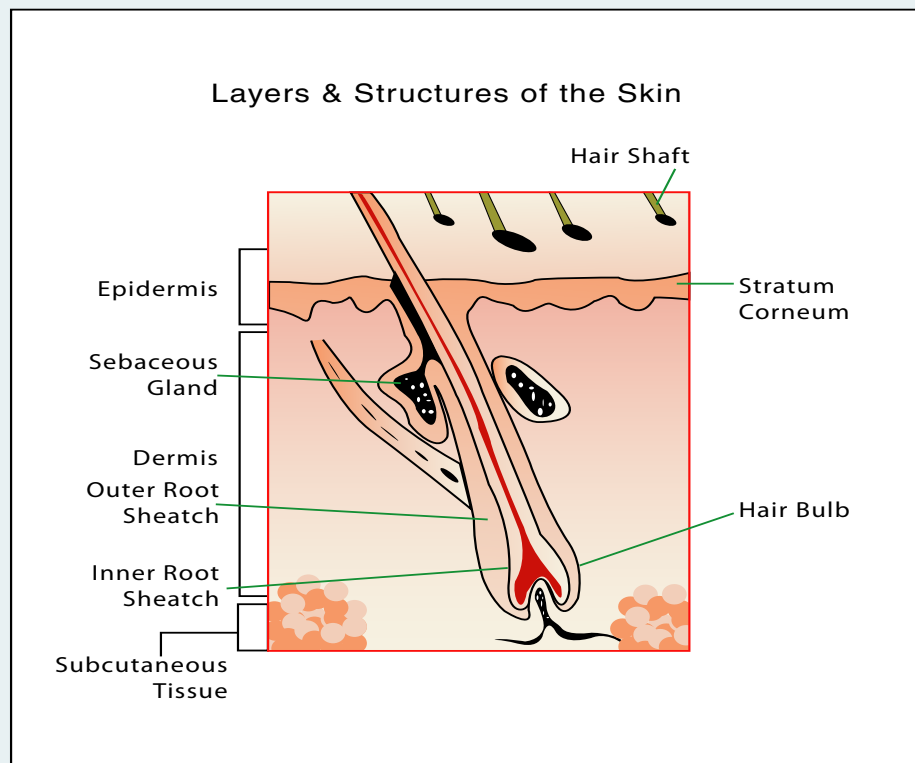
The outer most layer of the skin is composed of dying and dead cells, which form a tough, protective coating called keratin.. These cells are sloughed off and other dead cells replace the worn off ones. Skin pigmentation or melanin, also acts as a sun protective mechanism for skin.

Lymphatic efficiency carries the wastes from the skin and functions only as effectively as the lymphatic channels throughout the rest of the body. Sluggish lymph behavior

anywhere in the body hampers the skin's elimination of toxins.

One square inch of skin consists of approximately 20,000,000 cells plus:

- 78 nerve fibers
- 1,300 nerve ending structures for pain
- 19,500 nerve ending structures for sensations
- 160-165 nerve ending structures for pressure
- 95-100 glands that secrete sebum
- 100 sweat glands. Each sweat gland has 20 blood vessels, 78 nerves for heat, 13 nerves for cold, 65 hair follicles, and 65 muscles.
- Elastic fibers for suppleness
- Fat clusters
- Melanin for sun protection



DERMIS – composed of connective tissue interspersed with hair follicles, sweat glands, and sebaceous glands that produce an oily substance called sebum. Blood vessels, lymph vessels and nerves are also found here.

Did you know that by the age of 70 we have shed approximately 40 pounds of skin cells?

SKIN CONDITIONS

Essential to skin health and integrity are proteins, minerals, zinc, vitamins, enzymes and oils. Oils produce prostaglandins that are responsible for healing, inflammation, texture, tone and color. Oils also ensure elasticity, firmness, smooth appearance, sun protection and hair health.

All skin conditions are a result of congestion, overloads and inadequacy of the principle organs of elimination and detoxification. These organs include liver, kidneys, thymus, thyroid, lungs, spleen and pancreas.

Before examining the individual skin conditions, let's consider these general causes for disorders.

- Poor elimination
- Hygiene
- Exhaustion, stress, grief, tension
- Over nutrition
- Faulty nutrition
- Specific nutritional deficiencies
- Alcohol
- Diminished immunity
- Biochemical imbalance
- Excess sunlight
- Soaps, detergents, personal products
- Other chemical contact

ACNE

Acne is a condition representing total body toxicity, poor food choices, exhaustion and nutritional deficiencies. Excess salt and hormonal imbalances are also contributors.

If acne is located in the chin area, it is typically due to hormonal or ovarian disturbance. It represents an excess of estrogen and a lack of progesterone. This imbalance produces deep nodular acne.

Acne that appears on the back and other areas of the face are due to excess cortex hormones from overactive adrenal glands or an underactive thyroid. Adrenal hormonal involvement has a masculinizing affect and is often accompanied by excess facial hair in women.

Bacteria present on the skin's surface live off the poisons released from the pores. Excessive pore excretion combined with these bacteria blocks and congests pores causing the formation of pimples and redness known as acne. Tea Tree and Eucalyptus Essential Oil used as a topical application are excellent and Ultraviolet light has been a successful treatment.

“DANDRUFF OR OILY SCALP indicates an extreme oil deficiency.”

ECZEMA

Eczema is an inflammation of skin that is seriously depleted of essential oils. The dry crusts that form are surface cells that have died in large numbers and are flaking away as a result of this deficiency. This condition can include scaling, thickening, flaking and itching.

Eczema is often referred to as dermatitis

or seborrhea, contact or photo dermatitis. These conditions are often seen in individuals with tendencies towards allergies. Dr. Philip Incao has stated that vaccines induce severe outbreaks of eczema in young patients, in addition to escalating the incidence of ear infections, asthma and bowel inflammations.

ITCHING

Itching occurs when the skin is congested with toxins or irritants. The nerve endings react to these substances, which cause us to scratch. Itching is a warning sign that there is a decrease in the blood flow because of toxins and wastes are being retained in tissue.

Some itching can be a result of contact with a substance that creates a topical chemical reaction. Excess body acid can also contribute to itching, as can liver insufficiency or disease, body chemicals as in excess bile and undigested proteins in

the digestive system.

Anemia, diabetes, hypothyroid, low functioning adrenal glands, stress, worry and anxiety can cause skin discomfort. Coffee and medications have been known to increase the possibility of itching.

Wandering itchiness can indicate the need for calcium.

LARGE PORES – Indicates general toxicity

PIMPLES OR RASHES
– Indicates body toxicity, irritants, chemicals, pollutants, environmental hazards, together with deficiencies of essential fatty acids and vitamins (A and C)

PSORIASIS

Psoriasis is a chronic condition that produces small to large varying sizes of patches of silvery scales. It is a blood-borne disease where the white blood cells migrate into the uppermost layer of skin.

Attention to dietary habits improves such conditions immensely and is often linked to fats and metabolism of fat-soluble vitamins. Prolonged attention to dietary changes is essential to eradicate any existing evidence of psoriasis. When psoriasis presents itself, we can be sure that there is a lack of coordination and efficiency

of both detoxifying and eliminating systems. This causes congested lymphatic fluids resulting in the seepage of toxins



into the gastro-intestinal tract. Poor carbohydrate metabolism is related to deficiencies of calcium, magnesium and zinc. A balance of sodium and potassium is necessary for relief from psoriasis and other related skin conditions.

Circulation interference of involved skin areas can be observed by relating the subluxations of the dorsal spine, including T6, 7 and 9.

There is a relationship between psoriatic

arthritis and psoriasis. When the nails and scalp are involved, this condition will most likely spread to other areas of the body. Conventional treatments include such things as applications of cortisone cream and coal tar, which we know addresses the external manifestation rather than the internal origin.

SKIN CANCER

There are many different types of skin cancer, the two most common being basal cell carcinoma and squamous cell carcinoma. The good news is that both are successfully treated if caught early enough. Malignant melanoma is a more serious disease and is rarer than the other types.

Skin cancer often, but not always, originates in moles although moles are not necessarily risky. It is highly advisable to monitor any changes that occur such as asymmetry, borders, red, white, blue or black moles and moles that grow beyond ¼ inch in diameter. The key is early detection and treatment.

READ THE SIGNALS

Our bodies are infinitely wise and speak volumes if only we would listen! The following symptoms are representative of possible conditions within the body but are in no way diagnostic of specific ailments.

Blue Lips: heart weakness or problem

Bruises: lacking Rutin, Vitamin C

Dry skin: lacking oil

Calluses: crusty edges of feet, lacking fish oils

Cold Puffy Hands: hypothyroid

Corns: poor nutrition and circulation

Crusty Skin: on base knuckles of fifth fingers, or/and on elbows or knees indicates lack of oils

Dry Peeling: skin between toes: general circulation, allergy to gluten, wheat, sugar, and tension

Elasticity Loss: low rutin, proteins, collagen, zinc.

Flabbiness: drooping of skin under forward jaw, tiredness, under-functioning of adrenal glands or pituitary gland

Flakey: lack of oil

Gooseflesh: fear, anxiety, tension, lymphatic congestion

Grey Sallow Skin: excess toxins, lack of oxygen, lung related disorders, asthma, serious illness

Hair Growth Excesses In Abnormal Locations: fever, anemia, emotional disorders, heart conditions.

Moist, Sweating: toxicity, overactive thyroid, high blood sugars, and kidney stress

Moist Palms: liver problems. If palms are cold, there are adrenal and sugar problems. If warm, thyroid over-activity.

Moles, Warts or Small-localized Skin Growths: often indicate existence of toxicity of internal organ associated with this point.

Night Sweats: high sugars, 'fever' response of body to release toxins

Oily Skin: Lacking oil. Oil deficiency triggers sweat glands to secrete excess sebum as an oil substitute. Can also indicate vitamin B deficiency

Orange Hands/Palms: frequently seen in diabetic individuals

Pale Skin: poor blood circulation, anemia, exhaustion or burnout

Pigment spots near base of thumb and forefinger: left hand = fatigue, low functioning spleen

Pigment Spotted Skin: watch for specific acupuncture points, use as indicators

Redness: overactive adrenal glands, lacking anti-histamines, excess stress, fear, and anxieties

Redness (dark): of face, lips = poor circulation, inefficient heart, congested liver, alcoholism, infection

Red (lower arms/legs): circulation

Redness Of Skin Of Soles Of Feet: liver congestion, blockage

Rough Skin Of Nose With Soreness & Pimples: low vitamin A, liver congestion

Scars, Thick Heavy: vitamin E,A,C and protein deficiencies

Sensitivity to Sunlight: lack of body oils, vitamin A,E, F.

Skin Tenderness: toxins or pollutants in skin.

Slow Healing: lack of proteins, vitamin A & C, zinc, silicon and calcium

Small Red Spots: same as bruising, lacking digestive enzymes and vitamin C

Stretch Marks: lacking quality proteins, kidney stress, and lymphatic congestion

Thin, Wrinkled Skin: protein deficiency, lack of vitamins, (A, C, E and F) Rutin, damage from toxins

Violet Swelling Around Eyes: could be ovarian, cervical, vaginal, breast complications

Visible Capillaries: spider veins on cheeks – liver problem

Yellow or Orange Skin: blockage of liver gall bladder, jaundice or anemia

HEALTHY SKIN TIPS

- Good digestion, including the use of digestive enzymes
- Healthy, regular bowel movements
- Plenty of good quality water
- Balanced mineral and vitamin intake
- Fresh and raw foods, organic when possible
- Vitamins A, D and C
- Fish oils
- Green drinks, including beet juice powders that flush liver toxins and provide zinc
- Protein concentrates – assists rebuilding of connective tissue and diminishes aging
- Healthy intestinal flora, including soil based organisms
- Bile salts, especially good when gall bladder has been removed
- Thymus support, helps drain toxins from skin
- Hormonal balance
- Quality air, steam baths, saunas
- Natural skin tonics, cleansers and creams
- Dry skin brushing
- Stretching and exercise creating perspiration
- Rest and relaxation

Fish oil supplements containing EPA effect and benefit those who suffer with Omega-3 fish oils, are directly responsible

Dr. Barry Sears, the father of Omega-skin dryness and eczema, which is caused eicosanoids stimulate collagen synthesis vasodilation. How much fish oil is an impossible to overdose on EPA's good pharmaceutical grade oils.

If you are experiencing skin problems of your symptoms and put workable solutions be well worth it!



(eicosapentaenoic acid) have an anti-inflammatory skin conditions. Essential fatty acids, especially for producing an anti-inflammatory response.

3 health, states that 'Bad' eicosanoids lead to by increased leukotriene formation. 'Good' and improve microcirculation by increased acceptable dosage? Being that it is virtually minimum dose is 300-400 mg. per day of

any sort, call us to discuss the possible cause of into practice. The effort it takes to get there will

“A MARVELOUS ORGAN IS THE SKIN THERE IS NOTHING GREATER TO BE WITHIN”

ANON

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products that help

Wellness Filters



Ridding your water of nitrates, pesticides, heavy metals and parasites.

The Water Shower Filter



Offers maximum removal of chlorine and other contaminants.

Fish Oil



Provides OMEGA 3 protection for and maintenance of the healthy function, fluidity and health of the cell membranes.

Super Silver



Super Silver is the THE "SILVER BULLET" for germ warfare!

KINOTAKARA



Japanese researchers discovered the rejuvenating power of wood vinegar from trees.

Bioxy



Body oxygenator and energizer, detoxifies and cleanses wastes, pathogens in the gastro-intestinal tract

Royal Flora



Helping your body restore intestinal balance.

Liver Care



Ensures optimum liver function through the protection of the hepatic parenchyma

Complex 12



Our products are specially selected to help cancer patients, individuals undergoing radiation and/or chemotherapy.

Complex 12 Skin Treatment



CP-Skin Cream. Designed for problem skin.

Vitalzym X



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Aroma Spa



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