

Circle of Health Wellness Center

November 2010 Member, Associated Bodywork & Massage Professionals

Your Skin Tells a Story

Understanding Whole-Body Connections

Lori Ann Griffin

Centuries ago, Eastern cultures mapped and documented the intricate and deep relationship between the skin and the body's organs and systems, noting that the skin displays clues as to what types of stresses or malfunctions may exist and persist internally.

Digestive System

The organs involved include the mouth, pharynx, esophagus, stomach, pancreas, intestines, gall bladder, and liver. The digestive system performs the function of nutritional uptake and absorption, and waste elimination. When this process slows, a backup occurs, which can stress all of the digestive organs.

stress is longer term, wrinkles or lines may appear in both regions. Liver stress can produce puffiness, redness, and blackheads in the glabellar region between the eyebrows.

Reproductive System

Another system of consistent focus is the hormonal, or reproductive, system. Organs involved in this complex tapestry include the uterus, ovaries, adrenals, and testicles, in addition to the pituitary and hypothalamus glands. Hormones are chemical messengers that have a potent effect on the body and are released into the bloodstream at fluctuating levels.

“To eat is a necessity, but to eat intelligently is an art.”

-La Rochefoucauld



Internal wellness complements your skin care treatments, providing optimum results.

SKIN MANIFESTATIONS

Externally, we may notice bloating in the stomach or abdominal region. But less obvious are signs on the chin that may show up as impactions, inflamed lesions, and abnormal capillary activity.

Eczema or related dermatitis conditions may be worsened along the high forehead and hairline. If the intestinal

SKIN MANIFESTATIONS

High testosterone levels can cause or exacerbate acne lesions. This is especially true above, along, and under the jawline. Estrogen dominance often causes pigmentation in the upper lip, cheeks, and sometimes the lower forehead. Declining estrogen causes

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Office Hours and Contact

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underactivity of the sebaceous glands, leading to dryness.

Immune System

This system includes the tonsils, spleen, and lymph nodes, and governs the skin's response to invading foreign material, or perceived threats. It may respond with swelling, reddening, itching, burning, or rash, and the eyes and nose may also be watery and runny. Inflammation of the sinus passages, sore throat, sneezing, and coughing are the most common symptoms.

SKIN MANIFESTATIONS

Our poor eyes and upper cheeks take the brunt of this assault. Dilated capillaries, tenderness, and pressure, as well as swelling and stinging upon physical contact may also be present.

Respiratory System

The major organs involved here are the lungs and bronchial tubes. These passageways become constricted with adrenal distress and allergies, or exposure to bacteria, viruses, or smoke.

SKIN MANIFESTATIONS

The greater cheek area can present with breakouts, excessive capillary activity, flushing, and heat. The undereye area may exhibit half circles of gray, blue, or purplish tones.

Excretory System

The elimination system is also very important. In this system, the kidneys, bladder, colon, veins, and skin do most of the work. This fine-tuned orchestra removes bacteria, waste product, and toxic materials in an effort to protect the health and lives of our cells.

SKIN MANIFESTATIONS

Kidney stress may lead to hot, red, or pigmented upper ears. Bladder stress can deepen lines across the center of the forehead. And colon stress can contribute to cracked, pigmented, or dehydrated lips. The upper chin area can see an increase in micro-comedones and irritation.

Nervous System

No system will suffer more from disharmonies than our central nervous system. The vast array of nerve fibers, residing mostly along our spinal

column, sends and receives signals to and from the brain. Many organs and glands are affected by stress, but the adrenals are often the first to respond.

SKIN MANIFESTATIONS

On the face, this may manifest as sweatiness and increased oil production over the brows and along the top bridge of the nose, with blotchy red patterns and heat on the lower neck and center of the decollete regions. Eczema is heightened around the base of the neck and may leave a long-term mask of hyperpigmentation.

Cardiovascular System

The cardiovascular system is tricky because it deals with not just the heart's function, which is chiefly to pump blood, but also because of its connection to the circulatory system, which delivers nutrients, water, hormones, white blood

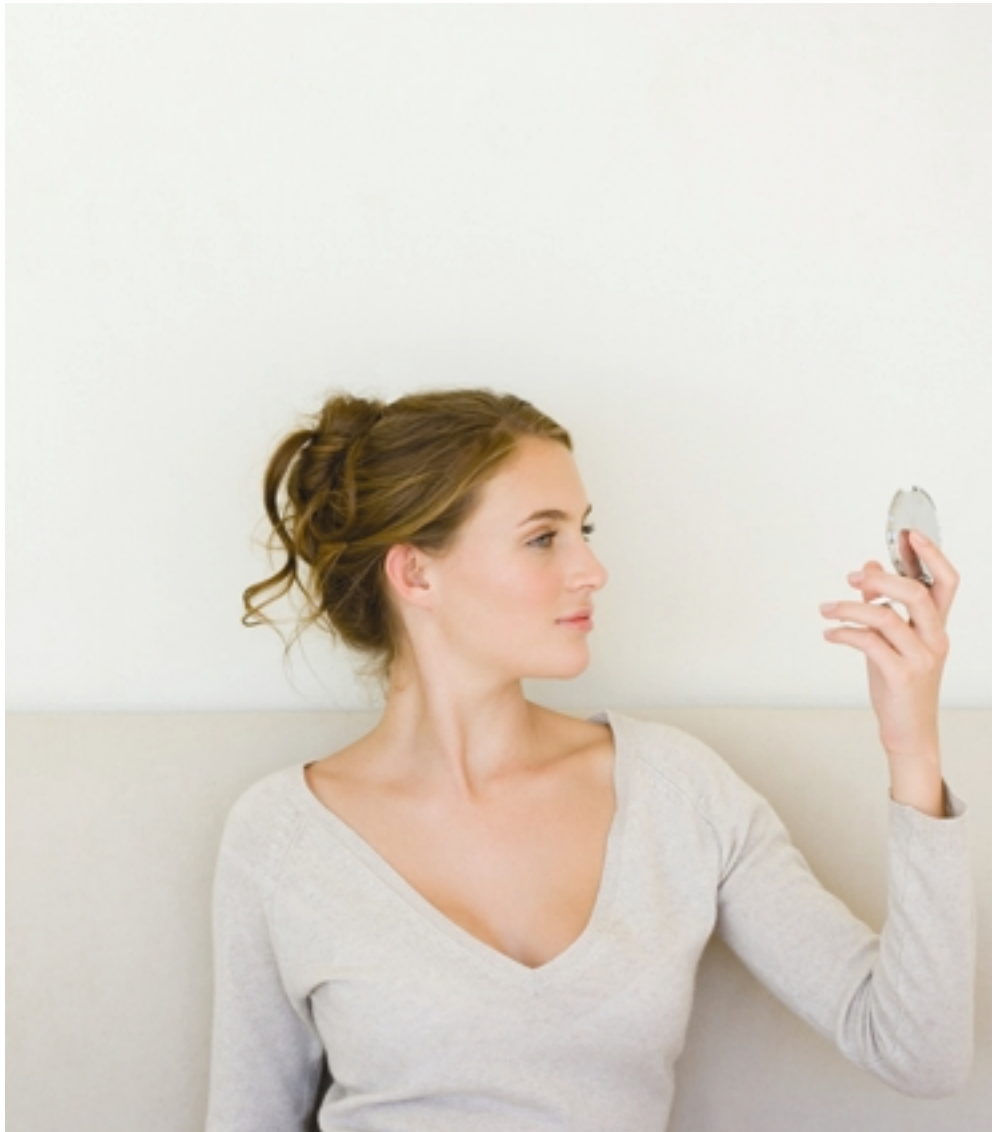
cells, and oxygen to every cell in the body.

SKIN MANIFESTATIONS

When blood pressure levels fluctuate, blood-capillary dilation on the sides of the nose and nostrils can often be observed. Enlarged pores and hard comedones are also seen on the nostrils and tip of the nose when cardiac edemas and other cardiac diseases take hold.

Partnering for Health

Skin health can provide insight into whole-body health. Work closely with your esthetician to determine how best to treat the manifestations, and discuss prevention techniques as well. Remember, your skin care professional is not qualified to diagnose conditions, but your skin may be providing clues to what's going on internally. And you may discover that your esthetician is an essential part of your care team.



Your skin condition can provide clues into whole body health.

Healthy Holidays

Five Tips for the Natural Traveler

Planning a vacation or business trip? Consider packing a small kit of natural remedies before you go. Unfamiliar surroundings, unusual foods, and jet lag can make you vulnerable to viruses, stress, and gastrointestinal (GI) upset. Colorado Naturopathic Physician Michael Sutton suggests the following items:

1. GRAPEFRUIT SEED EXTRACT

This extract fights and prevents viruses and helps reduce symptoms of diarrhea and GI upset. It can even be used to decontaminate water (4-5 drops extract per quart of water). A few days before you leave, mix 4-5 drops with juice or water and drink it before bedtime, and continue for the duration of your trip. If you do catch a cold or flu, you can drink as much as 8-10 drops, 3-4 times a day.

2. AIRBORNE

Available in natural products stores, Airborne is an effervescent tablet containing herbs, antioxidants, vitamin C, and amino acids. It helps prevent and

fight colds, as well as motion sickness, when traveling.

3. MELATONIN

To ease jet lag, Sutton suggests leaving your watch set for the time zone from which you're departing. When your watch shows your normal bedtime, take 3-6mg of melatonin, then go to sleep to regulate yourself quickly and easily to the new time zone.

4. BACH FLOWER RESCUE REMEDY

To calm nerves and reduce anxiety, place a few drops of this remedy under your tongue when you're feeling anxious, or add 5-6 drops to your water bottle and drink throughout the day.

5. WATER

H₂O is essential to healthy travel. Drink lots of water and avoid alcohol, as dehydration is a major cause of travel-related illness.

By packing a few natural remedies and paying attention to your body's needs, you'll be able to fully enjoy your trip.



Staying healthy is key to a good vacation.

The Appropriate Portion

Small Diet Modifications Can Mean Big Changes

Dropping a few extra pounds may mean reversing the voice in your head that sounds suspiciously like your mother telling you to clean your plate. Here's why: eating just one hundred extra daily calories--which may come from finishing everything on your plate, even after you're full--can represent ten added pounds in a year. Conversely, and fortunately, reducing your daily intake by just a small amount can help you manage and even lose weight. Following are a few portion control tips to help you meet your goals.

Eat at Home

Dine in, and fill your own plate. Studies show that most people serve themselves smaller portions at home, but eat more when someone else fills their plate.

Restaurant portions have grown significantly in recent years, in some cases doubling, and research has directly tied obesity with regular dining out. When you dine at home, serve yourself only what you think you can comfortably eat. Store leftovers in individual serving containers, and freeze them or take them for lunch the next day.

Slow Down

Pay attention to how fast you're eating. Slowing down helps you eat less and better recognize when you're full. When you dine out, ask your server for a box. If you continue to pick at your plate while talking with friends, you'll soon eat the whole thing without even thinking about it. This mindless eating can account for a lot of calories.

Divvy up Dinner

Sharing an entree with your dining partner and ordering an extra salad is a great way to avoid eating a large meal. If you're traveling and dining alone, try an appetizer and salad.

You've heard the reports: Obesity is one of the greatest risk factors for heart disease, degenerative arthritis, and cancer, and it's now epidemic in the United States with an alarming 66 percent of all adults obese.

The good news is watching your portions, slowing down, and being mindful of the food you consume can make a difference. Even your mother would agree, you don't always need to clean your plate.

*Thanksgiving,
after all, is a
word of action.*

-W.J. Cameron

Roasted Red Pepper & Feta Dip

Ingredients

- * 1 whole roasted red pepper (from a jar)
- * 1 cup crumbled feta

- * 1 small clove garlic
- * 2 tablespoons olive oil

Instructions

1. Combine all the ingredients in a food processor.
2. Pulse for 10 seconds, scrape down the sides, then repeat until combined, about 1 minute. Serve with celery, green beans, toasted pita, crostini, tortilla chips, or broccoli. Makes 3/4 cup.

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