

Dry Skin

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As the seasons change and the temperatures drop it seems to take the moisture right out of the air and out of our skin. The skin is the largest eliminative channel of the body. Dr. Christopher called it an extra kidney and an extra set of lungs for breathing. The health of the skin can help determine the health of the rest of the body. Proper elimination, nutrition, hydration, and exercise play a significant role in the health of our skin.

It is also important to consider what you are putting on your skin. The use of inorganic, unnatural, and heavily perfumed products can clog the pores as well as be absorbed into the bloodstream. Synthetic, tight clothing prevents the skin from breathing and eliminating toxins which can cause a buildup of toxins in the blood.

To help your skin be the best it can be consider doing some regular cleansing programs to detoxify the body from the inside. Wear natural fiber clothing such as cotton, silk, wool, or hemp. Do dry skin brushing. Eat a healthy diet of fresh fruits and vegetables, whole grains, nuts, and seeds, and drink plenty of pure water.

I love making natural skincare products and recently made a nice skin cream that feels wonderful on the skin. The main ingredient is grapeseed oil. I chose this oil for its antiaging and moisturizing properties. If you've never made your own lotion, this is an easy recipe with few ingredients which are readily available. The grapeseed oil can be substituted for olive oil if desired.