

Skin and Liver Health

by Pushkara Sally Ashford and Young Living Northwest
November 13, 2007

“The beautiful woman has come”

Nefertiti 1375-1358 B.C.:

3300-year-old restored bust of Egyptian Queen Nefertiti

Skin = our first contact with the environment

It's our first line of defense.

But, let's face it: Beauty is more than skin deep!

Hair: made up of dead cells and keeps you warm.

Pore: releases perspiration onto skin from sweat glands.

Epidermis: outermost layer of skin, mostly dead cells, no nerves or blood vessels. Thinner than dermis.

Oil Gland: helps to waterproof hair, keeps skin moist by releasing oil.

Sweat Gland: produces perspiration, cools off body, and sends it to pore.

Hair Follicle: gathers dead cells, turns it into hair; hair continues to grow out of follicle.

Nerve: helps to feel things.

Blood vessels: tubes that contain blood in them.

Dermis: contains nerves, blood vessels, glands, and muscles. It's the middle part of the skin.

Fat: bottom layer. Protects organs and keeps the body warm.

Skin...

Holds it in

Largest eliminative organ

Most adaptable

Protects against bacterial invasion

Prevents dehydration

Detoxifies via sweat & secretions

As a receptor for light, it stimulates body functions

Major producer of endocrine hormones & Vitamin D

Reflects condition of our internal organs

Our skin breathes:

absorbs oxygen

expels CO₂

It is permeable:

Allows transdermal passage of oxygen, H₂O, & other nutrients.

Also susceptible to toxic chemicals and other foreign substances.

Our Skin is a big sponge

The structure of the outermost layer of our skin is responsible for maintaining the integrity and hydration of the skin.

Complex processes are at work in the stratum corneum.

Minimal disruptions of any of these processes can cause a variety of skin problems.

Skin is the body's largest organ and a big sponge, whatever it absorbs from the environment is primarily processed INSIDE!

Our liver functions as the primary filter for everything we eat, drink and absorb from the environment.

A healthy liver:

About the size of a football

Three to four pounds

Carries out over 500 vital body functions
Converts all nutrients into active forms for use by the body's cells
Detoxifies/processes 2 quarts of blood per minute

Impaired or damaged liver functions:

Body becomes overly saturated with its own hormones.
When the liver is overloaded,
Our skin excretes the toxins and poisons in the body.
Look to symptoms of under active, sluggish or burdened liver.

Symptoms of Liver Overload or Toxicity:

Overweight; inability to lose weight
High blood pressure
High cholesterol
Loss of appetite
Poor digestion, coated tongue, bad breath
Abdominal swelling, bloating, excessive gas, heartburn, reflux
Constipation; diarrhea; Irritable Bowel Syndrome
Allergies to foods, chemicals
Sugar cravings
Poor protein utilization
Excessive alcohol intake
Nausea
Environmental sensitivity, chemical intolerance
Skin blemishes, discolorations
Itching
Chemical intolerance
Dark colored urine
Hormonal imbalance; low sex drive, impotence
Recurring colds, fevers and mucous
Excessive body heat
Allergies
Sluggish metabolism
Irritability
Sleep disorders; insomnia
Frequent, continued and general fatigue
Frequent headaches, migraines
Hepatitis
Gall stones; gallbladder problems
Fatty liver
Liver cancer
Low immune response; overburdened immune system
Diminished eyesight
Poor memory
Mental fatigue
Premature aging
Premature graying
Depression, unpleasant moods, mood swings, behavior swings or bipolar disorder; anger
...And many more

33 million Americans, 65 and older are being treated for clinical depression.

Symptoms of depression:

Difficulty making decisions, concentrating, remembering facts
Alcohol, drug, Rx abuse
Eating disturbances, loss of appetite, overeating
Excessive crying
Phobic behaviors - fear of being alone, etc.
Fatigue, loss of ambition, loss of purpose, desire

Feelings of hopelessness, overwhelm, pessimism
Feelings of worthlessness, helplessness, overwhelming guilt
Hallucinations, delusions
Symptoms of hypochondria
Loss of interest or pleasure in daily activities
Panic attacks, anxiety attacks
Headaches, digestive disorders, chronic pain un-associated with an illness or health problem
Persistent sadness
Restlessness, irritability
Sleep disturbances, oversleeping, insomnia, etc.
Suicide ideation, preoccupation with death & dying
Weight loss, weight gain
Low self-esteem
Feelings of rejection, not being needed

3-5 of symptoms for 2 weeks or longer = depression

More than 5 symptoms for more than 2 weeks at a time = a higher level of depression

Our liver functions as the primary filter for everything we eat, drink and absorb from the environment.

Only the liver purifies the bloodstream

What do we absorb?

Chemical/denatured food additives and packaging
Pharmaceutical and recreational drugs
Anesthesia - surgical/dental procedures
Mercury, heavy metals - dental amalgams
Car exhaust
Industrial pollution
Cigarette smoke
Pesticides
Herbicides
Cleaning products
Skin and hair products
Toxic emotions

Gary Young: *“Disease is the disruption of a delicate biological balance, and healing must come from prompting forces that help both our spiritual and physical selves to get well from within, as well as, from without. In the last quarter of a century, the link between spirituality and health and the pursuit of happiness has grossly been ignored.”*

HEART LOTUS: inspires human beings to love, be compassionate, altruistic, devoted and to accept the things that happen in a divine way.

12 petals: lustfulness, fraudulence, indecision, repentance, hope, anxiety, longing, impartiality, arrogance, incompetency, discrimination and defiance.

Feelings of the heart affect the liver:

The liver is the ANCHOR of all emotions
Processes chemical reactions of emotions

Carries out over 500 different functions with over 5000 biochemical reactions going on every day, affecting every cell in the body. The liver depends on the colon to expel toxins. It's all interconnected

THE ALARM SYSTEM or the IMMUNE SYSTEM?

Stress response - “fight or flight”

As long as the ALARM SYSTEM is ON, the IMMUNE SYSTEM is OFF

As long as the immune system is off, regeneration - re-JUVA-nation is inhibited

When the liver & digestive system are malfunctioning, we see the results on our skin.

Skin symptoms:

Skin irritations
Blemishes
Acne
Oily skin
Psoriasis
Rashes
Eczema
Yellow discoloration of skin or eyes
Brownish spots on skin

Earth Day 2007 stats: Washington State: How are we doing?
Fact Sheets from Collaborative on Health and the Environment

Contaminants in Food and Fish

80-99% of human exposure to most persistent toxic chemicals occurs from food: e.g. Mercury, affects the brain & nervous system, particularly in developing fetuses & children.

Outdoor Air Pollution

King County among worst 10% of all counties in the US - population at risk for non-cancer health effects due to toxic air pollutants (1,730,356 King County residents face cancer risk) .
Highest in toxic air quality in WA. State in Snohomish, King, Pierce, Thurston, Yakima, Cowlitz, Clark and Douglas

Drinking water

WA. State 17th worst out of 42 states 1998-2000.
Costs of Environmental Diseases & disabilities
\$800 million in direct health care costs for environmental diseases & disabilities in adults & children - cardiovascular, cancer, diabetes & asthma. Adult and childhood asthma - \$426.3 million/year of which 127.8 million is caused by environmental pollution

What to do?

Do NOT hide under a rock!

"Do not be too timid and squeamish about your actions. All life is an experiment." ~Ralph Waldo Emerson

Lifestyle is key:

75% of all dis-ease is the result of lifestyle, the result of life choices we make on a daily basis.

If we are not clean, how are we going to be clear enough to make good choices?

No wonder we can't remember...where we left our car keys.

YOUNG LIVING IS A LIFE-CHANGING LIFESTYLE SYSTEM.

YOUNG LIVING IS A COMPLETE "SELF-HELP" SYSTEM, SO HELP YOURSELF!

THERE'S NO "ONE SIZE FITS ALL," SO DIG IN AND LEARN WHAT WORKS FOR YOU

Hands: Scrub'em!

Test your pH balance! ALKALIZE!

Drink plenty of water! Add Lemon and Grapefruit essential oils to each glass of water.

Unburden Your Liver

We eat, as Gary Young says, like hogs at a trough
We eat dead, enzyme-depleted foods
We eat processed, nutrient-deficient foods
We eat foods that plug the liver
We eat foods that are loaded with chemical additives, placing an even greater burden on the liver
We use chemical-laden shampoos and soaps and toothpastes
Poisons in our water and in the air that we breathe attach to our skin and are absorbed through the dermal shield into our blood streams and are being deposited in our livers

We overload our livers with our gluttony, tax our livers with the poisons in our environment, and plug them with poor life-style choices; and then we wonder why they don't function.

Nourish your body with Young Living Essential Oils & Products:

Nourish the body, support the immune system. Stimulate the secretion of hormones.

Cleanse the body internally, clean the receptor sites for efficient transportation of hormones from the pituitary and hypothalamus. In the case of Human Growth Hormone, the oils ensure its transportation from the Pituitary to the Liver where regeneration begins.

Essential oils cleanse, nourish, support and regenerate the cells of our body.

Avoid toxic chemicals:

commercial antiperspirant-deodorants
toothpastes and mouthwashes
shampoos and conditioners
hand lotions and cosmetics
household products
lawn and garden chemicals
jogging along busy roadways

Fast

Once a week, do a 24-hour, noon-to-noon fast
Try a longer fast - a week to 10 days
Gary Young & Mary do a fast of 21-30 days every year

Exercise

Do it - regular moderate exercise; take it easy on yourself
Press your limits from time-to-time, but don't make it a daily affair
Overdoing it strains the liver, is hard on the immune system

Take the Heart Issues Test:

A tool to diagnose spiritual/emotional issues in your life, offers 12-page report
<http://www.thehealingcodes.com/hearttest.htm>

King Solomon 3000 years ago:

"Guard your heart above EVERYTHING else, for from it flow[all] the issues of life."

It takes only 90 days for the liver to completely regenerate

Tools for Liver & Skin Health Books:

Available at: <http://www.essentialscience.net> or <http://abundanthhealth4u.com>

Essential Oils Desk Reference 4th Edition (in color!)

SAVING FACE

THE MASTER CLEANSER

NINGXIA WOLFBERRY: DISCOVERY OF ULTIMATE SUPERFOOD

INNER TRANSFORMATIONS USING ESSENTIAL OILS

JUVACLEANSE YOUR LIVER, 3 Audio Tapes with Gary Young

Cleansing Trio™ Kit

For colon and digestive system cleansing -herbs rich in vitamins, minerals, enzymes, amino acids and fiber, all enhanced with therapeutic-grade essential oils.

EssentialZyme™, for proper digestion of your foods

ComforTone®, for gentle cleansing of the gut and to stimulate proper elimination

ICP™, to "scour" out residue from the colon.

Re-JUVA-nate Kit™

Supplements that promote cleansing and rejuvenation

Juva Power and ComforTone support healthy liver and colon function

Detoxzyme enhances digestion.

Re-JUVA-nate Your Health booklet

Audio CD and cassette, Gary Young explains the Re-JUVA-nate Cleansing Program.

JuvaTone

Hepatic clearing supplement; a powerful herbal complex formulated to support the liver.

Why is JuvaTone so important?

When you're doing a liver cleanse, you want to purge the gallbladder as much as the liver. Roman chamomile and helichrysum, JuvaTone, along with the celery seed in the liver clearing blend, JuvaCleanse, are critical to the dilation of the bile ducts in the liver and gallbladder

JuvaCleanse - liver clearing blend:

Ledum,

Celery seed

Helichrysum

A powerful aid in detoxification and liver health

JuvaFlex - liver opening blend:

Geranium dilates the bile ducts in the liver, improving the flow of bile to and from the liver, and aiding in detoxification

Rosemary, which aids in liver function

Roman chamomile, which cleanses the blood and helps to expel toxins from the liver

Fennel, which helps to break up toxins and cleanse the tissues;

Helichrysum, which stimulates liver cell function; and

Blue Tansy, which helps to cleanse the liver.

GLF Oil Blend from Young Living Essential Oils

Powerful liver cleansing support that also dissolves fat and supports digestion

Supports normal liver and gall bladder function

Contains the same oils found in the JuvaCleanse™ oil blend with the addition of grapefruit, hyssop and spearmint

Core Supplements

A.R.T. Skin Care System

YL Personal Care/Household products: Soaps, shampoo's, skin lotions, Thieves Household Cleaner, Thieves Dentarome Toothpaste/Mouthwash, Thieves products

Don't forget the water.

A helpful link: <http://www.health-essentials.info/science/health-issues/liver-cleanse.html>

Liver Cleanse Protocols:

* Mary Young's regimen

- * Alternate liver cleanse regimen
- * What we have done
- * Re-JUVA-nate liver cleanse

A few caveats... Things that will impede your liver cleanse:

Lack of sleep
Lack of water
Excessive stress

A word of caution about supplementation:

Easy to overload the liver with supplements, especially drug store vitamins, but even with "natural" supplements consisting of isolated nutrients.

You can even be on a great nutrition program, but if you are overburdening the liver, you are creating a toxic environment in your body.

Once that toxic environment is created, it will affect every gland and organ in your body, from the brain to the prostate or ovaries.

Make cleansing part of your everyday life

The liver cleanse is not something you do for a while and then stop; it involves an on-going life-style of cleansing.

It's not a question of "How long should I do a colon and liver cleanse, and how do I know when my liver and colon are clean?" As long as we live in today's environment, we will never experience a truly clean colon or liver. It's simply impossible to avoid toxic exposure in the world in which we live.

A lifestyle of cleansing is the only way to achieve the longevity and quality of life we seek. Love your liver and the rest will follow.

Beauty, indeed, is more than skin deep!