

DRY SKIN

An uncomfortable condition characterized by a lack of adequate moisture in the outermost layer of the skin that can lead to scaling, itching, and cracking.

POSSIBLE CONTRIBUTING FACTORS



- Intake of processed and/or damaged fats (ex. Omega-6 & 9 seed oils, trans fats, fried foods)
- Omega-3 and/or saturated fatty acid deficiency from a lack in diet and/or gallbladder dysfunction
- Dehydration and electrolyte imbalance
- Hypothyroid function (check iodine, iron, vitamin A, zinc, selenium levels)
- Stagnation (lack of movement and lymph flow)
- Estrogen deficiency
- Low protein diet and/or poor absorption due to hypochlorhydria
- Consumption of tannins (ex. black, green, and kukicha tea, red wine, coffee, and cacao)
- Frequent exposure to water or sanitizer or chemical products including personal hygiene products
- Medications: isotretinoin (trade name: Accutane), diuretics, antihistamines

LIFESTYLE & DIETARY RECOMMENDATIONS



- Avoid vegetable oils (canola/rapeseed, corn, soybean, sunflower, safflower, etc)
- Eliminate fried foods & hydrogenated fats/oils
- Consume better oils: grass-fed butter, lard, ghee, extra virgin olive oil, coconut oil, etc
- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats
- Hydrate with sole or electrolytes away from meals
- Reduce or eliminate caffeinated tea, coffee, red wine and cacao
- Lymph support: daily walking, rebounding, lymph massage, dry brushing, deep breathing
- Consume thyroid supportive foods: kelp sprinkles, sardines with skin on, Brazil nuts, organic liver, cod liver oil
- Visit EWG.org for non-toxic personal skin care products
- 1-2 Tbsp crushed flax seeds (phytoestrogens) if low or high estrogen states

SUPPLEMENT CONSIDERATIONS



- Omega-3
- Liver/gallbladder support formula
- Thyroid support