



LIFESTYLE MENTOR HANDOUTS

#5 SKIN AND BODY CARE

Breath

Conscious breathing exercises daily – ideally in fresh air

Nose breathing is particularly helpful in strengthening real lung capacity and thus expanding the entire aerobic flow. If you have to open your mouth during exercise, slow down till nose breathing is possible. Over time you increase your heart rate while creating real lung capacity and endurance. Breath is alkalizing to the system.

Become aware of your breath several times during the day – Center yourself in your body and breathe – close your eyes and become aware of your inner life force, the current that runs underneath our thoughts. Allow yourself to sink into that center and breathe, quietly and evenly.

Body care and bathing

Dry skin brushing benefit: assists lymph drainage and exfoliates skin surface. Limit hot baths to once a week – take tepid baths instead. Add essential oils of lavender or rose; or those you already love – as we get a bit older, our skin dehydrates easily. This is true for all people with under-active Thyroids. Take footbaths instead – hot soaks with minerals Epsom salt or peppermint essential oil.

Sleeping with socks on is an excellent way to warm up the body in the cold months. Try to keep your bedroom temperatures cooler and have a window cracked for fresh air during the night. There is often too little air exchange and indoor pollution from a variety of sources is no longer an imaginary issue.

For those with a cooler skin temperature, or who chill easily, it often helps to have leggings or socks on during sleep and have the lower back especially the kidney area covered well.

Hair care – brush in front of an open window to air out hair and scalp if you've been in a smoky environment, otherwise brushing your hair gently with a natural bristle brush will distribute the natural oils from your scalp to the ends. Be careful to be gentle with yourself, not to pull hard. This practice does two things: naturally stimulate airflow through the hair and scalp and increase the blood circulation in the scalp. And if you use hair products, your scalp will thank you. Use a wide-tooth comb for wet hair, don't brush wet hair and don't comb dry hair.

Use Henna and natural non-toxic hair dyes (Aveda) – the skin and scalp also absorb toxic chemicals, which enter the blood stream.

Nail polish and French Nail care are highly toxic chemicals processes that penetrate through the keratin of your nails (toes and hands) plus are a breathing hazard. Find a low impact nail polish there are several available without toluene and formaldehydes and if you can't live without the glued on nails, make sure you take



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a break of at least one week once a month or more to let your nails breathe freely (yes they have pores too) and remove any artificial substances. Every pore in our body breathes and nail polish is not only toxic but also leaches these toxins into the blood stream through the nail bed.

To research any number of organic resources, find manufacturers or natural skin care, and see about ingredient safety the following link is a great resource.

<http://www.organicconsumers.org/purelink.html>

Skin Care recommendations:

A daily regimen of caring for the skin on your face and neck should include a good Cleanser to remove dirt and debris from daily exposure to the environment.

- ❖ Toner – restores the natural pH of the skin (which is meant to be an acidic 5)
- ❖ Moisturizer for day and night
- ❖ Night cream or fatty day cream, depending on season and humidity
- ❖ Eye cream for any skin – or use the moisturizer/night cream
- ❖ Good hand cream soothing and nourishing
- ❖ Body Lotion to moisturize body – we tend to wash too often and deplete the skin's natural acid mantle with soaps above the skin's natural pH of 5
- ❖ Use soap that is clean without chemicals and that leaves the skin smooth and fresh. Avoid harsh antibacterial soaps; they are a hazard in themselves and a total illusion regarding protection. One exception is Tea Tree oil, which is naturally antibacterial/fungal/viral. A few drops go a long way.

Here a few recommendations for skin care lines:

Dr. Hauschka – a biodynamic skin care line from Germany, in business for 40 years, all organic herbs and natural preservatives. One of the cleanest around. Aveda has green organic skin care line and clean naturally products are their standard.

Avoid care products with the following ingredients:

Petroleum jelly

Petrolatum

Propylene Glycol

Phthalates – do a search on Google to get the level of detail you desire

www.organicconsumer.org enter any of these into their search engine and follow from there. If you don't know what it is, and the label does not say it, ask before your use it.

For specifics on skin care ingredients try this well laid out report:

<http://www.health-report.co.uk/ingredients-directory.htm>