



Great Lakes
Naturopathic Centre

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Wellness

REVIEW

Topical Treatments for Skin Conditions

Itching for Relief from Your Skin Condition?

Healthy skin is an integral part of good health. Common skin conditions such as acne, eczema, psoriasis and rosacea can be painful, itchy, irritating and greatly affect self-confidence. It can be a frustrating and challenging road finding effective and sustainable ways to improve the health and appearance of your skin, as these common skin conditions are much more than skin deep!

The appearance of your skin can be an outward reflection of your health on the inside, and a comprehensive approach to treatment is required in order for the internal causes to be resolved. Tony can also help put you on the right path to healthier skin by providing symptomatic relief with topical skin creams to soothe and heal the skin.

Vital Functions of the Skin

Skin is the largest organ of the body and is involved in eliminating toxins, regulating body temperature and protecting the inside of the body from potential invading micro-organisms. Millions of skin cells are shed each day and our skin completely replaces itself approximately every 27 days.

Topical Treatment for Skin Conditions

While a comprehensive internal treatment strategy to address skin problems from the inside out is underway, topical creams and lotions can be used to give speedy and effective symptomatic relief for itchy, red, inflamed and painful skin conditions.

There are natural solutions to help you on your way to healthy, vibrant skin.

Healing Goodness from Nature's Dispensary

Symptomatic relief is really important for skin conditions and these therapeutic ingredients from nature's dispensary can provide much needed relief to soothe and heal problem skin:

- Aloe vera - is rich in vitamins, minerals and natural compounds that support wound healing through its antioxidant and anti-inflammatory actions.
- Calendula - has a long history of traditional use for treating acne, psoriasis, eczema, skin infections and healing wounds. This skin herb has antimicrobial, anti-inflammatory and antioxidant actions and also enhances wound healing.
- Essential oils - can be very effective in treating many troubling skin conditions by soothing the skin, as well as having potent anti-inflammatory and antimicrobial effects,

and promoting skin healing. Chamomile, sandalwood, lavender, juniper berry and manuka leaf essential oils have key roles in treating skin conditions.

- Zinc - is a key nutrient for skin function and is in higher concentrations in skin tissue. This important antioxidant nutrient can also assist with skin healing.

Daily Steps You Can Take to Improve Skin Health

Making a few simple changes to how you eat and live, can have a big impact on your skin. Try these healthy diet and lifestyle tips and your skin will thank you for it:

- Eat a healthy diet. Include protein-rich foods, plenty of fresh fruit and vegetables, and healthy fats in your diet each day.
- Drink a minimum of eight glasses of pure water every day.
- Be active and move your body often to encourage blood flow to the skin.
- Reduce your stress levels.

Save Your Skin

Red, irritated and painful skin can become a thing of the past. Make positive changes today to improve your skin by taking good care of your health from the inside and out. Treating internal imbalances in the body is important for healthy skin, however do not underestimate the benefits of applying soothing topical creams to your skin for the much needed healing and relief you've been looking for.

Talk to Tony today if you need help to effectively manage your skin condition.

