



*Minimizing
Scar Damage*

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Scars form when a protein in the body, collagen, is used to mend skin damage. Collagen fibers contribute to the skin's texture and quality after healing. Some scars can also cause discoloration, which is simply a change in pigment due to scar formation. Some people have susceptible skin that scars easily. Additionally, scarring is more noticeable in those with darker skin tones.

Certain essential oils can help reduce the appearance of scars over time. I've listed them below in order of effectiveness. They can be applied topically to areas at risk of scarring or that have already scarred. Never apply neat (undiluted) to avoid sensitivity or an allergic reaction. Most essential oils are not intended for internal use, so avoid placing them in body cavities or near the eyes.

- **Frankincense** is beneficial for overall skin health. It stimulates the regeneration of the new cells that grow over scar tissue, making the scar smoother and less visible.
- **Helichrysum** is one of the absolute best oils. It is pricier than other oils, but it's worth every penny in treating scars, blemishes, eczema, and psoriasis.
- **Myrrh** is exceptionally regenerative and often used to treat scars caused by burns, stretch marks, and minor wounds. It promotes the growth of new skin around fresh scars and, over time, can cause older scars to fade.
- **Lavender** can help prevent new scar tissue from forming and reduce the appearance of existing scars. Lavender is an essential oil that is gentle enough to apply topically without dilution, but only when the skin is healthy. However, Lavender should always be diluted before applying it to skin irritations, wounds, and blisters.
- **Geranium** is an overall skin tonic that, at the very least, helps fade scars over time. It also helps to rejuvenate old skin cells.

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- **Rose** is expensive, but when applied regularly, it can significantly reduce the appearance of scars. Rose oil also improves circulation and skin elasticity.
 - **Patchouli** can help heal new scar tissue and fade older scars, but it has a powerful scent and is often worn as a perfume.
 - **Carrot Seed** is a skin tonic that can help to reduce the appearance of scars. It can also help to strengthen skin elasticity and reduce the signs of aging.
 - **Cedarwood** helps regenerate scar tissue and diminishes the appearance of older scars, regardless of their cause. Like Patchouli, its scent can also be potent. It also repels insects, reducing the risk of being bitten and dealing with the discoloration that often results.
 - **Rosehips, Neroli, and Hazelnut** essential oils also work well for reducing the appearance of scarring.
 - **Coconut** oil, often used as a carrier oil, also works well on freshly healed skin.

Essential Oils for Acne & Boils

Clean and gently pat the affected area dry. Create an essential oil solution using a combination of Tea Tree, Lavender, and Lemon Grass essential oils. Apply a drop or two to your finger, then gently massage it into your skin. Tissue off any excess. Next, apply a combination of Castor Oil and Manuka Honey and sit back for 15-20 minutes. Use warm water and a soft cloth to clean your face gently.

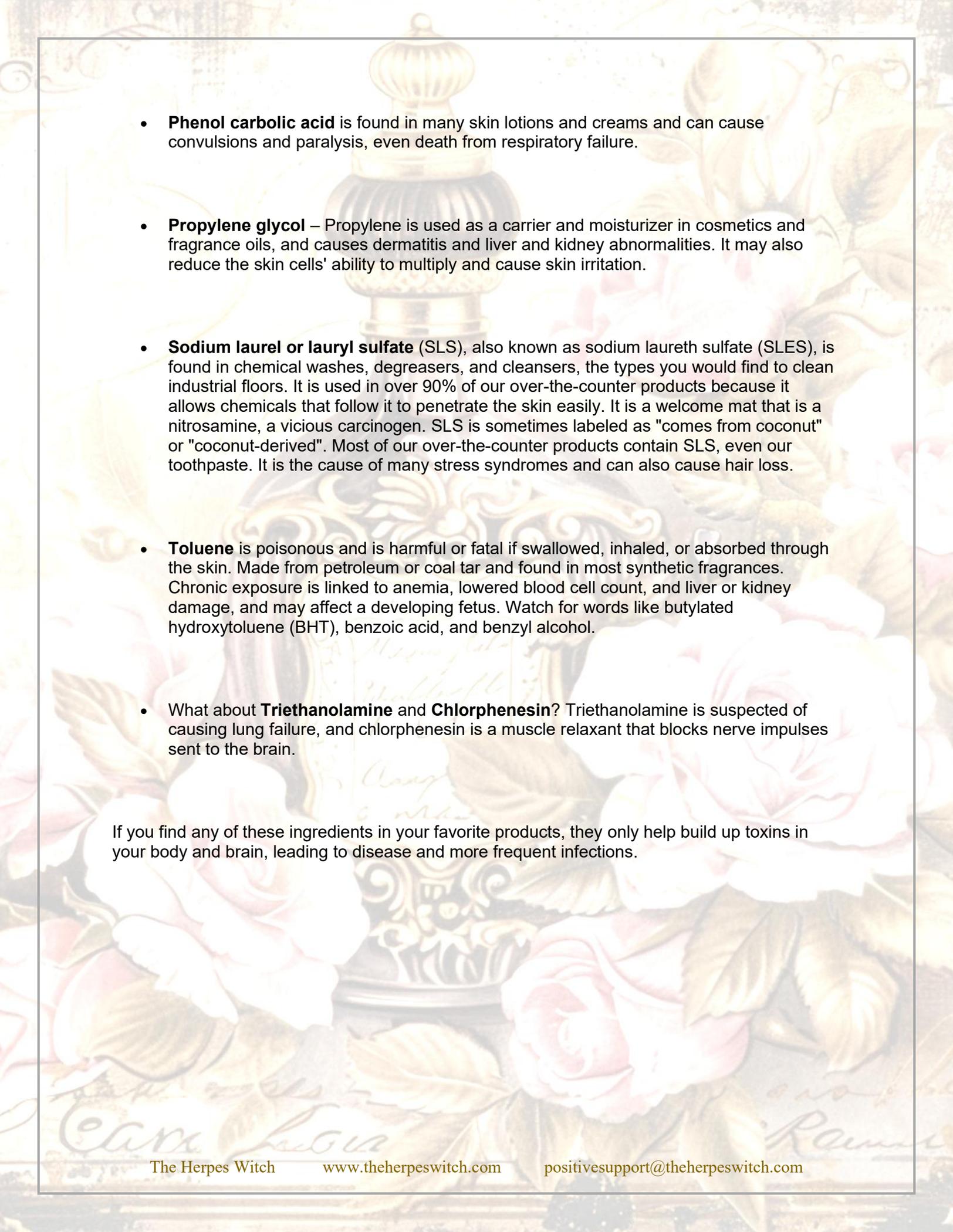
How to Have Healthy Skin at Any Age!

Your skin is a significant organ. It lives, breathes, absorbs everything it comes into contact with, and excretes waste products from your body. It keeps you healthy. Therefore, it is essential to maintain its health. Unfortunately, some "long-word" ingredients in OTC (over-the-counter) skincare products are toxic. They irritate the skin and cause tiny tears. Most importantly, they contribute to poor pH, the number one cause of illness, disease, and, if you live with HSV, herpes outbreaks.

Before exploring natural alternatives for your skin, let's examine the products you are currently using.

Your cooperation will be required. First, you'll need to gather your favorite skin products, such as cleansers, shampoos, moisturizers, deodorants, and cosmetics, to see whether they contain any of the following ingredients.

- **Acrylamide** is found in many hand and face creams and is linked to mammary tumors in research tests.
- **Dioxane is found in compounds known as PEG.** Polysorbates, laureth, and ethoxylated alcohols are often contaminated with high levels of dioxane, which is readily absorbed through the skin. Nasal passages and the liver are the most vulnerable to its presence. It is a synthetic derivative of coconut. Watch for hidden language on labels, such as "comes from coconut".
- **Mineral Oil, Paraffin, and Petrolatum** products coat the skin like a layer of slime, which clogs pores and allows toxins to build up, potentially slowing cellular turnover and causing your skin to appear older more quickly. High toxicity levels in skin tissue can be a cause of cancer. Skin breathes for us. It is the largest organ of the body. If your skin cannot breathe, your hormones are also affected.
- **Parabens** are a type of preservative widely used by cosmetic and skincare companies. Studies have shown it can cause cancer because it mimics estrogen and causes the body's endocrine system to become hormonally unbalanced.

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- **Phenol carbolic acid** is found in many skin lotions and creams and can cause convulsions and paralysis, even death from respiratory failure.
 - **Propylene glycol** – Propylene is used as a carrier and moisturizer in cosmetics and fragrance oils, and causes dermatitis and liver and kidney abnormalities. It may also reduce the skin cells' ability to multiply and cause skin irritation.
 - **Sodium laurel or lauryl sulfate (SLS)**, also known as sodium laureth sulfate (SLES), is found in chemical washes, degreasers, and cleansers, the types you would find to clean industrial floors. It is used in over 90% of our over-the-counter products because it allows chemicals that follow it to penetrate the skin easily. It is a welcome mat that is a nitrosamine, a vicious carcinogen. SLS is sometimes labeled as "comes from coconut" or "coconut-derived". Most of our over-the-counter products contain SLS, even our toothpaste. It is the cause of many stress syndromes and can also cause hair loss.
 - **Toluene** is poisonous and is harmful or fatal if swallowed, inhaled, or absorbed through the skin. Made from petroleum or coal tar and found in most synthetic fragrances. Chronic exposure is linked to anemia, lowered blood cell count, and liver or kidney damage, and may affect a developing fetus. Watch for words like butylated hydroxytoluene (BHT), benzoic acid, and benzyl alcohol.
 - What about **Triethanolamine** and **Chlorphenesin**? Triethanolamine is suspected of causing lung failure, and chlorphenesin is a muscle relaxant that blocks nerve impulses sent to the brain.

If you find any of these ingredients in your favorite products, they only help build up toxins in your body and brain, leading to disease and more frequent infections.

Natural Skincare Alternatives

- **Aloe vera** soothes minor burns, cuts, scrapes, and skin irritation. It contains more than seventy-five nutrients and helps to produce collagen and elastin for a youthful appearance. Minerals found in aloe vera include calcium, sodium, iron, potassium, chromium, magnesium, manganese, copper, and zinc. In addition, aloe vera contains vitamins A, B1, B2, B6, B12, C, and E, and folic acid. Amino acids are your body's building blocks. Eight are essential nutrients that your body can't reproduce but are found in the aloe plant.
- **Coconut oil** helps protect the skin from blemishes, signs of aging, and overexposure to sunlight. Coconut oil also keeps the skin's connective tissues strong and supple. It removes the outer layer of dead skin cells, resulting in smoother skin. It penetrates the deeper layers of the skin and strengthens the underlying tissues, helping to heal and repair age-damaged skin. Choose a high-quality, organic coconut oil that is free of chemicals and does not contain bleach or hydrogenation, which can irritate your skin. Fatty acids from coconut's saturated fat are called lauric acid. Lauric acid converts into monolaurin in your body. It is, otherwise, found only in human breast milk. Monolaurin supports your healthy immune system. Other studies suggest that monolaurin can block messages between problem-posing cells, disrupting their function. Monolaurin also helps to prevent herpes cold sores and genital outbreaks.
- **Jojoba oil** is a liquid wax ester derived from the cold-pressed seeds of desert shrubs, which speeds up healing and minimizes scarring. It's very similar to the sebum your skin produces to retain moisture and keep skin smooth and elastic. Around age 20, your skin's sebum production begins to decrease. Jojoba mixes with your natural sebum and helps to maintain skin moisture and elasticity. Jojoba oil forms a thin, non-greasy lipid layer that retains water in your skin without clogging pores and helps your skin function optimally. Jojoba contains vitamin E, B-complex, silicon, chromium, copper, zinc, and iodine.
- **Mango butter**, extracted from the seed kernels of the mango fruit, resembles cocoa butter. Mango butter is a common base ingredient for soaps and other skincare products, replacing petroleum-based emollients. Mango butter protects against the sun's UV rays. Mango butter softens, soothes, moisturizes, and protects your skin. Additionally, it helps maintain flexibility and control any age-related damage.

- **Palm kernel oil** contains many potent antioxidants, including beta-carotene and tocotrienols (a potent form of vitamin E), which defend against free radicals generated by your environment. Additionally, palm oil contains phytonutrients, including phytosterols, squalene, CoQ10, and a mixture of carotenoids.
- **Shea butter** is an all-natural vitamin A cream from the tropics of Africa. Unrefined and organic Shea butter contains vitamins, minerals, proteins, and unique fatty acids. Additionally, it allows your skin to absorb moisture from the air. The name of its tree of origin is called the *Tree of Life*.
- **Almond oil** and **extra virgin olive oil** are lovely to have on hand in the bathroom. Almond oil is light and works wonderfully as a moisturizer and makeup remover for the face. Olive oil is great for the bath and as a skin moisturizer. It also works as an instant shine booster for dull or frizzy hair. Just rub a little into your palms and then smooth your hands through your hair.

How to Add Scents to Oils, Butters & Gels

If you think you'll miss the pleasure of scented products, you can always add essential oils, such as lavender, neroli, patchouli, and vanilla.

Add no more than 30 combined drops of 100% pure essential oils to two tablespoons of base oil, such as jojoba oil, or body butter, such as shea butter.

Nutritional Supplements for Healthy Skin

Supplements are just that, supplements. They are to be used as a supplement to the diet for a short period, unless you have a medical reason for taking them longer.

The purpose of taking any supplement should be to provide your body with what it currently needs while you work on improving your diet and lifestyle. Once you establish a healthy regime, supplements should no longer be necessary. However, the following supplements are very effective at keeping your skin healthy and supple.

- Flaxseed oil and Ester-C help the skin to retain elasticity.
- Omega-3s keep skin soft and may help to reduce sensitivity to UV rays.

- Pycnogenol deserves a paragraph to itself. This antioxidant reduces skin inflammation, prevents wrinkles by protecting collagen and elastin (which decline as we age), fades age spots, acts as a natural sunscreen when applied topically (look for 0.5-2% extract in creams), and helps prevent blood clots when traveling.

When the body absorbs sunlight, it creates vitamin D. The body can't produce vitamin D otherwise. Vitamin D is touted as suitable for healing skin complaints. As with everything, there are limits to how much sunlight is appropriate and how much is not. Regarding vitamin D supplementation, follow the guidelines below.

- Up to 50 years of age - 200 IU daily
- 51-69 years of age - 400 IU daily
- 69+ years of age - 600 IU daily

Other essential supplements are as follows.

- Alpha lipoic acid (aging and sun damage)
- Green tea extract (sun damage)
- Topical vitamin C (prevents damage from sunburn)
- Vitamin E (anti-aging)
- Zinc (45 mg daily) is almost always recommended for acne.
- Vitamin K may also help. Individuals taking blood-thinning medications or those with blood-clotting issues should avoid Vitamin K.

Additionally, stay hydrated by drinking 6-8 cups of pure water daily and maintain a balanced, whole-food diet.

