

Your Skin Tells a Story

Understanding Whole-Body Connections

Lori Ann Griffin

Centuries ago, Eastern cultures mapped and documented the intricate and deep relationship between the skin and the body's organs and systems, noting that the skin displays clues as to what types of stresses or malfunctions may exist and persist internally.

Digestive System

The organs involved include the mouth, pharynx, esophagus, stomach, pancreas, intestines, gall bladder, and liver. The digestive system performs the function of nutritional uptake and absorption, and waste elimination. When this process slows, a backup occurs, which can stress all of the digestive organs.

forehead and hairline. If the intestinal stress is longer term, wrinkles or lines may appear in both regions. Liver stress can produce puffiness, redness, and blackheads in the glabellar region between the eyebrows.

Reproductive System

Another system of consistent focus is the hormonal, or reproductive, system. Organs involved in this complex tapestry include the uterus, ovaries, adrenals, and testicles, in addition to the pituitary and hypothalamus glands. Hormones are chemical messengers that have a potent effect on the body and are released into the bloodstream at fluctuating levels.



Internal wellness complements your skin care treatments, providing optimum results.

SKIN MANIFESTATIONS

Externally, we may notice bloating in the stomach or abdominal region. But less obvious are signs on the chin that may show up as impactions, inflamed lesions, and abnormal capillary activity.

Eczema or related dermatitis conditions may be worsened along the high

SKIN MANIFESTATIONS

High testosterone levels can cause or exacerbate acne lesions. This is especially true above, along, and under the jawline. Estrogen dominance often causes pigmentation in the upper lip, cheeks, and sometimes the lower forehead. Declining estrogen causes

Continued on page 2

Beauty without expression is boring.

-Ralph Waldo E.

Office Hours and Contact

Brushed FX LLC
Yvonne L. Sanders
623-738-6169
9:00-4:00pm
info@brushedfx.com
www.brushedfx.com

In this Issue

Your Skin Tells a Story
Treat Your Face Naturally
Here Comes the Sun

Continued from page 1

underactivity of the sebaceous glands, leading to dryness.

Immune System

This system includes the tonsils, spleen, and lymph nodes, and governs the skin's response to invading foreign material, or perceived threats. It may respond with swelling, reddening, itching, burning, or rash, and the eyes and nose may also be watery and runny. Inflammation of the sinus passages, sore throat, sneezing, and coughing are the most common symptoms.

SKIN MANIFESTATIONS

Our poor eyes and upper cheeks take the brunt of this assault. Dilated capillaries, tenderness, and pressure, as well as swelling and stinging upon physical contact may also be present.

Respiratory System

The major organs involved here are the lungs and bronchial tubes. These passageways become constricted with adrenal distress and allergies, or exposure to bacteria, viruses, or smoke.

SKIN MANIFESTATIONS

The greater cheek area can present with breakouts, excessive capillary activity, flushing, and heat. The undereye area may exhibit half circles of gray, blue, or purplish tones.

Excretory System

The elimination system is also very important. In this system, the kidneys, bladder, colon, veins, and skin do most of the work. This fine-tuned orchestra removes bacteria, waste product, and toxic materials in an effort to protect the health and lives of our cells.

SKIN MANIFESTATIONS

Kidney stress may lead to hot, red, or pigmented upper ears. Bladder stress can deepen lines across the center of the forehead. And colon stress can contribute to cracked, pigmented, or dehydrated lips. The upper chin area can see an increase in micro-comedones and irritation.

Nervous System

No system will suffer more from disharmonies than our central nervous system. The vast array of nerve fibers, residing mostly along our spinal

column, sends and receives signals to and from the brain. Many organs and glands are affected by stress, but the adrenals are often the first to respond.

SKIN MANIFESTATIONS

On the face, this may manifest as sweatiness and increased oil production over the brows and along the top bridge of the nose, with blotchy red patterns and heat on the lower neck and center of the decollete regions. Eczema is heightened around the base of the neck and may leave a long-term mask of hyperpigmentation.

Cardiovascular System

The cardiovascular system is tricky because it deals with not just the heart's function, which is chiefly to pump blood, but also because of its connection to the circulatory system, which delivers nutrients, water, hormones, white blood cells, and oxygen to every cell in the body.

SKIN MANIFESTATIONS

When blood pressure levels fluctuate, blood-capillary dilation on the sides of

the nose and nostrils can often be observed. Enlarged pores and hard comedones are also seen on the nostrils and tip of the nose when cardiac edemas and other cardiac diseases take hold.

Partnering for Health

Skin health can provide insight into whole-body health. Work closely with your esthetician to determine how best to treat the manifestations, and discuss prevention techniques as well. Remember, your skin care professional is not qualified to diagnose conditions, but your skin may be providing clues to what's going on internally. And you may discover that your esthetician is an essential part of your care team.



Your skin condition can provide clues into whole body health.

Treat Your Face Naturally

In between visits to your skin care therapist, it's always good to follow a healthy skin care routine at home. Here are some easy-to-use skin care recipes you can make yourself.

FLAXSEED OIL

Flaxseed oil contains some of the highest levels of omega-3 fatty acids, and calms skin that is raw and irritated due to conditions like eczema or psoriasis. It helps repair skin cells and hydrates even the driest skin.

FLAXSEED GEL MASK

Flaxseeds, when boiled and cooled, make gel. This gel can be used alone as a compress, or other ingredients can be added to it for a customized treatment.

INGREDIENTS

One-third cup whole flaxseeds; 2 cups filtered water or cucumber juice; 4 ounces of aloe vera gel (optional); One-half teaspoon of honey (optional); One-half teaspoon of sunflower seed oil (optional)

Bring water to a boil. Stir in flaxseeds and immediately reduce heat. Stir and simmer until the gel forms (about 10 minutes). Strain the mixture through a cheesecloth and then transfer to a sterilized container. Apply to face and décollete with a fan brush for 5-10 minutes. Remove with a warm towel. Flaxseed gel can be stored in the refrigerator for up to one week.

HEALTHY PROBIOTICS

Probiotics--the live cultures in yogurt--exhibit antifungal, anti-inflammatory, and antimicrobial benefits when used on skin. Probiotics increase ceramide production, which boosts skin protection against the bacteria that causes acne.

CREAMY YOGURT FACIAL TREATMENT

Use this recipe on skin with acne.

INGREDIENTS

4 tablespoons Greek yogurt; 1 tablespoon sunflower seed oil or rice bran oil; 1 tablespoon honey (optional);

Crushed mint leaves (optional; remove before applying).

Combine the ingredients together in a bowl. Apply mixture with a fan brush to face and décollete for 5-10 minutes. Remove with a warm towel.



Flaxseed oil repairs and hydrates the skin.

Here Comes the Sun

Updated UV Index Shines Light on Rays

A crucial warning system has been recently updated for your skin's protection. In compliance with the World Health Organization, the Environmental Protection Agency and the National Weather Service revamped the UV Index, a system created to alert people about the level of harmful ultraviolet (UV) light rays from the sun. Overexposure to UV rays can cause wrinkles and premature aging, skin cancer, cataracts, and immune system suppression.

Many factors influence the strength of UV rays: UV light is stronger in the summer, at higher altitudes, and in areas closer to the equator. It's also stronger at midday, from 10 a.m. to 4 p.m., when the sun is directly overhead.

The new UV index ranges from 0-11 with guidelines as follows:

0-2: **LOW.**

Minimal exposure for the average person, but watch for reflected UV from snow and water.

3-5: **MODERATE.**

Stay in the shade during midday. Cover-up outside.

6-7: **HIGH.**

Wear a hat, sunglasses, and a sunscreen with a minimum sun protection factor (SPF) of 15. Avoid midday sun.

8-10: **VERY HIGH.**

Take extra precautions, and avoid midday sun. Wear protective clothing.

11: **EXTREME.**

Take all precautions, seek shade, and avoid midday sun. If possible, stay indoors.

As part of its daily forecast, the National Weather Service publishes the UV index for each area of the country. Go to www.epa.gov/sunwise/uvindex.html and enter your zip code to find your UV index for the day. The Weather Channel, as well as most local TV stations, include the UV index in their weather forecast. It can also be found at www.weather.com.

For a detailed description of the UV index, or for more information on sun protection, visit www.epa.gov/sunwise.

*Love of beauty is
taste. The
creation of
beauty is art.*

-Ralph Waldo Emerson

Welcome and Thank you for Subscribing to Brushed FX. I hope that you are enjoying your Skin Script Rx Home Care products. If you have any questions, concerns or would like to make an appointment for your personal skin analysis, customized treatment and home care regimen. Available by Appointment only, please visit www.brushedfx.com for up-to-date promotions and certificates.

Brushed FX

Phoenix, AZ 85037

MEMBER

