



*Minimizing
Scar Damage*

Minimizing Scar Damage

Scars form when a protein in the body, collagen, is used to mend skin damage. Collagen fibers create a different skin quality and texture where healing has already occurred. Some scars will also cause discoloration, 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 to make scars disappear in time. I've listed them for you below in the order of effectiveness. They can be applied topically to areas that have the potential to scar or have already. Never apply neat (undiluted) to avoid sensitivity or allergy. Most essential oils are not used internally, so avoid placing them in body cavities or the eyes.

- **Frankincense** is excellent for skin health in general. 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 worth every penny in treating scars and blemishes, including 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** prevents new scar tissue from forming and can reduce the appearance of existing scars. Lavender is an essential oil that is gentle enough to be applied topically without being diluted first, but this only applies to healthy skin. However, Lavender should always be diluted before applying it to skin irritations, wounds, and blisters.
- **Geranium** is an overall skin tonic that will, at the very least, fade scars when applied over time. It also helps to rejuvenate old skin cells.
- **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 out older scars, but it does have 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. In addition, it can help to strengthen skin elasticity and reduce the signs of aging.
- **Cedarwood** regenerates scar tissue and diminishes signs of older scars, regardless of their cause. Like Patchouli, its scent can also be potent. It also chases insects away, so there is less chance of being bit and dealing with leftover discolorations from insect bites.
- **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 pat dry the affected area. 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 and gently massage it into the 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 keep it healthy. 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 toward poor pH, the number one cause of illness, disease, and, if you live with HSV, herpes breakouts.

Before skipping to natural alternatives to use on your skin, let's look at some of the products you are currently using.

Your cooperation will be required. First, you'll need to get up and collect your favorite bottles of skin products which you are currently using, such as cleansers, shampoo, moisturizers, deodorants, and cosmetics, to see if they might contain one or more 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 usually contaminated with high Dioxane concentrations, which are easily 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 causes toxins to build up, which can slow cellular turnover and cause your skin to look older faster. 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 affected as well.
- **Paraben** is a preservative used widely 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.
- **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 decrease the ability of the skin's cells to multiply and can cause skin irritation.
- **Sodium laurel or lauryl sulfate (SLS)**, also known as sodium *Laureth sulfate* (SLS or SLES), is found in chemical washes, degreasers, and cleansers, the type you would find to clean up 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 poison 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*, and *Benzyl*.
- 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 are only helping to build up toxins in your body and your brain. Toxins lead to disease and more frequent and severe herpes breakouts.

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, folic acid. Amino acids are your body's building blocks. Eight are essential that your body can't reproduce but are in the aloe plant.
- **Coconut oil** protects skin from blemishes, signs of aging, or overexposure to sunlight. Coconut oil also keeps the skin's connective tissues strong and supple. It removes the outer layer of dead skin cells, making the skin smoother. It penetrates the deeper layers of the skin and strengthens the underlying tissues, healing and repairing age-damaged skin. Choose a high-quality organic coconut oil free of chemicals and without 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 stop messages sent between problem-posing cells, disrupting their ability to function. Monolaurin also helps to prevent herpes cold sores and genital breakouts.
- **Jobba oil** is a liquid wax ester from cold-pressed seeds of desert shrubs that speeds healing and minimizes scarring. It's very similar to the sebum your skin produces to retain moisture and keep skin smooth and elastic. From about twenty years old, your skin's production of sebum decreases. Jojoba mixes with your natural sebum and helps to maintain skin moisture and elasticity. Jojoba oil forms a thin, non-greasy lipid layer that holds water in your skin without clogging and helps your skin do its job. 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. In addition, it helps to 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. In addition, palm oil contains phytonutrients, including phytosterols, squalene, CoQ10, and mixed 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. In addition, it enables 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 for the face as a moisturizer and a makeup remover. 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 to supplement the diet for a short period unless you have a medical cause for taking them longer.

The purpose behind taking any supplement should be to give your body what it currently needs while you are working on improving your diet and lifestyle. Once you establish a healthy regime, supplements should no longer be necessary. However, the following supplements work very well for 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 of its own. This antioxidant reduces skin inflammation, prevents wrinkles by protecting collagen and elastin (which decline as we age), fades age spots, is a natural sunscreen when used topically (look for 0.5 - 2% extract in creams), and prevents 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 supplementing with vitamin D, follow the guidelines on the next page.

- 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. Those on blood-thinning medications or having blood-clotting issues should not use Vitamin K.

Also, stay hydrated with 6-8 cups of pure water daily and eat a balanced, whole-food diet.

