

Detox the Body, Renew the Skin

Eliminating Toxins Can Clear Complexions

Barbara Hey

Toxins produced from stress, poor diet, fatigue, the environment, and less-than-optimum health can result in a dry, lackluster, acne-ridden, or hypersensitive complexion. If you're having difficulty stabilizing your skin, no matter how diligent the efforts to hydrate and renew, it may be time to consider another tactic: internal cleansing.

The term itself may suggest colonics or scrubbing bubbles for the digestive tract, but really it's simply a rest period for the body, a time devoted to detoxification by eschewing the bad stuff (sugar, chips, coffee, and cocktails, for instance) and consuming wholesome, clean, unprocessed foods. The aim is to give

one's internal environment," says Susan Ciminelli, founder of Susan Ciminelli Day Spa in New York City. The skin, she says, reflects "how one digests, assimilates, and eliminates food."

Hale Sofia Schatz, author of "If the Buddha Came to Dinner: How to Nourish Your Body to Awaken Your Spirit" (Hyperion, 2004), agrees. The reasons for undertaking a cleanse are twofold: "to allow the body to eliminate toxins and to increase the body's natural ability to renew itself through the rejuvenation of cellular growth," Schatz says. She recommends a cleanse that focuses on proper food combinations, predominantly fruits, vegetables, whole grains, and nuts.

Beauty seen is never lost, God's colors all are fast.

-John G Whittier



Eating healthy, organic, whole foods is part of a skin-cleansing detoxification process.

the body time to rid itself of the detritus of a life fueled by caffeine, red meat, and refined foods, and then see and feel what happens. The benefits to body and appearance, say experts, can be dramatic.

Where to Begin?

The epidermis reflects what's going on in the body. "The skin is a mirror of

The detoxing process takes time. A few days is a good start, but a week or even a month is better. When the process is complete, the body is renewed and, Schatz says, "the skin all of a sudden starts looking more luminous, more radiant." But be forewarned: It often gets worse before it gets better.

Continued on page 2

Office Hours and Contact

Aphrodite Skin Care, LLC
618-632-2231
618-791-8980
Hours - by Appointment
www.AphroditeSC.com
Nsoto@charter.net

In this Issue

Detox the Body, Renew the Skin
The Wonders of Water
Shea Butter

Continued from page 1

"As the toxins get eliminated from the body, you see them most readily on the skin surface. Impurities in the body can come out as blemishes, eczema, or rashes," she says. And that worse-before-better phase can cause distress. "Clients will call me after the first days of a cleanse and say they've had a breakout, and I say, 'That's a healthy sign. The impurities want to get out.'" At this stage, patience is required, because whatever manifests will dissipate with time. Schatz's advice: "Listen to the body, work with the body."

Detox Basics

Following are some general detox fundamentals. As you go through the process, work with your esthetician for guidance and skin care support.

START SLOW.

With any cleanse, the best advice is to ease into it. "Most of our bodies are pretty toxic," says Schatz, noting that many people are at least somewhat addicted to the toxins of day-to-day life--those lattes to invigorate the afternoon doldrums and sugar, wheat, and dairy, all of which are tasty foods common in the American diet. She suggests starting with a preliminary period--a week or two of gradual dietary shifts--to prepare the body for what's to come. During that time, you wean yourself off caffeine (gradually, to avoid the headache), refined flour products, alcohol, and milk. Then, the cleanse can commence.

UP WATER INTAKE.

Critical during a cleanse, and always important for skin, is to increase the amount of fluids ingested. Schatz suggests doubling what you ordinarily drink, which will help the body eliminate the toxins it's releasing. That means lots of spring water, herbal teas, and fresh vegetable juices.

EAT SEASONALLY.

Make dietary selections appropriate to the weather and include fresh, seasonal food. That is, it's preferable to eat whatever fruits or vegetables are harvested in the particular season. Also, make sure to consume foods in the winter that promote warmth (soups instead of salads) and in summer that are cool (melons rather than baked yams). In all seasons, sea vegetables such as arame, wakame, and nori are

recommended, since they are rich in vitamins and minerals that benefit the liver--the organ at the front line of detoxing the body each day.

SUPPORT YOURSELF.

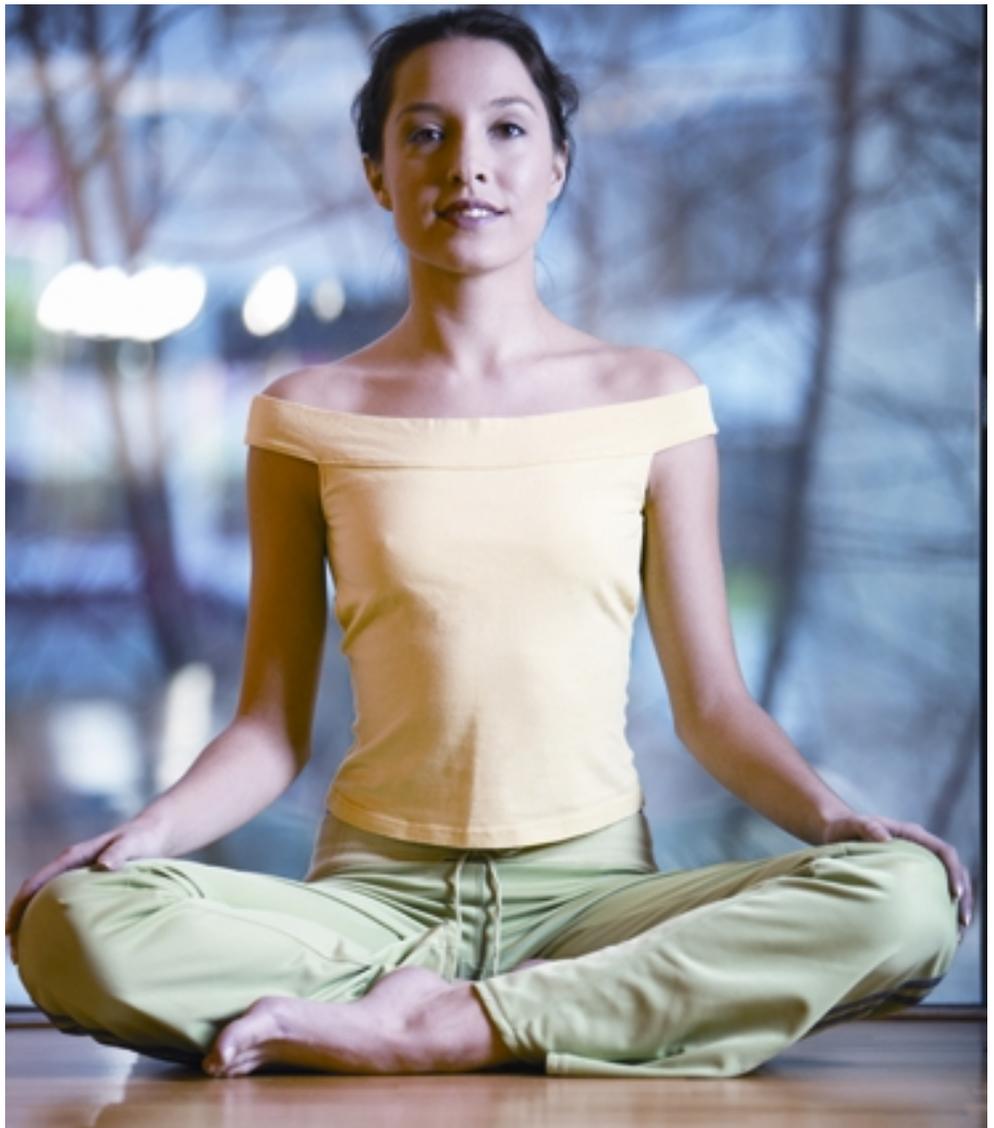
The particulars of a cleanse vary--what foods to eat and when--but have in common specific supplements to support the body (like a supplement of fiber, green food, or probiotics) or herbs to augment the detoxification of the liver. (Schatz recommends dandelion root, for instance.) Detoxing is also a time to relax, meditate, and rest--essential for the body to be refreshed.

Each step of Schatz's three-phase plan may last from two days to a week or two. Her plan begins with a period of just fruits and vegetables. Next, grains, seeds, and nuts are added, and finally protein (tofu, certain fish, beans).

Detoxing doesn't necessarily mean bland food, either. Schatz's book includes dynamic recipes like Ginger-Leek Miso Soup and Salsa Snapper (www.heartofnourishment.com).

In between cleanses just plain eating well can have concrete results, even in the eye zone. For example, Susan Ciminelli has a homemade under-eye lightener in the form of a soup recipe made with kidney-supporting adzuki beans (www.susanciminelli.com).

Of course, nourishing the body with healthful foods is about more than appearance. It's about maximizing health and bringing a consciousness and respect to the foods we put in our bodies. And then, the realization comes that the effort has brought about a multitude of gifts--more energy, vitality, vibrancy, and, not incidentally, looking better too.



Detoxing is an important time to nourish yourself with relaxation, meditation, and rest.

The Wonders of Water

For Skin Health and More

Shelley Burns, N.D.

Creams, nutritional supplements, treatments, lotions, and potions. We are always looking for the next miracle product to keep skin looking healthy and young. However, there is one essential, inexpensive, and often overlooked nutrient right at your fingertips: water.

Just as a car cannot function without oil, our bodies cannot function without water. After oxygen, H₂O is the most important component of the body, responsible for 65-70 percent of its composition. And of this, 80 percent is dedicated to the skin.

Water is the medium for various enzymatic and chemical reactions in the body. It moves nutrients, hormones, antibodies, and oxygen through the blood and lymphatic systems, and it also helps form the matrix of the skin. Devoid of water, the skin becomes dehydrated, resulting in a dry, dull tone.

It's likely that the moment a person feels thirsty, mild dehydration has already set

in. To keep the complexion looking smooth and blemish-free, drink water upon waking and continue drinking it throughout the day at one- to two-hour intervals. At least six 8-oz. glasses of water should be consumed daily and more if you are exercising, perspiring, and/or in hot weather. Ideally, intake should be between ten and twelve 8-oz. glasses of water a day. One note: Don't increase water intake all at once, as the kidneys and digestive system need time to adjust. Add one 8-oz. glass every day or every second day.

What counts toward your daily water intake? Just the basics: water and herbal tea. Caffeinated beverages and alcoholic drinks are diuretics that can contribute to dehydration, requiring even more hydration after drinking.

Not only is water important for skin health, it can also play a key role in the prevention of disease. Drinking eight glasses of water a day can decrease the risk of colon cancer, bladder cancer, and potentially even breast cancer.



Water helps keep the body at optimum health.

Shea Butter

For Your Complexion and More

Shelley Burns, N.D.

Shea butter comes from the nut of the shea tree (pronounced shay) found in the tropics of Africa, primarily West Africa. It offers many benefits as a topical moisturizer for skin and hair, and improves other skin problems and appearance.

As well as providing relief from minor dermatological conditions like eczema, lesser burns, and acne, shea butter can be used as a natural sunscreen and for stretch-mark prevention during pregnancy. Other benefits include the evening out of skin tone, reducing blemishes, and restoring skin elasticity.

Shea butter easily penetrates the skin, allowing skin to breathe without clogging pores. It contains high

concentrations of linoleic acid, which provide skin protection at a cellular level, as well as vitamins A, E, and F, which protect against premature wrinkles. Vitamin F in shea butter also soothes rough, dry, or chapped skin.

Healing though it may be, shea butter undergoes a rigorous path in its journey from overseas to the faces and bodies of your clients. The fruit from the shea tree is cultivated, cracked, grilled, pounded, and boiled. The shea butter is then scooped out of the nut and left to cool.

Properties of shea butter include unsaponifiables--substances that cannot decompose into acids, salts, or alcohol. For that reason, shea butter is extremely

absorbable, even more so than soybean and avocado oils.

There are three types of shea butter extraction and just two of the three end products of these extractions should be used. Unrefined shea butter in its pure form is yellow. Refined shea butter is processed but still contains many of its natural components. Either is fine to use. Highly refined shea butter may well have lost its healing properties and can include such solvents as hexane, which may cause nerve damage. It is pure white and should be avoided. Another note of caution: shea butter is not recommended for people with nut and latex allergies, and some experts also discourage its use by people with chocolate allergies.

*To me, fair
friend, you
never can be
old, For as you
were when first
your eye I eyed,
Such seems your
beauty still.*

-William Shakespeare

Aphrodite Skin Care currently offers two great body wraps. These wraps stimulate Lipolysis, the breakdown of fat stored in cells, enabling free fatty acids to be released into the bloodstream and circulate out of the body. Also, stimulation of metabolic thermogenesis, which induces the breakdown and release of stored body fats to be turned into energy. Increases Lymphatic drainage, movement of lymph through the system allowing toxins to properly exit the body.

1) CryoThermic Body Wrap: Works on the principles of vasoconstriction and vasodilation to address specific body concerns including water retention (swelling and puffiness), tissue firmness, toxicity and sluggish microcirculation due to lack of exercise. Dual sensations of cold and hot stimulate the circulatory system, encouraging the body's own slimming process.

2) Detoxifying/Cellulite Body Wrap: Blends of essential oils are used, that stimulate the blood system to remove toxins from the body and eliminate them through the excretory system. Additives in this oil stimulate and dissolve cellulite tissue. Cellulite wraps are recommended in a series of six for best results.

Nadiya Soto

2101 N. Center Street
Maryville, IL 62062

MEMBER

