

Cancer Answers

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Help for Your Skin

It is a well-known fact that cancer treatment deals a hard blow to skin health. Although I have addressed this subject before in my newsletter I wanted to devote this issue to the most beneficial vitamins, minerals and herbs for staving off some of the harmful effects of treatment?

Vitamins

Vitamin A strengthens the protective tissue of your skin. Additionally, it is essential for the maintenance and repair of your skin tissue. Because Vitamin A is a powerful antioxidant it helps fight off free radicals that damage your body systems.

The B Vitamins are a group of vitamins that are like an army of soldiers whose only mission is to fight off the damaging effects of pollution, stress (cancer treatment) and environmental toxins.

Vitamin C is not only a powerful antioxidant like Vitamin A and E, but it is the major factor in tissue growth, repair and healing.

Vitamin E, as I stated above, is an antioxidant that also enhances healing and tissues repair. It can even prevent cell damage by negating the harmful effects of free radicals.

Vitamin K helps combat vascular problems of the skin. It can also promote healing in general, healing of skin discoloration and improve the appearance of scars.

Minerals

Chromium aids in reducing the chances of skin infections and helping heal skin infections that are already there. It is hard to get enough chromium in what you eat, especially with appetite and taste changes during treatment. Purchase some chromium picolinate and take 150 mcg daily.

Zinc aids in healing and preventing scarring. It also promotes a healthy immune system which is so important during treatment. Zinc is a mineral antioxidant that fights off free radicals.

Herbs

Great herbs for general skin care health are: kelp, alfalfa and parsley. The iron and iodine in kelp helps regulate the thyroid which fights germs and bacteria. Alfalfa boosts the immune system because of its calcium, iron, magnesium, phosphorus and sodium content. Parsley is high in vitamins A, B and C, which makes it a great antioxidant.

Holy Basil is an adaptogenic herb that heals skin very quickly. It also improves skin's elasticity and reduces wrinkles. There is some evidence that it may even help prevent skin cancer.

Aloe Vera is soothing, healing and moisturizing.

Comfrey reduces redness and soothes irritated skin.

A weekly facial sauna using lavender, chamomile and peppermint is wonderful for dry skin. Go to http://www.1stholistic.com/Beauty/skin/skin_dry.htm

Homemade Skin Care Recipes

Nourishing Cream for Cracked Skin

2, 4 oz jars vitamin E cream
try Jason's (25,000 IU) or Mill Creek (20,000 IU)
1, 8 oz jar shea butter
try SunFood (8.8 oz)
1, 12 oz natural or organic baby lotion
Jason's organic is great and fragranced with lavender
Mix all ingredients together and scoop into a large jar. Apply at night to hands, feet and elbows. If possible put cotton gloves and socks on your hands and feet to get as much benefit from the lotion as possible. Created by Carin Hansen

Egyptian-Style Milk bath

This recipe is taken from Natural Beauty Pamper Yourself with Salon Secrets at Home by Laura DuPriest.
2 tablespoons regular oatmeal
1 cup powdered milk
2 tablespoons almond meal *
2 to 3 drops of your favorite essential oil **

Grind the oatmeal to a fine powder and combine all ingredients in a small bowl. Store powder in a glass jar. Add 2 tablespoons to bath water and soak for 20 minutes. Afterward, your skin will be remarkably soft and smooth.

* grind up 10 fresh almonds in a food processor if you can't purchase almond meal.

** If you have severe allergies you may want to go sans essential oils when making your mixture.

For more homemade skin care recipes visit my website...I add a new recipe each month so check back often. (Would it be beneficial to have links on my site to other sites where ingredients can be purchased? Email your thoughts to me.)

PLEASE NOTE: There will be no May newsletter. Our oldest son is getting married on May 16th. I will be in Chciago that entire week in addition to some final wedding details I will probably need to attend to prior to leaving. Thank you for understanding. See you in June! Blessings, Carin