

The Foundation of Natural Beauty

The relationship between your hair, nails and skin and your overall health is underestimated.

Your Hair

Description

There are approximately 100,000 strands of hair on the average head, growing an average of ½ inch per month. On medium length hair these strands can remain for anything up to two years.

Hair strands are arranged in three layers, an outer cuticle, a middle cortex and a central medulla. The strand is composed of a protein called keratin. This protein is the building block of each strand. It gives the follicle strength to avoid splitting.

The hair follicle has capillaries supplying oxygen, energy and amino acids to the hair for adequate growth. Hair growth has 3 cycles:

- **The Anagen cycle - Stage 1 - Active growth**
- The Catagen cycle - Stage 2 - Breakdown and change
- **The Telogen cycle - Stage 3 - Resting before regrowth.**

The relationship between your hair, nails and skin and your overall health is underestimated. They share the same nutritional requirements for health. They react to deficiency in similar ways. Their general look and feel alone can even reveal much to the non-professional.

Lack of vitamins, minerals, amino acids, enzymes and trace elements show your health status clearly through limp, lifeless, worn out hair.

Deficiency of necessary nutrients through chemical or hormonal imbalance, illness or side effects from medication can result in disease becoming more and more commonplace around the globe due to biological, environmental and genetic causes.

If your body is healthy and nourished your hair will shine. If you are unwell or lacking vital nutrients your hair may show stress or vulnerability to damage, or even stop growing.

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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Conditions

Many negative conditions can result from nutritional deficiency. Some will clear up as soon as your nutritional balance has been restored and will remain as your balance is maintained. Others have more serious connotations, or require underlying medical causes to be treated.

Some common examples of conditions resulting from nutritional or natural body chemical deficiency include:

Dandruff

White flakes or scales in the hair due to excessive shedding of skin from the scalp. Dandruff itself is normal in small amounts, as old skin cells are replaced. Flaking with redness, irritation and itching however results from nutritional, chemical and hormonal neglect.

Baldness (Alopecia)

Loss of hair in increasing patches on the scalp. Baldness is the most common hair problem in the world. It is partly genetic, partly due to the aging process and partly down to long-term nutritional imbalance, causing the immune system to attack the hair follicles.

- **Alopecia Totalis results in hair loss over the entire scalp.**
- Alopecia Universalis results in hair loss over the entire body.
- **Women with Androgenetic Alopecia (a hormonal hereditary condition of female-pattern hair loss) are more sensitive to the hormone testosterone, causing hair to thin.**

Folliculitis

Inflammation of the hair follicles caused by bacterial infection.

Pemphigus Foliaceus

Hair loss with scaling and possible scalp scabbing.

Hirsutism

Excessive body and facial hair, occurring for women mainly on the chin and upper lip.

Grey hair (Canites)

Hair is lacking in colour due to the lack of pigment - melanin for black or brown hair; pheomelanin for red or yellow hair. Pigment producing cells manufacture pigment (melanin) at specific ages. As we age these cells reduce the amount of pigment they produce. If pigment is lacking the hair becomes grey or white.

Statistics

Great Health Sites

[Natural Holistic Health Blog](#)

[Respiratory Disease & Infection Guide](#)

[PetAlive Natural Pet Remedies](#)

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[Health or High Water](#)

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- **The average number of hairs on an adult scalp is 100,000.**
- Blonde people have around 140,000 hairs, redheads have around 90,000.
- **Baldness affects 1.7% of the population, with over 4 million in the US alone.**
- Baldness generally occurs in 2 out of 3 men and 1 out of 5 women.
- **Male pattern baldness is thought to occur in 66% of adult males.**
- 1 out of 10 children will develop eczema before they reach their teens.
- **Androgenetic alopecia affects approximately a third of susceptible women, and is most commonly seen after menopause.**
- Nail disorders comprise about 10% of all skin conditions.
- **Onychomycosis makes up approximately 50% of all nail disorders.**
- Around 10-15% of patients with psoriasis develop joint inflammation (psoriatic arthritis).
- **Around 50% of patients with psoriasis have finger and toenail conditions.**
- Around 50% of people with psoriasis, and 80% of people with inflammatory arthritis also have nail problems.

Causes

There are many causes of poor hair condition. The most common and important causes are the chemical and hormonal imbalances that occur as a result of aging, illness and nutritional deficiency. Nutritional deficiency being the most significant, leading to chemical and hormonal imbalances and illness, and accounts for the majority of all hair disorders.

As well as nutritional deficiency, common causes of hair disease include:

- **Hormonal problems, e.g. underactive or overactive thyroid**
- An excessively low protein diet
- **Excess stress**
- Pregnancy or hormonal medication
- **Male or female hormone imbalance**
- Illness or major surgery (or the stress of such events)
- **Prescription medications, e.g. blood thinners (anticoagulants) and antidepressants...**
- Viral or bacterial infections
- **Fungal infections - and controversially antifungal medicines**

- Underlying physical disease
- **Zinc deficiency**

The side effects of many medications also cause hair loss or scalp/skin problems, such as those often seen with acne medicines, e.g. Isotretinoin, depression medications, e.g. Lithium and diet pills, e.g. those containing amphetamines.

Poor nutrition

It is difficult to get full nutrition from our food, meaning deficiency and disease are even ripe in otherwise healthy people. Poor eating and eating disorders like anorexia and bulimia cause the body to lose protein, vitamins and minerals important to sustain hair growth.

Even symptoms of illness such as the symptoms of diabetes and heart disease, which may include sudden weight loss or high fever, can cause nutritional deficiency and affect your hair health.

Drugs that cause hair loss include:

- **Chemotherapeutic agents**
- Prolonged use of Aspirin
- **Anticoagulants**
- Amphetamines
- **Retinoids (used for acne and skin problems)**
- Beta-adrenergic blockers (used to control blood pressure)
- **Cortisone**
- Antidepressants
- **Heavy Metal Toxicity**

Environmental contamination can result in the build up of heavy metals such as mercury, copper, zinc, lead, arsenic, cadmium, aluminium and nickel in your system. This places your body at serious risk of long-term disease.

Mercury ingestion has become the most well documented in recent years, with dental fillings containing around 50% mercury, as well as other metals. Contamination can also come from food and our water systems via contaminated soil, rivers and lakes.

Toxins ingested from this heavy metal accumulation collect in the follicles of your hair (amongst other organs, such as the kidneys, liver and brain) and remain there for years, often completely undetected.

Because your hair accumulates heavy metals in concentrations 1000 times more than any other biological tissue, a hair mineral analysis is one of the simple tests to diagnose the levels of heavy metals in your system.

Diagnosis

Your health professional will ask questions about your diet, medicines you are taking, any recent illnesses, your menstrual cycle, any pregnancies and whether or not you are experiencing menopause and associated symptoms.

A physical examination will take place, possibly including hair and nail analyses or skin biopsy if necessary.

Blood tests may be requested if underlying disorders are suspected. These may include vitamin and mineral analyses to locate any nutritional deficiencies.

If a reaction to medication is thought to be the cause your health professional may suggest an alternative medication or therapy.

Neurological, circulatory and the musculoskeletal systems should all be examined, along with thorough history taking including details of occupation, family history and drug history.

Signs and Symptoms

Because of their natural relationship and similar build, signs of hair, nail and skin disorders usually intertwine, especially if they are age-related, related to an underlying medical condition, or are down to nutritional deficiencies.

Common symptoms to look for include:

Hair	Nails	Skin
Finding small patches of hair	Slow growth	Itching
Thinning of the hair	Dull and brittle nails	Lesions
Excessively dry hair	Discoloration	Moles
A flaking scalp	Hardening/thickening of nails	Rashes/Hives
Red, itchy or oily scalp	Splitting at the fingertips	Skin color changes
Frequently weak or tired	Appearance of ridges or dents	Tenderness
	Itching, redness or pain	Swelling or bumps
		Leathery (thick) skin
		Hypersensitivity
		Peeling
		Bleeding or bruising

Treatments

Damaged hair reflects your lack of inner health.

Hair loss, unhealthy hair and infected, brittle or splitting nails should not be ignored. Increasing global stress, pollution, nutritional deficiency and genetic deficiency all ensure poor hair and nail health continues, making prevention and fast treatment imperative for you to avoid serious health issues developing.

Conventional treatments

There are many prescription medications on the market for the treatment of hair, scalp, skin and nail conditions. Although these medications have a short-term effect they do not address your underlying causes. They also have numerous detrimental side effects that can cause you serious health issues.

Common prescription medicines for hair health solutions include:

Minoxidil (Rogaine)

Works by activating PGHS 1 (prostaglandin endoperoxide synthase-1) in your system, helping to promote hair growth. However, side effects include skin irritation, itching, contact dermatitis, hives, swelling and sensitivity.

Finasteride (Propecia) and Dutasteride (Avodart)

Finasteride works by inhibiting an enzyme needed to produce DHT (dihydrotestosterone), a hormone contributing to the shortening of the hair growth cycle and shrinkage of the hair roots.

Dutasteride works by inhibiting the action of 5-alpha reductase. This compound is an enzyme and is responsible for converting testosterone into dihydrotestosterone (DHT).

Side effects of these drugs can include impotence and decreased sex drive, as well as dizziness, drowsiness, insomnia, nasal congestion, muscle weakness, back pain and increased cough.

NB: Females are warned against using Propecia. If you are pregnant and even touch a tablet you should see your doctor immediately as there is potential risk of deformity to your unborn child.

Retin A

Works by ensuring the proper function of the sebaceous glands, producing sebum on the scalp, preventing hormone related hair loss. Side effects can include skin darkening, burning, dry skin, itching, peeling, redness and stinging.

Natural treatments

Along with general dietary and lifestyle tips to improve your resistance, many specific natural ingredients are known to boost your body's normal processes and maintain the correct nutritional composition needed by your skin, hair and nails.

These ingredients include:

Sulfur as MSM (Methylsulfonylmethane)	A naturally occurring organic compound used to maintain normal keratin levels in the hair, skin and nails. It helps to make the cell walls more permeable which increases circulation and helps regulate insulin production, improving hair, nails and skin.
PABA (Para-aminobenzoic acid)	A co-enzyme forming part of the folic acid structure, necessary for healthy skin and hair pigmentation. It stimulates intestinal bacteria to produce folic acid and promotes the breakdown of proteins. Beneficial in hair loss, hair greying and dermatitis.
Saw Palmetto	Comparable in efficacy to Finasteride (Proscar), but much better tolerated with little or no side effects. It blocks receptor sites on cell membranes that are required for the absorption of DHT (Dihydrotestosterone), a causative factor in alopecia.
Iodine	A trace mineral that converts to iodide. It helps to regulate thyroid hormone production, preventing dry hair and hair loss. The condition of hair, skin and nails are dependent upon a well functioning thyroid gland.
Biotin	A water-soluble B vitamin acting as a co-enzyme to metabolise proteins, fats and carbs. Beneficial in hair loss and the underlying causes of hair and nail problems. Studies show a 25% increase in nail plate thickness in patients with brittle nails.
Inositol Hexaphosphate	A powerful antioxidant effective in promoting lecithin production, required for brain neurotransmitter action. It inhibits the production and activity of free radicals and slows the rate of abnormal cell division.

L-Methionine	A sulfur-bearing essential amino acid necessary for hair and muscle production. A building block of proteins and peptides. The body uses methionine to manufacture creatine and uses the sulfur in methionine for normal metabolism and growth.
Vitamin B5 (D-Pantothenate)	Supports carb, protein and fat metabolism. Beneficial in hair loss, dandruff, grey hair, enhancing the immune system and benefiting the underlying physical disease causes of hair and nail neglect.
Omega 3 Fish Oil	Essential fatty acids known for their ability to improve hair and nail health significantly, improving lustre and condition, as well as many other health benefits.

These ingredients are available in literally thousands of hair, nail and skin products advertised all over the world. However, although these ingredients certainly have their place, individually they are not powerful enough to provide the treatment you need to correct your chemical and nutritional imbalances and prevent reoccurrence.

Combined in a synergistic and balanced way however, and with other ingredients as co-factors, these ingredients do show significant benefits, not only in treating your problem but in providing an overall health advancement regime, strengthening the immune system and helping to ensure optimum whole health.

Xtend-Life lead the way in combining these ingredients, plus other enhancing trace elements, to provide such advanced results.

Thousands of people throughout the world have found that after taking Xtend-Life Total Balance for a period of time they have noticed a distinct improvement in the condition of their hair and nails, and major enhancement in skin health, indicating an underlying improvement also in their general health.

Their results have shown to be further enhanced with the addition of Xtend-Life Omega 3/DHA Esters to their regime, as per the recommended protocol below.

Recommended Products

Xtend-Life Total Balance contains all the nutrients referred to above and combined with Omega 3 DHA/Fish oil, a healthy lifestyle and a good diet you are sure to notice and improvement in the quality of your hair

Product	Quantity Per Day	You Need
<u>Total Balance</u>	Variable	Variable
<u>Omega 3/DHA Fish Oil Premium</u>	2 soft gels per day	1 bottle per month

Your Nails

Description

Like hair, nail is made up of keratin, formed by living skin cells.

Conditions

Like your hair, nail growth is affected by and vulnerable to disease. Abuse to your body, lack of nutritional maintenance, prescription medications, illness, disease and chemical or hormonal imbalance, whether due to aging or body malfunction, can result in conditions such as:

- **Viral and bacterial infections (redness, swelling and pain of the nail and skin folds)**
- Tumours and warts (associated viral infections)
- **Fungal infections (causing pitting and discolouration)**
- White spots (mineral deficiency)
- **Splinter hemorrhages (disruption of blood vessels in the nail bed causing splinter-like lines under the nail plate)**
- Ingrown nails
- **Underlying systemic or skin disease.**

Consequently, any of the below conditions can result:

Psoriasis

A pitting, rippling, or discoloration of the nail, causing crumbling and splitting, with swelling and redness.

Beau's lines

Depressions in the nail surface from poor nutrition, illness, or a reaction to medication.

Onycholysis and Onycholysis

Separation of the nail surface from the nail bed, often occurs from thyroid disease (hyperthyroidism or hypothyroidism).

Yellow Nail Syndrome

Nail growth stops. The nail remains hard, thickened, curved and yellow. A possible result of chronic bronchitis.

Trachyonychia

Ridged and rough nails, resulting from psoriasis, alopecia and eczema.

Due to their own deficiencies and medical treatments, more serious health conditions can cause nail problems too, resulting in discomfort, pain and possible deformity.

These include:

- **Liver diseases**
- Kidney diseases
- **Heart conditions**
- Lung diseases
- **Anaemia Diabetes.**

Statistics

- **Nail disorders comprise about 10% of all skin conditions.**
- Onychomycosis makes up approximately 50% of all nail disorders.
- **Around 10-15% of patients with psoriasis develop joint inflammation (psoriatic arthritis).**
- Around 50% of patients with psoriasis have finger and toenail conditions.
- **Around 50% of people with psoriasis, and 80% of people with inflammatory arthritis also have nail problems.**

Causes

There are many causes leading to diseased nails. The most common and most important causes are the chemical and hormonal imbalances that occur as a result of aging, illness and nutritional deficiency. Nutritional deficiency being the most significant, leading to chemical and hormonal imbalances and illness and accounts for the majority of all nail disease.

Nutritional deficiencies, an unbalanced diet and lack of adequate nutritional supplementation, along with related digestive and absorption problems cause the majority of changes you may see in your nails.

Other important causes include:

- **Chemical toxins**
- Prescription medications
- **Bacterial and viral infections**
- Fungal infections
- **Heredity**
- Skin conditions, e.g. eczema
- **Eating disorders**

- Drug sensitivity

Chronic medical conditions cause changes in the shape, smoothness, growth rate and colour of your nails, e.g. rheumatoid arthritis.

As with your hair, many drugs can produce nail disease too:

- **Antineoplastic drugs – cause hyperpigmentation, splinter hemorrhages, beau's lines, onycholysis and onychomadesis.**
- Beta-blockers – lead to thickening and pitting of the nails, beau's lines, ischemic changes.
- **Chlorpromazine – turns the nail colour to a blue-purple pigment.**
- Minocycline – causes a blue-grey pigment.
- **Tetracycline – leads to onycholysis.**

Diagnosis

Your health professional will ask questions about your diet, medicines you are taking, any recent illnesses, your menstrual cycle, any pregnancies and whether or not you are experiencing menopause and associated symptoms.

A physical examination will take place, possibly including hair and nail analyses or skin biopsy if necessary.

Blood tests may be requested if underlying disorders are suspected. These may include vitamin and mineral analyses to locate any nutritional deficiencies.

If a reaction to medication is thought to be the cause your health professional may suggest an alternative medication or therapy.

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Signs and Symptoms

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Red, itchy or oily scalp	Splitting at the fingertips	Skin color changes
Frequently weak or tired	Appearance of ridges or dents	Tenderness
	Itching, redness or pain	Swelling or bumps
		Leathery (thick) skin
		Hypersensitivity
		Peeling
		Bleeding or bruising

These ingredients are available in literally thousands of hair, nail and skin products advertised all over the world. However, although these ingredients certainly have their place, individually they are not powerful enough to provide the treatment you need to correct your chemical and nutritional imbalances and prevent reoccurrence.

Combined in a synergistic and balanced way however, and with other ingredients as co-factors, these ingredients show significant benefits, not only in treating your problem but in providing an overall health advancement regime, strengthening the immune system and helping to ensure optimum whole health.

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Treatments

Untreated fungal nails are more than just an embarrassing cosmetic problem. They may cause further health problems, for example infections may spread and damage your entire nail and infect your fingers; infection may spread to your other nails or spread to other people via showers, swimming baths and shared towels; infections may lead to other more serious bacterial infections, cause painful ulcers, or

lead to permanent deformity.

Damaged fingernails reduce sensitivity in your fingertips and thick toenails can cause severe pain on walking.

Conventional treatments

There are many prescription medications on the market for the treatment of hair, scalp, skin and nail conditions. Although these medications have a short-term effect they do not address your underlying causes. They also have numerous detrimental side effects that can cause you serious health issues.

Common prescription medicines for nail health solutions include:

- **Ampicillin, Calcipotriol, Ketoconazole and Hydrocortisone**
Antibiotics that block the formation of bacterial cell walls, rendering bacteria unable to multiply and spread. Hydrocortisone interferes with the formation of substances directly responsible for the process of inflammation, swelling, redness and pain. Side effects may include colitis, mild itching, diarrhea, fever, itching, nausea, rash, stinging or other skin problems, discolouration, dizziness, sore mouth, vomiting, dry hair and scalp.
- Cloxacillin
A penicillin used to treat infections caused by bacteria. It works by killing the bacteria and preventing regrowth. Side effects can include allergic reactions, rash, fainting, and in more severe and rare cases, seizures, watery diarrhea and abdominal cramps.
- **Fluorouracil**
Interferes with the growth of skin cells. It works by causing the death of abnormal or infected cells. Side effects may include diarrhoea, visual disturbances, nausea and vomiting. In more severe rare cases also potentially causing chest pain.
- Cyclosporin
Appears to slow down the rate of infective growth by inhibiting the immune system. Side effects may consist of bleeding, tender or enlarged gums, fever or chills, frequent urination and vomiting.

Natural treatments

Along with general dietary and lifestyle tips to improve your resistance, many specific natural ingredients are known to boost your body's normal processes and maintain the correct nutritional composition needed by your skin, hair and nails.

These ingredients include:

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Inositol Hexaphosphate	A powerful antioxidant effective in promoting lecithin production, required for brain neurotransmitter action. It inhibits the production and activity of free radicals and slows the rate of abnormal cell division.
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Omega 3 Fish Oil	Essential fatty acids known for their ability to improve hair and nail health significantly, improving lustre and condition, as well as many other health benefits.

- **Nail plate** - The surface you can see on your fingers and toes.
- Nail bed - The skin underneath the nail surface.
- **The Matrix** - The hidden area of the nail under the cuticle, responsible for growth.
- The Lunula - The white 'half-moon' shape at the base of the nail plate.
- **Cuticle** - The skin tissue that covers the bottom of the nail plate.
- Nail folds - The skin on 3 sides of the nail surface, providing support.

The relationship between your hair, nails and skin and your overall health is underestimated. They share the same nutritional requirements for health. They react to deficiency in similar ways. Their general look and feel alone can even reveal much to the non-professional.

Lack of vitamins, minerals, amino acids, enzymes and trace elements you ingest show your health status clearly through nail disease.

Deficiency of necessary nutrients for hair, nail and skin health, through chemical or hormonal imbalance, illness or side effects from medication, can result in disease becoming more and more commonplace around the globe due to biological, environmental and genetic causes.

Healthy nails are strong and smooth. They are see-through, having little colour. They offer protection to the fingertips and toes.

Recommended Products

Xtend-Life Total Balance along with Omega 3 DHA/Fish oil is recommended in conjunction with a healthy lifestyle and a good diet.

Product	Quantity Per Day	You Need

<u>Total Balance</u>	Variable	Variable
<u>Omega 3/DHA Fish Oil Premium</u>	2 soft gels per day	1 bottle per month

Your Skin

Description

Your skin is actually an organ, the largest organ of your body in fact. It provides a cover for your skeletal system, muscles, nerves, veins, arteries and vital organs. It protects you from infection, heat, injury and environmental damage. It also regulates your body temperature and stores water, fat and vitamin D.

Your skin is made up of 3 main layers:

- **The Epidermis**
- The Dermis
- **The Hypodermis.**

The **Epidermis** is the thint top layer. It protects your body. Within this there are actually 5 more layers as well as many different types of cells, including:

- **Keratinocytes, producing keratin, the skin's protein**
- Melanocytes, producing your skin's pigment, Melanin, and
- **Langerhans cells, helping to prevent foreign body invasion**

The **Dermis** is the middle layer. It contains a network of blood vessels, hair follicles and sebaceous glands as well as collagen and elastin, 2 vital supporting proteins.

The **Hypodermis** is a fatty layer. It contains sweat glands and fat. It conserves body heat and protects your vital organs.

The relationship between your hair, nails and skin and your overall health is underestimated. They share the same nutritional requirements for health. They react to deficiency in similar ways. Their general look and feel alone can even reveal much to the non-professional.

Lack of vitamins, minerals, amino acids, enzymes and trace elements show your health status clearly through dull, blemished skin.

Deficiency of necessary nutrients for hair, nail and skin health, through chemical or hormonal imbalance, illness or side effects from medication, can result in disease becoming more and more commonplace around the globe due to biological, environmental and

genetic causes.

Conditions

Like your hair and nails, your skin is vulnerable to disease. Diseases occur as a result of nutritional imbalance, environmental, chemical and hormonal imbalances, reactions to medications and many illnesses.

Negative condition can result from diseases of nutritional deficiency in particular.

Your skin reflects the state of your body and the balance within it. Many negative effects will disappear when your nutritional balance is restored and will remain as long as the balance remains.

Acne

The most common form of acne is known as "acne vulgaris". It is a disorder of the hair follicles and sebaceous glands commonly characterized by black heads, pimples, cysts, infected abscesses, and possibly leading to scarring without proper containment and treatment.

Eczema

A non-contagious skin inflammation, causing itching, scaling and/or blisters considered to be related to malfunctions of the immune system.

Boils

An inflamed hair follicle that has accumulated infection and dead tissue. Often a painful swellings of the skin caused by deep skin infection with bacteria. Symptoms can include redness, tenderness and possible pus.

Bruises

A minor injury caused by knocking or grazing of the skin where capillaries are damaged and bleed into the surrounding tissue. Sometimes painful with a possibility of leading to hematoma, they are usually blue or purple in color when more serious, and brown or yellowish when minor.

Cellulitis

(Not to be confused with cellulite!) An inflammation of the connective tissue, often occurring where the skin has been broken, cracked, cut or wounded.

Psoriasis

A chronic condition where the skin is inflamed, red, raised and possibly scaled. It may be itchy and spotty. It often reoccurs in 'flare-ups' or as a reaction to stress. Common areas include the trunk, knees, elbows and scalp.

Skin Cancer

Fatal skin cancer is primarily caused by nutrient deficiencies...the less serious ones by over exposure to sun. There are different types,

including:

- **Basal-cell carcinoma**
- Squamous cell carcinoma, and
- **Malignant melanoma**

Skin Tagging

Skin 'tags' are benign tumors that form in skin creases, eg. the neck, armpits and groin. They range in size from two to five millimeters, although larger ones have been seen. They may be smooth or irregular and are raised from the surface of the skin.

Stretch Marks

Stretch marks are a form of scarring associated with pregnancy, obesity, bodybuilding and, to a lesser extent, puberty. They come about as skin is overstretched, disrupting the normal production of collagen. They appear as red, white, or purple lines.

Warts

These are viral, common and contagious and are caused by the human papilloma virus (HPV).

Wrinkles

These appear usually with age, thinning the skin as the dermis loses collagen and elastin. Subcutaneous fat starts to disappear and the epidermis sags.

Causes

There are many causes leading to poor skin. The most common and most important causes are the chemical and hormonal imbalances that occur as a result of aging, illness and nutritional deficiency. Nutritional deficiency being the most significant, leading to chemical and hormonal imbalances and illness, and accounts for the majority of all hair, nail and skin disorder.

As well as nutritional deficiency, common causes of skin conditions include:

- **Natural chemical deficiency**
- Hormonal imbalances
- **Stress**
- Medications and side effects of them
- **Illness**
- Viral and bacterial infection
- **Digestive and absorption disorders**
- Poor nutrition

It is difficult to get full nutrition from our food, meaning deficiency and disease are ripe even in otherwise healthy people. Poor eating and eating disorders can cause the body to lose essential nutrients that encourage and maintain skin health.

Signs and Symptoms

Many of the signs of less than ideal skin can simply be put down to general degeneration or age related....wrinkles etc. However, these can usually be reduced by following various natural procedures.

Treatments

Treatment of the skin should be considered in a holistic way. Dealing with it from both the inside out and the outside in.

Conventional treatments

There are many prescription medications on the market for the treatment of skin conditions. Although these medications have a short-term effect they do not address your underlying causes. They also have numerous detrimental side effects that can cause you serious health issues.

Common prescription medications for skin conditions include:

Topical Products

Benzoyl Peroxide is available as soaps, lotions, gels and creams. A common side effect is skin dryness and irritation.

Sulfur, Resorcinol, and Salicylic Acid are not as strong as Benzoyl Peroxide and are used for mild acne. They are available in creams, lotions, gels and soaps. Side effects include a strong smell and may cause the skin to turn brown.

Topical Antibiotics

Clindamycin, Tetracycline, and Erythromycin are used to treat moderate to severe acne when acne is resultant from bacteria. They are available in lotions, solutions, gels, powders and creams.

Side effects include skin irritation and stinging upon applications along with sensitivity to the sun.

Azelaic Acid is a cream with antibacterial effects. Side effects include skin redness, itching and burning.

Tretinoin is available in creams, gels, solutions, a microsphere gel and liquid polymer. Side effects include a "flare" of acne that may occur after starting.

Or, as an alternative...

Adapalene is available as a gel or lotion.

Or...

Tazarotene gel. Side effects include skin irritation, peeling and redness.

Oral Products

Oral Antibiotics such as **Tetracycline, Minocycline, Doxycycline, Erythromycin, Clindamycin, and Cotrimoxazole.** Often used in combination with topical acne products.

Side effects include sun sensitivity and predisposition of a woman to vaginal yeast infections, skin discolouration and diarrhea.

Isotretinoin (Accutane), used to treat severe cystic acne.

Isotretinoin is associated with some potentially bothersome side effects including extreme drying of the mouth, nose, and eyes (approximately 90% of patients), joint aches, muscle stiffness, sun sensitivity and birth defects during pregnancy.

Eczema, Cellulitis and Dermatitis

Creams, Ointments, Lotions, Bath Oils, and Emollients may result in burning of the affected area due to their alcohol content.

Topical Steroids

Topical Immunosuppressants

Tacrolimus (Protopic) and Pimecrolimus (Elidel) need further studies to identify any potential long-term effects.

Antihistamines

Hydroxyzine (Atarax), Diphenhydramine (Benadryl) contain additives that may exacerbate the condition they are treating.

Oral Steroids are generally used for treatment-resistant eczema only because of the potential side effects of these drugs.

Psoriasis

Common topical medications include:

- **Anthralin**
- Calcipotriene (Dovonex)
- **Salicylic acid**
- Steroids
- **Tazarotene (Tazorac)**

Skin Cancer

This is usually treatment with chemotherapy drugs in a lotion or cream applied to the skin. Aside from many major physical and digestive side effects, redness and inflammation in treated parts of the skin also commonly occur.

Alternatively, systemic chemotherapy may be given in a pill, injected into a muscle, or intravenously. Side effects include nausea and other major physical symptoms.

Natural treatments

Along with general dietary and lifestyle tips to improve your resistance, many specific natural ingredients are known to boost your body's normal processes and maintain the correct nutritional composition needed by your skin, hair and nails.

There are also topical creams that can help reduce the effect of aging on skin. These are referred to in Recommended Products.

The oral ingredients that help skin include:

Sulfur as MSM (Methylsulfonylmethane)	A naturally occurring organic compound used to maintain normal keratin levels in the hair, skin and nails. It helps to make the cell walls more permeable which increases circulation and helps regulate insulin production, improving hair, nails and skin.
PABA (Para-aminobenzoic acid)	A co-enzyme forming part of the folic acid structure, necessary for healthy skin and hair pigmentation. It stimulates intestinal bacteria to produce folic acid and promotes the breakdown of proteins. Beneficial in hair loss, hair greying and dermatitis.
Iodine	A trace mineral that converts to iodide. It helps to regulate thyroid hormone production, preventing dry hair and hair loss. The condition of hair, skin and nails are dependent upon a well functioning thyroid gland.
Biotin	A water-soluble B vitamin acting as a co-enzyme to metabolise proteins, fats and carbs. Beneficial in hair loss and the underlying causes of hair and nail problems. Studies show a 25% increase in nail plate thickness in patients with brittle nails.
Inositol Hexaphosphate	A powerful antioxidant effective in promoting lecithin production, required for brain neurotransmitter action. It inhibits the production and activity of free radicals and slows the rate of abnormal cell division.
L-Methionine	A sulfur-bearing essential amino acid necessary for hair and muscle production. A building block of proteins and peptides. The body uses methionine to manufacture creatine

	and uses the sulfur in methionine for normal metabolism and growth.
Vitamin B5 (D-Pantothenate)	Supports carb, protein and fat metabolism. Beneficial in hair loss, dandruff, grey hair, enhancing the immune system and benefiting the underlying physical disease causes of hair and nail neglect.
Omega 3 Fish Oil	Essential fatty acids known for their ability to improve hair and nail health significantly, improving lustre and condition, as well as many other health benefits.

These ingredients are available in literally thousands of hair, nail and skin products advertised all over the world. However, although these ingredients certainly have their place, individually they are not powerful enough to provide the treatment you need to correct your chemical and nutritional imbalances and prevent reoccurrence.

Combined in a synergistic and balanced way however, and with other ingredients as co-factors, these ingredients show significant benefits not only in treating your problem, but in providing an overall health advancement regime, strengthening the immune system and helping to ensure optimum whole health.

Xtend-Life lead the way in combining these ingredients, plus other enhancing trace elements, to provide such advanced results.

Thousands of people throughout the world have found that after taking Xtend-Life Total Balance for a period of time they have noticed a distinct improvement in the condition of their hair and nails, and major enhancement in skin health, indicating an underlying improvement also in their general health.

Their results have shown to be further enhanced with the addition of Xtend-Life Omega 3/DHA Esters to their regime, as per the recommended protocol below.

Recommended Products

There are two parts to taking care of your skin and reducing the effects of aging. The first part is from the inside out and the other from the outside in. Total Balance plus Omega 3 DHA/fish oil is an excellent combination for the 'inside out' and the range of natural topical skin care products for both men and women is an excellent way of addressing the 'outside in'. The details of these can be found on this website by [clicking here](#).

Product	Quantity Per	You Need
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	Day	
<u>Total Balance</u>	Variable	Variable
<u>Omega 3/DHA Fish Oil Premium</u>	2 soft gels per day	1 bottle per month

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Alternative Healing Academy

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

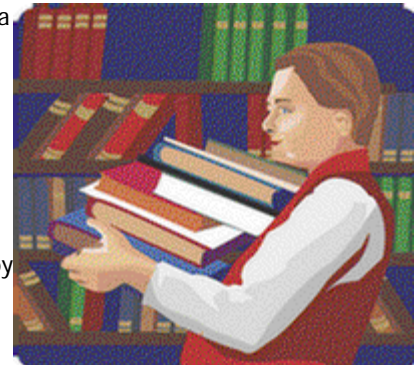
The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

Payment plans are available, please [Click Here for More Info](#)

Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does ***NOT*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.