

Natural Help 4...

Dandruff



What is Dandruff?

Dandruff is a chronic [scalp disorder](#), characterized by an [itchy scalp](#) and an **excess of white flakes** off the skin of the scalp. The skin of the scalp has many layers with skin cells starting to grow in the dermis (the bottom layer), and work their way up until they form a layer of dead cells on the skin surface.

Most of these dead cells are microscopic, and brushing our hair gets rid of most of them without us even noticing. When these flakes of cells get larger due to an overly [dry scalp](#) or fungal infection (that makes the skin cells grow much faster, causing more dead cells to mix with the hair oils to make bigger flakes) it may result in the condition [dandruff](#).

Diagnosing Dandruff

Diagnosing [dandruff](#) will involve a visual examination of the scalp. The condition can mostly be self-diagnosed upon observation of **dry and scaly scalp accompanied by itchiness**.

What is known as Seborrheic [dermatitis](#) usually appears as reddish-looking skin with mild, greasy, yellow scales and plaques with indistinct margins. [Psoriasis](#) can also affect the scalp and causes silvery, scaly, well-defined plaques. A doctor or dermatologist will usually make the **diagnosis for seborrhea or psoriasis** based on the appearance of the skin.

What Causes Dandruff?

There are many factors and conditions that can cause flaky, itchy skin, such as:

- Ringworm
- [Dermatitis](#)
- Dry skin (but flakes from dry skin are generally smaller and less oily than those caused by dandruff)
- Seborrheic dermatitis
- [Psoriasis](#)
- Cradle cap (most common in newborns)
- Contact [dermatitis](#)

Hormonal fluctuations; stress; neurological disorders, (such as Parkinson's disease); a weakened immune system; those recovering from a stroke or heart attack, infrequent shampooing and **extra sensitivity to the fungus** that may contribute to the development of [dandruff](#) may make an individual more susceptible to the condition.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Other influencing factors include age (Dandruff usually begins in young adulthood and continues through middle age) and gender (more men than women have [dandruff](#), men also have **larger sebaceous glands** that produce an oil called sebum).

While **Dandruff is a chronic condition**, it can almost always be controlled. Over the counter [dandruff](#) shampoos may succeed in the short term and prescription shampoos containing Zinc pyrithione, Tar-based shampoos, salicylic acid, Selenium sulfide and Ketoconazole may have side effects or worsen the condition – over drying the skin and causing irritation. Steroid lotions may also be prescribed, but may be too harsh for sensitive scalps.

Help for Dandruff

Many herbal and homeopathic remedies have been formulated with specific ingredients to help **soothe and naturally hydrate the scalp**. Natrium Muriaticum is a biochemic tissue salt that has an excellent reputation for effectively treating rashes and all [itching skin conditions](#), including scalp disorders. Kali. Sulph. also promotes healing, **reduces inflammation** and removes infected or dead cells.

This tissue salt is well-known for its ability to treat **stubborn skin conditions** such as [dandruff](#), and fungal infections of the skin. Trifolium pratense is a well-known cleansing herb for skin disorders and has the ability to improve lymph functioning and reduce lymphatic swellings - helping to purify and detoxify the system.


More Information on Dandruff

One natural therapy that seems to be effective is daily shampooing with a tea tree oil infused shampoo. Tea tree oil has been used for centuries as an antiseptic, **antibiotic and antifungal agent**. It's now included in a number of shampoos found in natural foods stores.

Please note – tea tree oil is generally well tolerated but may cause allergic reactions in some people. 'Raw' tea tree oil can hurt broken skin, or irritate healthy skin, so test it on a different part of your skin before you try it on your head or use a shampoo that contains tea tree oil instead.

Tips to reduce your risk of dandruff:

- Learn to manage stress. Stress affects your overall health, making you susceptible to a number of conditions and diseases, sometimes helping to trigger dandruff or worsen certain symptoms.
- Cut back on styling products like hair sprays, styling gels, mousses and hair waxes as these can all add build up to the hair shaft and scalp - making them oilier than usual. (Hair products also tend to 'hold on' to the tiny flakes making bigger lumps!)
- Eat a healthy diet that provides enough zinc, B vitamins and essential fatty acids – which may help prevent dandruff. Plenty of fresh fruit and vegetables, egg yolks, fish, meat, soybeans, sunflower seeds and whole



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- grains are also recommended.
- Get a little sun. Exposure to ultraviolet light damages your skin and increases your risk of skin cancer, so don't sunbathe - rather spend a short time outdoors (be sure to wear sunscreen on your face and body).
- Gently does it. If you have oily hair, using a gentle shampoo every day to get rid of the extra oil, or try using baby talc powder overnight to soak excess oil secretions. Always brush your hair gently, and use tepid water instead of water that is too hot.

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a

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tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Skin Dr.: Support skin strength, health and functioning from the inside

Skin Dr. is a combination of selected herbs and biochemic tissue salts known for their **ability to cleanse and purify the entire system**, supporting healthy lymphatic functioning, as well as the health and integrity of all cells and layers of the skin.



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This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

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