

# Natural Help 4...

## Skin Damage



### What is Skin Damage?

Most people want flawless skin with complexions that are smooth, taut, and exude a dewy glow. Unfortunately, this is not always possible when your skins take a beating. Sometimes your **appearance is affected by genetics, age, sun exposure, and unhealthy choices** such as poor diet, too much alcohol, stress or harsh chemicals that can prematurely age you – making you look older! One of the biggest culprits responsible for [skin damage](#) is long-term exposure to the sun, and **most sun damage occurs before the age of 20**. The harmful effects of spending too much time in the sun is due to ultraviolet (UV) radiation, and this type of sun damage is known as photoaging. It speeds up the rate of [aging of the skin](#) and increases the risk for developing skin cancer.

The most common [signs of damaged skin](#) include dry, scaly skin; skin with a yellow, leathery appearance; broken capillaries; fine, coarse wrinkles or pigmentation problems. Sun spots, also known as liver spots or age spots, are flat, brownish colored patches that appear on the body, often on the face, arms and hands. Although these spots are benign, they are extremely unattractive and often appear with wrinkles and rough skin.

Sometimes sun [damaged skin](#) becomes dry and wrinkled and develop into dry, scaly spots known as solar (actinic) keratoses. Some types of UV rays can cause various forms of **skin cancer**. The most common skin cancer known as non-melanoma includes squamous cell carcinoma and basal cell carcinoma, and is less fatal. Malignant melanoma is fatal and has the highest percentage of skin cancer death, spreading quickly throughout the body.

### What Causes Skin Damage?

There are many factors that may contribute to [skin damage](#) and these include:

- Sun exposure
- Cigarette smoke
- Irritants such as dust, harsh chemicals or skincare products
- Poor diet
- Exposure to cold weather
- Lack of exercise
- Excessive use of alcohol and drugs
- Stress
- Facial expressions

### Diagnosing Skin Damage

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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.

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

A diagnosis can be confirmed by a detailed examination of the skin area. If there are any **abnormal changes** occurring to your skin such as the sudden appearance of spots or pigmentation, skin lesions, painful or bleeding spots or premature wrinkles, your dermatologist may have to perform blood tests or a skin biopsy.

## Help for Skin Damage

A wide variety of products and treatment options are available to **reverse the signs of skin damage**. Several skin care products such as creams, gels and lotions that contain anti-aging, anti-wrinkle, and complexion-improving ingredients can help to reduce fine lines and deep wrinkles, stimulates collagen, decrease hyperpigmentation, and improve skin softness and smoothness. Prescription medications such as Tretinoin and Tazarotene creams and gels are highly effective in reversing sun damage while Accutane is used to alleviate serious acne scarring.

Products that contain Retin-A can also treat a wide range of skin conditions such as acne, sun damage and aging, and rough texture and are available only by prescription through a dermatologist. Medical procedures such as chemical peels, skin fillers and laser surgery are techniques used to remove dead cells from the surface layer of the skin thereby stimulating the regenerative process to improve acne, irregular pigmentation or wrinkles. Some people may choose procedures such as Botulinum toxin (Botox) injections to help reduce the appearance of lines and wrinkles while others may prefer plastic surgery to make cosmetic changes to certain areas of the face and body.

## Natural remedies

Natural and holistic treatments have been found to be extremely beneficial for maintaining problem-free and healthy skin. Treatments such as herbal and homeopathic remedies are a **safe and gentle alternative** without the harmful side effects of synthetic chemicals often found in over-the-counter products and prescription medication.

Herbs such as Galium aperine (Cleavers) and Trifolium pratense (red clover) act as a natural cleansing tonic and help to purify and detoxify the body's system. Homeopathic ingredients such as Natrium muriaticum, Kalium muriaticum and Kalium sulphate keeps the skin well-hydrated, acts as a **blood and lymph cleanser**, and supports the natural healing and regenerative processes of the skin.

## Tips to prevent skin damage

There are a number of ways to protect your skin and prevent further damage. Follow these helpful tips:

- Avoid the sun between 11 AM to 3 PM, when the sun's rays are at its strongest
- Wear a sunscreen daily with a sun protection factor (SPF) of at least 15, even on cloudy and windy days – use a broad spectrum product that protects against UVA and UVB rays
- Reapply sunscreen after prolonged swimming, vigorous activity, excessive perspiration, or toweling



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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.

- Eat a diet high in fresh fruit and vegetables, lean meat, low fat dairy products and whole grains
- Drink at least eight glasses of water daily to flush toxins from the body's system
- Establish a good skin care routine by always cleansing and moisturizing the face in the morning and at night
- Check your skin regularly for any abnormal changes that may be visible
- Apply anti-aging products to your skin at night – use products that contain ingredients such as glycolic, ascorbic, or retinoic acid
- Wear a wide-brimmed hat and sunglasses to protect your face, ears, eyes and neck area when going outdoors
- Avoid sun beds and tanning salons, as they provide high concentration UV rays
- Wear sun protective clothing that have a tight weave so that they prevent sunlight and UV rays coming through – cotton and nylon are your best bet
- Have frequent facial massages to help retain moisture and elasticity and increase blood flow in the facial area
- Maintain a healthy weight because becoming overweight can cause sagging, [wrinkled skin](#)
- Reduce your intake of alcohol which increases capillary leakage and causes sagging and puffiness
- Stop smoking, as it increases wrinkles and [skin damage](#)

## 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

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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 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.



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## 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.

Taken internally, Skin Dr. tablets help to maintain balance and hydration of the skin, as well as the supply of oxygen at cellular level. In addition, **routine removal of old skin cells and the natural regenerative processes of the skin are also supported.**

The formula remains true to the whole spectrum method of manufacturing, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Skin Dr.](#)

**ClearSkin-A Gel**: Natural skin wash with herbal ingredients for skin health and nourishment

ClearSkin Skin Wash - a 100% natural, safe and proven herbal wash for clean and healthy skin that **cleanses skin thoroughly without drying or flaking.**

ClearSkin Skin Wash supports the skin's texture – also leaving an **invisible therapeutic layer on the skin to provide a natural barrier against pollution and other environmental toxins** for healthy and smooth skin.

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Used regularly, ClearSkin Skin Wash is nature's answer to a clear skin and will not dry or upset the skin like some other products do. It is most effective when used

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1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

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!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

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