



miessence[®] skin happiness

HOLISTIC SKIN CARE GUIDE



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ACKNOWLEDGEMENTS

SKIN HAPPINESS SKIN CARE HEALTH ECOURSE

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Before we get into the fun part of the course, dishing on favorite products and skin care tips... let's take a chapter to focus on what the skin represents. After all, I'm not just a physician... I'm the Intuition Physician... bringing my intuitive understanding of how the energy flows through our bodies to heal us on a deep energetic level... and using that intuitive approach to enhance modern medicine.

So, looking deeply at our skin.... why do we have it? What does it do for us? Why is our skin in the condition that it is in?

Every single living thing has it's own energy flow. Your skin is no different. Your skin is composed of billions upon billions of cells that wrap around your body, relating to your body on an energetic level. You have a deep and intimate relationship with your skin... and your skin reflects this energetic relationship.

Only by starting with examining our thoughts about our skin, and making sure we appreciate and honor everything it is doing for us right in this very moment, can we truly care for our skin. No matter what cream or lotion or potion we put on our skin, none will affect it as much as the thoughts we think about it.

Once our relationship with our skin improves, our skin itself will improve... from the inside out.

Here's why:

- Your skin is a living miracle. Without it, we absolutely could not survive.
- Skin does so much for us, each and every moment of our lives, that we simple literally can not be thankful enough. It doesn't matter what it looks like. Doesn't matter what condition it is in. Doesn't matter what health issues are going on with our skin. The very fact that we are existing, present, here on earth in our bodies, means that the vast majority of our skin is functioning perfectly.

The amount of protection our skin gives us is staggering.

- Did you know that the skin is our body's largest organ? Larger than our brain? Larger than our bones?
- Did you know that skin is constantly surrounding us with love... a physical layer of loving protection at all times? Not only does skin physically hold us and help give us shape, skin is constantly protecting us.
- Skin protects us from pathogens like germs and foreign matter.
- Skin protects us physically by buffering the impact of objects on our body... a layer of cushion that can rapidly physically repair from injury.
- Skin protects us from dehydration, keeping our fluid levels stable and making us waterproof.
- Skin protects us from overheating by sweating, and from hypothermia by vasoconstriction.
- Skin protects us by giving us sensation... an immediate alert to everything around us... telling us if something we are touching is too sharp, too pointy, too hot, too cold, too hard, too soft, too close or too far.
- Skin protects us from UV radiation.
- Skin creates vital nutrition for us, in the form of Vitamin D... as well as releasing waste such as salt, ammonia, and urea.

Not only does the skin protect us, it truly adds to our pleasure in life. Every caress, every hug, every warm embrace... every nurturing gesture we've ever received has been processed through our skin.

Imagine the impact it would have on your mental state and your emotional well being if your entire skin was numb. From infancy, we would not feel the warmth of our mother's touch and would not be able to form healthy emotional bonds to our caretakers. We would have trouble feeding if we could not have used our rooting reflex to latch on to our mother's nipple (or a bottle) to nurse.

We would not feel our partner's hand holding our own... would not feel our child's hair brush our face... would not feel our pet's warm purr on our lap or their slobbery kiss. Would not feel the warmth of the sun on our face or the wind ruffling our hair.

Our sense of touch is a vital system that contributes every minute of every day, not only to our physical well being but our emotional well being too.

Not only does our skin love us, protect us, keep us healthy, and nurture us... it also is a miraculous window into our state of health.

As a physician, skin is like magic to me.

In medicine, we see the miracle of skin repair all the time. You can cut it during surgery, and it will grow back together within weeks. You can scrap it to take a biopsy, and it will re-establish an intact barrier within days. You can puncture it with a needle, and it will fill back in to stop bleeding within a matter of minutes... sometimes seconds. Skin is miraculously quick at creating new cells, removing old ones, repairing structural damage, and re-establishing blood flow.

In science, we have yet to be able to re-create anything half as magnificent as real skin, even in the most advanced laboratory on earth. Nothing can truly substitute for your skin. For this, we should be on our knees grateful to our skin.

This is completely aside from the physical appearance of our skin. This is just that our skin allows our survival... it lovingly cares for us when we don't even give our skin a second thought. Or worse, we obsess negatively about what it looks like. What our skin looks like is so low on the importance ranking of all the things our skin does for us that it is in last place.

Even if we dislike things about our skin... even if we have dis-eases of the skin... whether they be cosmetic, structural, autoimmune, neurological... by the very fact that we are alive and breathing this breath, we can be assured that the vast majority of the functions of our skin are being lovingly upheld for us around the clock.

Because our skin replicates so quickly, it is a wonderful mirror for what is going on with the rest of our body and mind. If we are anemic, it shows us quickly. If we are dehydrated, it shows us quickly. If we are malnourished, our skin will lack that robust glow that healthy skin gives. If we have been eating poorly or neglecting our selves in other ways, our skin will reveal us. If we are unhappy, our skin literally sags. If we have lost connection with joy, our skin tells it. If we feel ugly, our skin mirrors that.

Because it covers our entire body, every thought we think and every word we say and every intention we ever have passes through our skin on it's way to communicate with the outside world.

It doesn't just protect us from the world... quite the opposite is true too... it translates our inner being to the surface. It is constantly in contact with an intimate with our inner workings.

Because of this, skin reflects how we feel about ourselves. Skin forms our barrier, our identity. It forms what we perceive as *us* and delineates *us* from *the rest of the world*. Skin is our outer projection of our inner truths.

In short, skin is our boundary.

If you are having skin issues, consider if you are having boundary issues in your life.

As the skin is our boundary, it often reflect when we are having trouble defining ourselves, setting healthy goals and personal boundaries with others. Consider strengthening your sense of self, and positively focusing on defining your own personal boundaries, instead of focusing on your skin. Many skin rashes and conditions clear up once patients stop focusing on their skin and instead focus on taking some of the stress off of their skin by setting boundaries for themselves.

If you feel that you are being wishy-washy, doing things you don't truly love to do, in relationships you feel pushed around in, not sure what you want to do next in your life... your skin may be working overtime to set boundaries for you.

No wonder skin can get stressed out... if we are not feeling strong and empowered in and of ourselves, our skin will do everything it normally does to keep us healthy *and* try to set emotional boundaries for us as well.

If your skin is acting up, consider it a red flag that it is being over worked on an emotional level. It needs your support. It needs you to take care of setting your own goals and boundaries, so that it can go back to the important work of protection, nutrition, hydration, and homeostasis that it was meant to do.

If your skin is feeling tight, itchy, brittle... consider if you are being inflexible in some way. Consider *feeling* and *being* more supple, and watch your skin follow suit.

If your skin is feeling droopy, saggy, lifeless... consider if your mental state is lack luster or apathetic in some way. Focus on introducing more joy and vitality into your life and watch your skin follow suit.

If your skin is feeling ugly... if you suffer from acne or cysts... consider if you are telling yourself you are ugly, or feeling ugly in some way. Consider *believing* in your inner beauty, the unmovable and unwavering truth of your soul's beauty, and watch your skin follow suit.

The good news about skin is that since it is so quick to regenerate, it is quick to reflect positive changes. Just two weeks is often long enough to note some small changes in your skin. I want to make sure that you start telling yourself that you already ARE beautiful. That your skin already IS perfect. That no matter what it looks like or what dis-ease you are dealing with, that you appreciate the magnificent job your skin is doing for you RIGHT NOW.

Every single day, starting today with reading this book, I want you to tell yourself that your skin is a miracle.

Ten minutes to drop down deep into your heart, into your space of *knowing*... and accept that your skin is beautiful. If you can truly find that space of knowing that your skin is doing amazing things for you, knowing that your skin is doing all it can for you, thanking your skin for everything it does and forming a positive association with your skin, then and only then can you pave the way to treat your skin better with the rest of the advice in this book.

Without a basic belief in your skin's beauty and a basic tone of gratitude for how it allows you to be here, alive, right now... none of the skin care tips in the world will amount to anything.

Start right here, right now, in appreciation.



The first way to start treating your skin well is to lovingly cleanse it. Not strip it of all moisture, or remove every last speck of natural sebum from it, nor roughly scrub at it. Over cleansing your skin just leads to a vicious cycle of encouraging more sebum production, increased acne, and/or broken capillaries.

Nope, our skin deserves better than that. We need to treat our skin as lovingly as a precious cashmere sweater that we are hand washing gently in the sink instead of throwing into the washing machine.

Over cleansing is like throwing your skin into a washing machine. Using harsh soaps is like using harsh detergent on your most precious delicate fabrics. We don't throw our skin into the washing machine, no... we gently hand wash our skin in soft warm water and with only the gentlest cleansers.

Oh, and while we are touching our skin to cleanse it and pat it gently dry... it's the perfect time to say a little thank you. Doing the washing with the intention of infusing love back in our skin... now that feels better. Ahhhhh.....

Our skin has a remarkable ability to moisturize itself. Our skin has oil glands that produce sebum to gently coat our skin, retain moisture, and act as a barrier to the environment.

The last thing you want to do is strip that all off with too much cleansing.

If you disrupt the natural balance of your skin, you will always be playing catch up to a cycle that is spinning out of control... a cycle of too tight, too dry, too oily, too congested, back to too tight and too dry, into too oily and congested again.

The best way to approach cleansing your skin is that it is basically unnecessary, more of a loving ritual than something we need to scrub at. So that when we do it, we do it gently. As a way to express love and appreciation to our body. Not because our skin needs us to wash it to be healthy... no, our skin *is* healthy.

Whether we wash it or not.

It doesn't need us to scrub it for it to do it's job.

We cleanse more for the feeling of being freshly clean... more for the feeling of getting back in touch with our skin, and more for the ritual of it. If you can start off your cleansing by truly believing your skin is healthy on it's own, and that you are going to intentionally wash it as a way to say thank you and reconnect, then you are going to have healthy skin.

Cleansing our body really just amounts to cleansing our skin. No matter what part of the body we are cleaning, our face, our armpits, our feet... we are cleansing just the skin on top... the surface. So there is no need to push hard, scrub abrasively, or use harsh chemicals. Be gentle!

We've already talked about how the skin relays messages back and forth... protecting our body from the onslaught of messages surrounding us in the environment, and relaying our body's inner energy and vibration through the skin to the outer world. So every time we touch our body, we can use it as an opportunity to send it a message... a message of thanks.

Instead of slapping on some rough soap and scrubbing ferociously with a washcloth or body poof, we can use our hands to lovingly and gently massage a moisturizing cleanser on our skin, with the intention of love. I recommend throwing out your body poufs, skipping the washcloths (unless they are super soft) and going for a direct contact... a direct caress with your hands. A hands on healing.

Every time we wash our face, instead of a washing, it really can be a light massage. Every time we wash our bodies... it's not so much about the soap and the scrubbing action as much as just a gentle lathering and rinsing... an opportunity to get in touch, literally, with our body... to massage it and thank it and reconnect.

If you go into each cleansing with the intention to massage the skin gently and rinse it, you'll be doing your skin an immense favor.

Cleansing is truly optional... in fact, I only cleanse my face once a day, in the evenings before bed. I take a shower or bath to cleanse my hair and body only once every two or three days. The only cleansing that I do religiously many many times a day is hand washing, as that truly does play a big part in preventing the spread of disease.

But for the face and body, too much cleansing can be a bad thing.

There is no doubt that if you allow your skin to retain it's natural moisture (sebum) you will be saving yourself from excessive fine lines and wrinkles down the road.

So when I do cleanse, I choose a very gentle cleanser. My absolute favorite cleanser is Miessence Soothing Cleanser. Filled with extremely gentle and nurturing organic ingredients like organic bergamot and chamomile, this is my cleanser of choice.

I use two or three pumps of cleanser on the pads of my fingers, gently massaging in circles all over my face, and rinse.

For the body, I just can't recommend Miessence Sunflower Body Wash enough. With moisturizing sunflower seed oil and luscious smelling organic essential oils, it is my go to cleanser for the entire family.

I recommend staying away from artificial scents and color additives in your soaps, which is one of the many reasons I am so passionate about Miessence products. Stay away from any soaps that foam like crazy... no doubt they are loaded with skin stripping soaps like SLS or other harsh chemicals. Miessence products never use harsh chemicals that strip the surface of your skin. Instead, Miessence soaps use certified organic ingredients like certified organic aloe vera juice as a base and add on fruit extracts and essential oils to nurture your skin.

Just remember, you are going more for the feeling of giving your body a cleansing massage... instead of a scrub down. Make sure as you gently wash each part of your body, you give thanks. If you are going to be touching your body, why not use an intentional healing touch? More on this in Chapter Ten. But for now, just wash your body while giving thanks to it... not only for the lovely skin that you are cleansing but for everything contained within.

With this attitude, our cleansing is not just surface deep.



Exfoliation is key. There is just no doubt about it.

Exfoliation allows you to avoid nasty chemicals and the promises of anti-aging made on all those toxic little containers of anti-aging chemical laden moisturizers. No matter how expensive they are and how luxurious they seem, many are full of unnatural and sometimes downright carcinogenic compounds.

Besides which, the chemicals in those products don't truly exfoliate, it's more like they chronically irritate. They use chronic irritation to make cells turnover and refresh... but you don't need to do it that way at all.

You can have fresh cells with a naturally high rate of cell turnover by exfoliation. You don't need to irritate and inflame them into jumping off your skin. You can physically and gently remove them mechanically.

The problem is, how can you do it super gently, without breaking capillaries, triggering rosacea, encouraging sebum over-production and bringing on more pimples?

Easy. Here's how:

The top 25 or 30 layers of your skin is called the stratum corneum. It is composed of dead keratinized cells, and acts like a mask, a barrier to the precious living cells of your skin underneath.

It serves a good purpose, as it provides a layer of skin that can be scraped off or fall off as you go about your day, brushing up against other objects, bonking into things, having your skin rubbed by shoes or belts or bra straps... really, we need this layer or else there would be friction directly on our living skin components, and that would mean much more trauma than what we encounter now.

It is also that great extra barrier to chemical irritants and germs and other hazards... it allows those germs and such to be held off of our living tissue for a bit until we can wash our hands and wash our bodies.

The problem is, after time, your cell production slows down and that outer dead layer accumulates... getting thicker and thicker and thicker.

It doesn't need to. Babies have an outer layer of stratum corneum too... but they have soft smooth and luscious skin, don't they? Compare that to the texture of the skin of a middle aged woman, and you can feel the roughness and the extra mask-like layer on her skin. It's the excess keratin in the dead skin cells creating an encasement. As the outer layer gets thicker and thicker, it sends a message to the underlying cells to slow down in their regeneration and replacement... after all, there are already enough cells on the surface of the skin. So your skin slows down the production of replacement cells.

The way to reverse this is exfoliation. Exfoliation is the best thing you can do to improve your skin texture. Gently removing some of the outer dead layer of your skin will naturally encourage the underlying layers of the skin to manufacture new skin cells, just like when you were younger.

The key is doing it gently. And doing it without chronic exposure to chemicals.

Most of the over the counter anti-aging products you can buy through drugstores, department stores, and even health food stores, contain ingredients designed to chronically irritate your skin.

This is because they've found that by chronically irritating it (at low levels... low enough that you don't see any skin reaction visibly) you are chronically encouraging it to slough off and turn over new cells. This is why low but consistent doses of retinal products and acids to chronically force new cell turnover.

While this is great in the short term (you get fresher skin within a few weeks) in the long term, chronic irritation and inflammation has been shown to incite cellular damage. Chronic inflammation is turning out to be one of the major factors in all types of disease... from coronary artery disease, to strokes, to cancer.

So, my goal as a physician is to decrease the levels of inflammation and irritation in and on the body as much as possible. It is routine practice now to try and decrease the level of inflammation inside our bodies... for example, decreasing the level of inflammation in our guts by avoiding certain foods (like avoiding gluten if you have celiac disease) or using prescription medications to decrease inflammation (like statin drugs for heart disease.) But it is not generally addressed when it comes to skin care.

Yes, everyone understands that inflaming your skin to the point of sunburn is a serious no-no... that UV exposure can cause skin cancers... but what about the chronic irritation of the toxic chemicals in daily use of chemical sunblock? This is starting to get more recent press and consumers are switching to physical sunblocks over chemical ones, for good reason.

The same goes for your facial care products. Infrequent use may be fine, but daily (and sometimes twice daily, morning and night!) slathering on of anti-wrinkle, anti-aging, anti-this-and-that products intended to stir up your skin and cause enough low levels of irritation that it forces your skin to make new skin faster... 40 years of applying this to your face doesn't seem right to me.

If you had a chemical irritant would you smear it morning and night on the inside walls of your heart? Or along the surface of your kidney? Why does it seem so much more benign when we slather it onto our skin? I'm not sure why.

I do agree it seems less invasive. But skin cancers are no small concern... and with the advent of the newer delivery methods (micronized particles and nano-sphere delivery systems) the ingredients do not stay superficial at all anymore, but rather are internally delivered. I truly believe that the chronic inflammation and irritation of the skin, while creating the immediate effect of quicker skin turnover, in the long term this very chronic irritation can cause faster skin aging... as your skin reacts to being chronically irritated with visible signs of stress... uneven pigmentation, broken capillaries, seborrheic keratosis, actinic keratosis, and other age related changes.

So that is the platform upon which I recommend this very simple skin plan:

- Do no harm.
- Allow your body to do what it does best... cover you in sheets of beautiful, healthy skin, replacing it as needed... and support this process with moisture and occasional exfoliation.
- So, if you feel your skin needs a wake up call every once in a while, exfoliate.
- The worlds best exfoliation treatment is none other than Miessence Garnet Exfoliant.

Unlike nut, seed, sugar or salt crystal based exfoliants (with their rough edges and uneven size) polished alluvial garnet does not abrade the skin but gentle encourages sloughing of the old dead layer of keratinized skin, naturally encouraging cellular turnover.

My favorite way to use it is to get out two pumps of my favorite cleanser -- Miessence Soothing Cleanser -- and squeeze a pea sized bead into the middle of it, then use my fingertips to rub gentle circles all over my face. This cleanses and exfoliates your skin at the same time. Rinse thoroughly and you will have soft smooth skin with improved texture and no tightness and no stinging, as can occur with most chemicals and with salt scrubs in particular.

I recommend doing this gentle exfoliation about twice a week.

This is such an amazing and gentle treatment that you can do this at any age... from young pre-pubescent girls just starting to notice acne to the most elderly senior with thin aging skin... all of us can gently use exfoliation to revive our complexion.



So after your skin has been very gently cleansed, and the extra dead skin cells have been very gently exfoliated... what's next.

Moisturizing, my friends.

Having moisturized skin means you need to be sure your skin is hydrated *and* sealed with a layer or oil. Yep... oil. If you choose the right kind of oil, your skin will be more supple and protected and age better then skin that is simply hydrated.

Hydration alone doesn't work.

Here's why:

Supple moisturized skin is actually a combination of two elements, not one. You need hydration PLUS an intact lipid layer to seal it in.

If you simply hydrate the skin, it will immediately begin to dehydrate and the effects of your moisturizer will be very short lived. You know that feeling, constantly slathering on a moisturizer to try to rehydrate the skin, but minutes later your skin feels dry again. That is because that moisturizer added water to your skin but did not seal it in properly with oil.

Think of it this way... using a hydrating moisturizer alone is like soaking in a bathtub of water. Right as you are stepping out of the bathtub, your skin is supple and hydrate. But, within minutes of drying off, your skin begins to feel tight and dry if you put nothing on your skin to seal the hydration in.

On the other hand, if you use an oil on your skin without properly hydrating it first, what do you have?

You have oily dry skin!

Have you ever done this? Say your hands are dry and chapped from winter weather. If you put oil directly on your hands, they still feel tight and chapped, but now they are greasy too. That is because the oil has created a lipid barrier on the top of your skin, but has not been able to go into the skin to rehydrate it.

The solution to this is to be vigilant about HYDRATING your skin first... and then protecting it with an oil that will help re-establish the lipid layer on the outside of your skin.

The very first line of defense for battling dry skin and keeping your body moisturized is drinking water and hydrating it from the inside out.

There is nothing that will add years of life to your skin like being well hydrated.

A dewy glow looks so youthful exactly because young skin is plump and well hydrated. Drink lots of fluids to make sure you are supporting healthy, hydrated skin from the inside out.

To take this one step further, you'll want to add additional hydration from a superb moisturizing lotion on the outside... one that deeply hydrates and then seals in the hydration with skin-supportive oils.

The very best moisturizer on the planet for your body, and my very FAVOURITE product from the entire Miessence line, is their beloved Intensive Body Cream.

The Intensive Body Cream hydrates your skin deeply with organic aloe vera juice and purified water to really plump your skin up to peak hydration.



But equally importantly, it SEALS this lush hydration in with organic oils that create a healing barrier on your skin.

Made with organic sunflower and avocado oils (two of my very favorite oils for skin health) this moisturizer is second to none. Sunflower oil was found in a medical study conducted by Johns Hopkins University to be the very best oil for establishing the protective lipid layer and promoting healthy dermal development. Avocado oil is rich with healthy oleic acid, a monounsaturated fat that touts many health benefits, along with omega 3 fatty acids, as well as being naturally high in Vitamin E.



Because the oils that Miessence has chosen to use in their moisturizers are so easily absorbed into the skin's lipid barrier, there is no greasy after-feel or excess product sitting on top of the skin. Instead, after you apply it, all you feel is moisturized, hydrated and protected skin from head to toe.

For the face, I use Miessence Rejuvenating Moisturizer because of the nourishing organic avocado, rosehip seed oil, gotu kola, horsetail and nettle that all work to nourish my facial skin deeply.

For the face, I highly recommend following cleansing, exfoliation and moisturization at night with an additional layer of skin protective oil.

Because the skin on the face is the most constantly exposed, it is the most harshly susceptible to environment assault and constant dehydration. Following up the application of your moisturizer of choice with an additional layer of oil will help protect your face from the ongoing onslaught it is exposed to.

I choose Miessence Rejuvenessence Facial Serum because of the blend of organic rosehip seed, avocado and jojoba oils.... with that added bonus of organic rose, calendula and carrot to provide extra nutrients to revitalize the complexion.



Lips are covered in skin too... which means they can get dry, get flaky, and even get sunburned.

Here is what you need to know to take care of this special skin... it's some of the thinnest skin on your entire body, and really it's just a transition zone to becoming mucosa... so let's make sure we don't put anything on our lips that we don't intend to eat and fully absorb.

Here we go:

- Lips have no hair, no sweat glands, no sebaceous glands.
- Because they don't have much in the way of self- moisturization or self-protection -- even having less pigment in them (thus you see the vasculature easily, giving lips their pink hue) and less natural ability to protect against the sun -- we really want to be kind to our lips.

The best way to do this, hands down, is drink lots of water. As we've already talked about in the last chapter, nothing you can put on top of your lips will come close to hydrating them if you are dehydrated. This is good advice for all of your skin, as staying well hydrated keeps all of your skin happy, but it is most important for your lips.

You can see the effects of chronic dehydration all over your skin, your nail-beds, and especially in your lips.

If you remember anything at all from this chapter, just remember this: go drink a glass of water.

Then another one in an hour.

Then eight more throughout the day. Shooting for 10 glasses of water throughout your day has the capacity to completely re-make your skin.

Remember, skin had a quick turn over rate... you have a new sheet of skin covering your body approximately every 3 weeks. Dedicate the next three weeks to drinking 10 glasses of water a day and you'll see... in three weeks, you'll have brand new, hydrated, luscious skin.

The two most important things you can do is to support your lip health is to wear a hat that shades your face (to reduce the UV exposure) and drink, drink, drink water.

Because we are absorbing and licking and ingesting everything we put on our lips, it's crucial that we be purists about what products we use.

Woman ingest an average of 10 POUNDS of lipstick in their lifetime. Ten pounds. The worst offender in lipstick is lead. Lead has been found in every type of lipstick, from \$35 high end department store lipstick to drugstore brands.

Other ingredients known to be either carcinogenic, teratogenic, or mutagens... (or all three....) include DEA, mineral oil (or any other petroleum based derivative), parabens, coal tars, and aluminum lakes... all of which may or may not be listed on the ingredient sticker.

This is one reason I trust Miessence on something as important as skin and lip care... because I know that what goes on my skin and on my lips goes INTO my body. That is the bottom line. And Miessence's stance on using only edible, food grade, high quality organic ingredients, cold processing (which means not of the oils or vitamins go rancid from heat processing) and small batch preparation ensures that the quality of the products I am using are the highest quality found on the planet.

So... what else can you do besides hydrating from the inside out and protecting your lips from the sun? I find that my lips benefit from a gentle exfoliation.

I do it very infrequently... probably only once a season. I prefer to use the baking soda (it's tiny grains are so gentle and nonirritating) right on my lips... but some folks like to gently use their toothbrush to sweep away old skin cells. Whatever you do, go very gently -- the skin on your lips is only one third of the thickness as the skin on the rest of your face, so it doesn't need much scrubbing.

Following this gentle exfoliation with Miessence Jaffa Lip Balm to seal in your newly refreshed lips with nutritious shea butter, and my two favorite organic oils: avocado and sunflower.

Okay, now that we've talked about how to care for your lips, and what to avoid in your products, let's talk about what to let *past* your lips... what foods to eat that support your skin from the inside out.

The number one thing we already talked about -- drink water! And lots of it!

The second thing that is soooo good for your skin is fish oil. And lots of it!

For an adult, 2,000 mg daily is a good dose. Fish oil helps us in so many ways, from relieving muscle tension to supporting brain health and mood stability, warding off depression, to keeping our hair soft.

But perhaps the most noticeable impact fish oil has is on our skin.

Taking fish oil daily will help moisturize, hydrate, increase suppleness and elasticity, relive itching, stop flaking...I recommend all patients with eczema or sensitive skin to take higher doses of fish oil... up to 6,000 mg or even 8,000 mg a day!

Those are my two favorite ways to support my skin... water and fish oil. Beyond that, any antioxidants will also support skin function and repair. Vitamin C is famous for this.

So you know what to do now to care for your lips... drink lots and lots of water, take lots and lots of fish oil, gently exfoliate with baking soda and moisturize with organic Jaffa Lip Balm.



We all know we need to avoid prolonged UV exposure from the sun.

But what is equally important is to make sure we are getting plenty of Vitamin D and avoiding toxic chemicals in our sunscreens.

How to balance the two?

Read on...

I've grown up in a family that has been researching/discussing skin cancer ever since I can remember... my father is one of the head scientists at the National Institutes of Health (in the United States, published in the medical literature world wide and giving lectures internationally since I was too young to remember...) He literally paved the way for melanoma research.

Discovering pathways and enzymes in the pigment cell that were previously undiscovered, my father *literally* wrote the book on pigmentation and melanoma.

Clearly, the dangers of ultraviolet exposure has shaped my life... traveling all around the world to attend scientific lectures on skin cancer with my father as the speaker of honor has impressed upon me not to ever take the damaging effects of the sun on our skin lightly.

Then, as a physician myself, screening patients first hand and finding melanoma in patients that I care about.... has worked to further my dedication to seeking out safe ways to be outdoors.

And yet, as a natural minded mother... and as an intuitive healer who works with the spiritual laws of the universe... I began to see the flip side. Not only how absolutely crucial the sun is to our existence, how healing light can be to our psychological well being, how vitally important Vitamin D is to our well being... but also how downright toxic most sunscreens are to our bodies. I began to weight seriously the real risks vs. benefits of avoiding the sun vs. sun exposure.

I spent several years researching this, and playing around with my gut feeling on the issue, honoring my *knowing* that I need to feel sun on my skin, with my knowing that only a few minutes of sun exposure begins to mutate the DNA in our cells, with potentially cancerous results.

Skin cancer being the most common cancer in the world (about half of all cancer cases), it's not one to ignore.

So... not taking either side lightly, I have found my balance, the comfort zone I recommend to patients, and I'd like to share that with you here.

First, the bad news.

Many chemicals in sunscreen (like the oils, petroleum products, and retinyl palmitate found in most sunscreens) have been shown to actually increase the rates of skin cancer lesions, when directly applied to the skin. And yet they are liberally being used right at this very moment, pouring into bottles to stock on the store shelves for us to use this summer.

On top of that, many of the chemicals in chemical blocking sunscreens are shown to disrupt our natural hormone pathways. In fact, oxybenzone, the most COMMON chemical sunscreen used, has been shown to disrupt hormones and is not (repeat NOT) recommended for use in children. That's right. Look at all the "kid's formula" sunscreens out there... they all contain oxybenzone. This chemical not only is a hormone-disruptor, but it is particularly well absorbed (which is why it is so commonly used) so applying to your skin it becomes internally absorbed within minutes. Which means children, who are still growing, are getting systemic doses of hormone-disrupting oxybenzone circulating through their bodies on a daily basis, hour after hour, day after day, all summer long. It's horrifying. Using a chemical sunscreen is (to me) worse than using no sunscreen at all.

To explain a little about the two types of sunscreens... A physically blocking sunscreen (like titanium dioxide and zinc oxide) PHYSICALLY blocks the UV rays and generally block more of them (UVA and UVB) and they do NOT soak into the skin -- that is why they sit on top and look white -- you want that -- they are physically putting a protective layer *on* you and not *into* you.

The chemical sunscreens (there are so many -- basically all the others) actually need to soak into your skin (hence you have to put them on 20 minutes before you go out into the sun for them to work) and therefore into your bloodstream too (big YUCK) and they actually *absorb* the UV rays, so that these chemicals are soaking in the UV waves and it's not your precious skin cells soaking in the UV waves. But in order to do that, you have to put completely unnatural and petro-derived chemicals onto your skin and let it become part of your body, in a way. I don't like that. I like the idea of the UV rays never even reaching my body in the areas that I've covered with the physically blocking agents.

More bad news... mineral based sunscreens are increasingly being made in nano-sized particles so that they blend into the skin better... and unfortunately, this means they can potentially be absorbed systemically as well. Even mineral based sunscreens like zinc or titanium dioxide are potentially toxic if they enter your body. Luckily, there is one sunscreen out there that does not absorb deeply, is not nano-sized particles, and sits on top of your skin and to protect it.

That same sunscreen uses zinc oxide to offer a physical barricade protecting us from harmful ultra violet rays... and uses organic olive oil to keep the skin supple. Potent antioxidants including natural vitamin E, organic rosemary leaf extract and carrot seed extract protect the skin from premature aging and prevent age related changes.

That sunscreen? My favorite one on earth? The only one I'll put on my children, husband, on my own body and face? That is Miessence Reflect Outdoor Balm. It protects my skin thoroughly and moisturizes while still being much better absorbed than any other zinc oxide products out there.... all without nano-particles. It's a home run in the world of sun protection.

While I'm talking about protecting from the sun, I wanted to tell you a little bit about Vitamin D, and why you don't want to just stay indoors forever. It is psychologically and physically important for us to go outside and connect with the earth. Sunshine is important for our mental well being, for regulating our sleep/wake cycles through our pineal gland, and perhaps most importantly, manufacturing Vitamin D for our body. It so important for us to find a safe way to be outside on a daily basis so that we can enjoy a balanced healthy flow of energy into our bodies. We will talk about that in detail more in the next chapter... but for now, just know that our connection to Mother Earth is absolutely crucial for us to feel our best. That's why Miessence's Reflect Outdoor Balm is perhaps the most crucially important product they make.

You really can't underestimate how important Vitamin D is.

Vitamin D has been shown to prevent cancers, strokes, heart disease, boost your immune system, strengthen bones, prevent osteoporosis.

We need it. Point blank.

Unfortunately, almost all of us in the modern world are Vitamin D deficient. One of the reasons I LOVE homeschooling is that my kids are in the sun daily and not under artificial lights all day. In the winter, there are literally not enough hours of sun for the kids going to school in the dark and coming home to only an hour of indirect sun before dusk for them to produce adequate Vit D.

- If you don't get daily sun exposure, take a Vitamin D supplement.
- If you use sunscreen religiously, take a Vitamin D supplement.
- If you work inside or go to school all day long... take a Vitamin D supplement.

The most important #1 way to protect from ultraviolet exposure is avoidance. Avoid going out in the sun during the peak UV hours (midday, from 10 AM - 3 PM.) One lifelong healthy practice to get into is morning and evening outdoor time. Standing outside early in the morning... stretching in the fresh morning air and taking a few deep breaths... ahhhh. Avoiding midday sun, and then gathering again outside to take that after dinner stroll, tend to your garden,

pick ripe veggies and flowers for your home... winding down after a long day.

Morning and evening journeying outside on the earth is the perfect antidote to long days spent indoors working.

The second best way to protect from the sun, if you are going to be out in the peak hours or going to be out for several consecutive hours, is UV protective clothing. Rash guards, hats, sunglasses.

Even with all these on, you are still going to get incidental sun exposure for plenty of Vit D on hands, feet, peeks of wrists, ankles, etc... and yet you are still covering the one MAJOR area that is vulnerable UV exposure every single day of our lives -- namely, our face.

I am quite religious about getting sunscreen on exposed skin if we are going out in peak hours at all, even for 10 minutes. If we are going out in the middle of the day, I do rash-guards, sunglasses, hats, and a Miessence Reflect Outdoor Balm on faces and anyone exposed skin not covered by a rash-guard.

The last important thing to cover is to protect your eyes. Not just to avoid crow's feet around the delicate eye skin, but to prolong the life of your lenses and prolong the acuity of your sight.

Sunglasses are really the only line of defense against cataracts and other ocular degeneration. Most cataracts (from age) are directly attributable to UV exposure and can be prevented. By age 30, our ocular lenses are over 25% more opaque and cloudy than they are a birth, all due to UV exposure. By 50 years old, the amount of light that can reach through our clouded lenses is dramatically less than when we are young. Keep those peepers covered with UV blocking sunglasses please.

While your skin does have the ability to regulate UV damaged cells and repair it abnormal DNA, your lenses absolutely do not. They are precious gifts that let the light through your eyes to focus on your retina... they are an important ally in the gift of sight. Protect them well!



Mother Earth is our ultimate recharger.

At least while we are down here in physical form in our bodies... we depend on Mother Earth to release damaging free radicals and excess stress. We were perfectly designed to function in concert with our earth to perpetually release these free radicals and recharge our bodies.

But of course, we no longer do. Shoes, concrete floors, tires, synthetic flooring, carpeting, chairs, beds, sidewalks, roads... we rarely spend our days or our nights actually touching the earth. Episodes of running barefoot through it, or laying down on it are fewer and further between.

Especially in the winter, when it is freezing cold, or spring and fall, when it is raining and mushy, it's hard to make prolonged contact with the earth.

And how can we re-connect with the earth and release toxins right before bed, when we need it the most?

Easy.

A bath.

A salt water bath... gently drawing out toxins and free radicals, re-connecting us with Well Being.

Tonight.

Read on...

This is a topic I explore in a much more detail in my Health Flow Unleash on-line health and wellness class. In fact, it is so very important of a topic I discuss it in every single one of my informational and intuitive health ebooks... my Heart Centered Parenting ebook, my Female Health ebook, my Gentle Detox ebook, my Chakra Vitality ebook and this Skin Happiness ebook.

In fact, this topic is so important (and I am so passionate about teaching others about the healing power of the earth) I was filmed in the motion picture The Grounded as an expert protagonist, speaking about how connecting to the earth (also known as Earthing) has healed my patients in clinical practice. Filming in that movie was an extremely rewarding adventure... I got to meet everyone from the director and crew to famous astronauts! Because nothing is more basic for a human being than to connect with our earth for healing, I wrote an ebook specifically about Earthing and offer it for absolutely FREE on my website. If you want to find out how to facilitate your healing inside and out, from top to bottom, in only minutes a day through Earthing, I hope you will pop on over to my website and download it for free.

www.IntuitionPhysician.com

I talk in much more detail about the scientific principles behind Earthing and my personal and professional experience with Earthing in that ebook over there... but for now, here is the basic premise behind why connecting to Mother Earth is so supportive to us... and yes, to our skin.

Earthing is used by models and beauty experts all over the world to keep skin calm, shining and radiant. To neutralize the damaging effects of stress, pollution, UV rays, inflammation and free radicals.

Here is how and why:

- We are constantly building up positively charged free radicals all over our body.
- Just by being alive, as a natural by-product of metabolism and immune response to pathogens.
- These free radicals are an important component to aging, inflammation, and pain.

The most natural way to reduce the amount of free radicals in our bodies is to ground yourself in the earth. The earth is basically an enormous, gentle, strong, ever-available battery, that discharges all of the free radicals that we build up all day long and neutralizes them. The feeling of this discharging is the same feeling you get when you are standing in nature... feet wet in the edge of the ocean... relief.

The earth is such a comforting force, it's almost odd that we don't seek its release more often. Sitting on chairs all day, at computers, at the office, even at home, we are rarely in direct contact with the earth. Even when we think we are being out and about in nature, we usually are not directly contacting it... we have shoes on that effectively separate us from the healing energy of the earth.

The bottoms of our footwear are virtually 'deadened.' A cross section of a shoe reveals several layers: outsole, midsole, insole filler material, footbed, cushioning, sock liner. An almost total block-out of sensory response.

- Dr. William Rossi

This build up of free radicals lead to inflammation and cellular damage... some experts incriminate the shoe as "one of the most destructive culprits of inflammation and autoimmune diseases" in our lives, because of the artificial separation it creates between us and our earth. "Put a shoe on, and [the connection is] gone," David Wolfe writes.

Not only are we disconnected all day long, but all night long too. We sleep on beds, removed from the earth... even if we sleep directly on a floor, the floor is not conducting the energy of the earth. The wood or the carpet or the crawl space under the floor is effectively disconnecting you from your natural recharge.

Do you ever feel drained... and then spend a few minutes walking barefoot in your yard? Or spend an afternoon with your feet in a lake while you fish, or your toes in the surf while you read a book on the beach, your hands in the dirt while you work your garden? Have you felt the sensation of feeling calmer, healthier, re-charged and re-fueled, yet not in a hyper fake way (like with coffee/cafeine) but in a very grounded, deep seated way? This is the power of the earth, one we have virtually removed from our lives.

I think it is so interesting to note how in cultures where people live and sleep in direct contact with the earth, autoimmune disorders, arthritis, insomnia, and even things like menopausal symptoms are almost non-existent.

If you have ever (walked barefoot in the ocean) you have already seen the benefits on your nervous system, your sleeping, your appetite, and your attitude. When you are linked to the Earth and involved in the electric exchanges, you start feeling like a human being again.

- Mattea Tavera

He goes on to encourage folks to expose any part of the skin to direct contact with the Earth, grass or water or dirt... leaning against tree trunks, lying on the ground, sitting with our toes in the dirt, walking in grassy areas, bathing in salt water.

The book Earthing, by Clint Ober, Stephen Sinatra, and Martin Zucker, is filled with ideas for getting back into contact with the earth. The basic premise is that the earth is pulsating with negatively charged free electrons, and our bodies are electric in nature. Covered and sickened with positively charged free radicals, we are the walking wounded... battling free radical damage in the form of inflammation, tissue destruction, dis-ease.

We have literally cut ourselves completely off from the earth, most of us having *no* direct skin to earth contact each day... and we shovel vitamins down our throats trying to minimize the free radical damage, instead of just *touching the ground* -- that's all it takes.

Earthing proposes that direct and routine connection to the earth can:

- improve or eliminate the symptoms of many inflammation-related diseases
- reduce or eliminate chronic pain
- improve sleep
- increase energy
- lower stress and re-set imbalanced hormones
- normalize the body's biological rhythms
- improve blood circulation and blood pressure
- relieve muscle tension and headaches
- lessen hormonal and menstrual symptoms
- speed healing
- reduce jet-lag
- accelerate recovery from athletic activity

So, touching the earth helps our entire body and our mind. It grounds us down into our bodies and centers us in this physical experience. Grounding to the earth keeps us feeling connected and strong.

But what about specifically for our skin? Of course, laying on the earth will help our skin fight off free radicals as well... but what about submerging yourself in liquid? What about surrounding your skin in a mini ocean, in a salt water bath? Better yet, in a bath infused with salts mined directly from the earth... the Himalayan mountains and the Dead Sea.

Adding bath salts to your bath can improve circulation, reduce inflammation, easing stiff sore muscles, relieving back pain, joint pain, purify the skin, release toxins, heal minor rashes, resolve eczema, help with psoriasis, calm irritations due to insect bites, sunburns, decrease acne (even those stubborn back and rear end pimples!) reduce risk of skin infections, having both antiseptic and antihistamine properties in the salt.

Hippocrates, the Father of Medicine, discovered the therapeutic qualities of seawater by noticing the healing affects it had on the injured hands of fishermen.

So tonight, draw yourself a warm healing bath. Scrub your body with some of Miessence's Darling Salt Glow certified organic bath salts... made from environment-saving salt sourced from the troubled Murray-Darling Basin.

Leave it on your body as you carry these healing organic salts into the warm water with you... swirl it around your body in the bath to let it dissolve... and relax.

Perhaps lighting a few candles, or with some music on in the background, or with a good book... relax into the warmth of your own personal ocean and feel your stress and free radicals and toxins just melt away.

Allow the water to hold you. It has space for you. It can surround you and cradle you. It does not judge. It does not confine. It allows for movement, flow, release.

Release into your bath tonight, and go to sleep lighter and free.



Our crowning glory... our hair.

We wash it, dye it, yank brushes through it, pull on it, twist it and style it, spray it, cut it... really, we treat it worse than our clothes usually.

Since our hair is the one accessory we have every day, seen from every angle, and is not easily replaced, we should treat our hair delicately, with the care reserved for the most expensive cashmere scarf. We would never dream of tossing that into a washing machine or drying it on high heat... no, we would gently hand wash it with the mildest of soaps and hang it gingerly to dry.

Likewise, let's treat our hair like the precious material it is, and in the process, let's be good to our scalp as well. Like the rest of the skin on our body, the scalp is porous and can easily absorb anything we subject it to.

Here is a run down on some natural alternatives to some of the damaging treatments we put our hair through in the name of beauty:

Hair. We love it and we hate it.

We basically torture it on a daily basis... combing through it scrubbing it, twisting it, pony-tailing it up, dying it, cutting it... all because it has no sensory nerve endings in the hair shaft, so it is painless.

But just because we can't feel it doesn't mean it can't get damaged.

Imagine if we could actually feel what we do to our hair. Beyond the obvious (I'm pretty sure haircuts would be few and far between) I know I'd be a lot more gentle when I toss it about... I'd brush it more tenderly and I'd shampoo it less often, more softly... I'd never ever dye it and I'd never scorch it with a hairdryer or a curling iron either.

Even though we can't feel the effects of the damage we do to our hair, we sure can see them. Thinning, breakage, split ends, roots, frizz... our poor hair. Today, let's re-evaluate what is truly necessary in the name of beauty and what *feels* right.

1. Cleansing

First let's talk shampoo. Our scalp truly does not need to be lathered up every single day. Every scalp has it's own balance (much like the balance of the skin on the rest of our body) between sebum production, cell turnover, and cleanliness. If you over-zealously clean your scalp, you will not only trigger your scalp to produce more oil to compensate... gaining more oily hair in the long run... but you will have dry hair on top of that. It's a package deal. When cleansing the scalp we dry out the hair.

If you tend towards dry hair with an oily scalp, one culprit may be that you are shampooing too often. Consider going from every day to every other day shampooing... or if you are already at every other day, every third day.

Also consider putting some conditioner on the ends of your hair before you shampoo... shampooing (gently! remember, wash your hair like you would hand wash a very fine, very expensive silk nightgown in the sink!) only the scalp and just rinsing the lather through the rest of your hair, protected by the conditioner. I personally shampoo about once every three days.

My fav shampoo is Miessence Desert Flower Shampoo. Extremely mild, the Desert Flower Shampoo cleanses with yucca juice and coco glucoside while pro-vitamin B5 nourishes and moisturizes the hair.

And my favorite oil is in there too... organic avocado oil restores lustre and hydrates dry and damaged ends, while organic herbs add sheen and body.



2. Dandruff

I mention this back to back with cleansing, because this is generally the reason folks over-cleanse.

Dandruff is generally associated with a fungal process... so all the cleaning in the world isn't going to get rid of it. Instead, you need to soften and remove all the flakes, then put an anti-fungal remedy on your scalp.

No coal tar. I repeat, please do not use coal tar shampoos... they are carcinogenic.

Here is my very favorite dandruff remedy:

- Before showering, scoop up some coconut oil in your hand and massage it into the scalp with the pads of your fingertips. Be generous here, really coat the scalp, and let it sit for a few minutes.
- This will soften the flakes of your scalp and make them easily slough off.
- Shampoo out with Miessence Lemon Myrtle shampoo (specifically formulated to remove excess oils from the scalp) and shampoo out.
- Follow with Miessence Clarifying Hair Rinse, which uses the anti-fungal properties of apple cider vinegar to keep dandruff from returning. As an added treatment, you can use tea tree oil sparsely on the scalp as well.
- Repeat this intensive anti-dandruff routine once every week or two until all the dandruff is gone.

You may wish to do this monthly for maintenance.

3. Thinning hair

The thing about thinning hair is that it is usually genetic.

So.... not much you can do unless you want to try the chemical preparations of Rogaine (Minoxidil) which I highly advise against. Not only is it completely toxic, not only will it enter your systemic system through the scalp (affecting heart, kidney and lung!) and not only do you have to use it for up to a year before seeing results (and it's pricey!) but it barely works. It has no effect on receding hairlines... it may cause a slight amount of super fine downy hair to grow, which only falls out several weeks to months after discontinuation of the drug. Don't do it. It is especially toxic to woman.

Instead, encourage healthy circulation to the scalp and take very very good care of the hair you do have.

Giving yourself a weekly scalp massage with coconut oil will stimulate great blood flow to your scalp, strengthening your active hair follicles... and it will also remove any dead skin cell build up, keeping follicles unclogged.

- Just use the coconut oil before shampooing (as described in the dandruff remedy) but this time, instead of gently scrubbing to remove flakes, we are going to be giving our scalp a very soft, soothing massage with our fingertips and NO SCRUBBING at all.
- After massaging gentle for a minute or two, follow with one or two gentle shampoos of Miessence's gentle Desert Flower Shampoo, and condition (discussed in the next section) as well.
- When combing out wet hair or brushing dry hair, be very very gentle, using little to no pressure and combing/brushing as little as necessary.

The old saying of brushing your hair 100 strokes is to be abandoned. This is very excessive and encourages hair breakage.



4. Conditioning

I'm going to be repetitive here... the best deep conditioning treatment you can give your hair is to PRE-conditioning with coconut oil once every week or two.

- Gently rub coconut oil through the scalp and hair before you shower... then shampoo and condition as normal.
- If you find your hair is a bit greasy, you may wish to shampoo twice after a coconut oil treatment. I find that shampooing once is just fine.

For daily conditioning, though, nothing beats Miessence Shine Herbal Hair Conditioner. It combines the hydration, conditioning and protection properties of olive oil and nourishing moringa seed oil from Tanzania with pro-vitamin B5 and organic herbs to promote lustre and body.

Shine Herbal Hair Conditioner also naturally balances scalp pH with organic apple cider vinegar.

The other point for conditioning is that if you stop damaging your hair, it really doesn't need that much conditioning.

Instead of playing catch-up, and trying to rehabilitate damaged hair, if we cut out the heat styling (saving it for special occasions only) and/or chemical dyes, we can have shiny healthy hair with very little effort.



Let's talk about your pits.

Yep, that's skin under there.

And even though it may have more active sweat glands and a moist environment that encourages a little pit odor once in a while, we still have to be mindful of what we use to keep our pits smelling fresh.

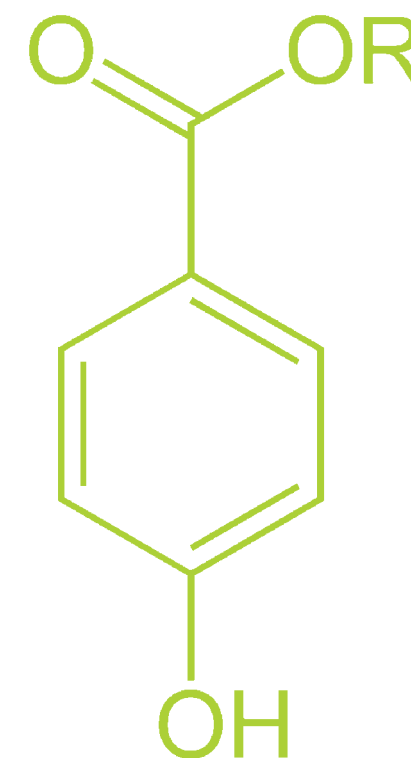
Because our pits are not only covered in fully absorptive skin just like the rest of our body, but absorption in this area is basically a direct line into our lymphatic system.

So let's be aware that whatever we put on our pits not only enters our skin and our blood circulatory system, but also our lymphatic system.

With our breast tissue extending up into our arm pit (axillary) area and the lymphatic system highly active there as well, we want to make sure we don't put ANYTHING carcinogenic or duct clogging anywhere near our pits.

Here is more:

- Parabens are not something we want in our system. Parabens are extremely inexpensive preservatives, with antimicrobial properties. Because they are so cheap and so good at preventing molds and yeasts from growing, they are widely used in cosmetics, body care products, and most notably, in deodorants.
- Parabens are not something we want within a football field of our armpits.
- Parabens are shown to have hormonal activity... and are also found sequestered into breast tumors. We do not know how or if our body is able to metabolize and excrete parabens, but we continue to load our bodies with them daily. In other words, we coat our bodies and burden them every day with chemicals that we don't know we can ever get rid of.
- Parabens not only show estrogenic activity (mimicking estrogen and thus encouraging breast tumor growth) they also have anti-spermatogenic activity, interfering with the excretion of testosterone and disrupting the male reproductive system. Although I am going to focus on the link between breast cancer and antiperspirants, it is extremely clear that male bodies are effectively hormonally disrupted as well from parabens and have no business being used on their bodies either.



Particularly disturbing is the recent publication of a major study of parabens and children... showing that young children and pre-pubescent children have measurable quantities of parabens in their bodies as well. It is not all due to *adult* beauty products and hairspray... no, baby products and creams and lotions all are contaminating young developing bodies with hormone disrupting chemicals... remember our discussion of sunscreens as well? Baby sun block is the perfect example. Full of parabens that disrupt hormones and have estrogenic properties.

But I find the use of parabens in deodorant particularly horrifying (worse than in sunscreens even), because of exactly *where* we are smearing the product.

It is as if we are directly injecting estrogenic chemicals into our breast tissue when we apply antiperspirants and deodorants to the armpit skin.

Not only are the paraben laden products contacting our skin and being absorbed traditionally, but there literally is breast tissue in the axillary area that is directly absorbing the product. On top of that, the entire area is rich

in lymphatic tissue... a system that is supposed to be helping us eliminate our toxins, instead it is absorbing and recirculating parabens through our entire breast tissue.

Do not think that if you toss your antiperspirant and switch to only a deodorant you are safe. Nope. Antiperspirants have their own added horrors of aluminum... which we should definitely avoid... but even simple deodorants use parabens as a preservative.

Antiperspirants add another layer of concern on top of a simple deodorant. Antiperspirants work by clogging up your sweat glands with a physical block of aluminum or aluminum salt. This prevents sweating (and thus odor) by physically making it impossible for your pits to sweat. This also makes it physically impossible for your pits to release toxins from your body through the sweat glands in your armpits... and to add insult to injury, you are not only preventing the release of toxins, but you are adding in two extra toxins (on top of the fake fragrances and countless other chemicals) -- aluminum and parabens.

Not only are you loading aluminum and parabens into your armpit, not only are you blocking the excretion of said toxins, but you are also applying them to the one area that has direct access to your breast and lymphatic tissue, your armpit.

As a result, breast cancers and breast tumors are becoming saturated with concentrations of parabens. Tumors are directly sequestering and storing a compound that will directly promote quicker growth through it's estrogenic properties.

Something is wrong here.

The aluminum link has been explored for some time now, and it is my guess that many of you have already switched to a deodorant (instead of an antiperspirant) because of the well known link between aluminum and Alzheimer's.

Brain cells in particular absorb and store aluminum... and aluminum deposits are in super high concentrations in the brains of Alzheimer's patients specifically.

If you do still use an antiperspirant product containing an aluminum or an aluminum salt, consider stopping immediately, especially if you have any family history of senile dementia. On top of that, consider discontinuing cooking with aluminum foil and avoid cooking anything in aluminum trays or foil pans.

The problem with switching from an antiperspirant to a deodorant is that folks think they are being safer. But with almost every single mainstream product on the market shelves containing parabens as a preservative, you are no safer from a breast cancer stand point.

Luckily, there is a product out there that is wonderful. No aluminum, no parabens, all natural. Miessence Roll-On Deodorant uses bicarbonate of soda to eliminate odors and aloe vera to soothe sensitive under arm skin.

Living in southern United States in South Carolina, it gets hot.

My pits get stinky. That's just all there is to it.

But they don't smell at ALL when I use Miessence deodorants. This is simply the most lovely, paraben free, aluminum free, lightweight, pure and luscious deodorant I have ever tried.

Unfortunately, no matter what we do, we all have been exposed to parabens, and we are carrying these around in our body. For example, in a recent study examining random urine samples from a very large cross section of the population, parabens were found in detectable quantities in 99.1% of the samples.

I say this not to freak us out, but to make us aware that we do not want to intentionally increase our exposure to them.

Want to know another trick to be odor free? One that possibly even makes using a deodorant totally optional?

Recently I began waxing my armpits! It has made such a difference in pit odor that I honestly was blown away.

Not for the faint of heart, as there is some discomfort (okay, pain) the very first time you wax... it's been 100% worth it.

Removing the hair completely has also removed any residual odor completely.

Hair is pulled completely out of the follicle, including the hair bulb... so there is no stubble to harbor bacteria and cause odor.

Truly, for the first time ever, I have no armpit odor whatsoever, making deodorant optional. If you are motivated to try it, I know you will love it.

I do it at home by myself... it's not hard once you get the hang of it, and the good news is that it is only actually painful the first time waxing... after that the regrowth is lighter and finer and just isn't as hard (or as uncomfortable) to wax.

I use an all natural sugar based wax... therefore all you have to do to clean up is throw all the fabric strips in a sink to rinse off... the sugar dissolves completely and you can re-use the fabric strips forever... meaning no waste and 100% eco-friendly. Nothing toxic washing down the drain (just 100% all natural sugar) and nothing to throw out. Even the wax itself comes in a glass jar that you can re-use or recycle when you have used up all the wax.

That's my latest tip and I'm thrilled to have discovered it!

Take a deep breath and give it a try yourself, and see if you notice a huge change in the odor of your pits too!



Our last chapter!

I hope you have enjoyed taking a look at skin care from an intuitive and medical point of view and use the information in this book to make your skin the very happiest it can be!

Starting off with understanding what our skin means to us on an energetic level... the boundaries it creates for us that are both healthy and loving. How to treat our skin with love and care. How to cleanse it, exfoliate, moisturize. Lip care, nutritional support, sun protection. Bathing... connecting to the healing earth energy through bath salts... hair care, deodorant... and now... let's wrap up the course with a little LOVE.

Ready? Let's go:

The vast vast vast majority of your body is healthy.

Let's focus on those body parts that feel good... the ones that are working smoothly, are supporting us without complaint, day and night, around the clock... and give thanks for them.

The shower is the perfect way to do this.

I love using the shower as a time to, quite literally, shower myself with new energy.

Showers are the perfect way to physically change our entire outlook.

Where else can you LITERALLY step right into a physical metaphor like that? The water raining down in a shower can represent *anything* to you... anything you'd like to fully immerse yourself in.

Don't ever let another shower pass you by without intending an improved health outcome. Just state what you'd like the water to represent... and then as you step into the shower... practice the art of ALLOWING this to wash over you.

The art of simply allowing can be so hard, right?

But this is the perfect chance to practice getting into a receptive state... you do not resist the water, do not try to dodge each droplet... no, you stand in the middle of it and absolutely luxuriate in it. Enjoy it. Soak it in.

The next time you are feeling unwell... physically, or even just mentally needing to break out of a thought pattern that isn't working for you... step into a shower.

Let the shower represent the new feelings or pattern that you are striving for... and then allow it to infuse you.

Take ten minutes today to give yourself an intentional showering of love.

We are going to set the intention that the water showering over you today is full of whatever it is you are desiring... and you can't go wrong with love. Loving yourself unconditionally, without resisting anything, is the ultimate healing modality.

But you can make this shower specific to your particular circumstance... "I step into this shower and feel peace envelope me..." "I step into this shower to show gratitude to my own skin..." "I step into this shower and accept pure positive energy..." "I step into this shower and can feel my joints repairing and strengthening..." "I step into this shower and feel gratitude for all the parts of me that work flawlessly and endlessly, without fail."

On top of your specific intention, let your intention also be to honor and thank your body.

The overwhelming majority of our body is functioning perfectly.

No matter if we have cancer, if we have a neurological condition, if we have back pain... no matter what issues we are dealing with, the fact of the matter is that the vast majority of our body is working perfectly.

Layer upon layer upon layer of perfect health... holding us firmly and tightly into our bodies, as we generally focus on trying to heal the several things that may not be working as well.

For this shower, let's switch the focus to the parts of us that *already are* in perfect health. Let's give deep thanks for that. Let's do it by showering ourselves with love.

1. Before you turn on the water, take a soft bristled/natural hair brush (if you have one) or a dry loofah mitt or washcloth and dry brush our skin.

- Think about all the burdens you carry around you every day.

Think about all the ideas and feelings we have attached to our bodies that don't serve us well.

Think about these burdens as a grey cloud that hangs on our body, cloaking us with a dark misty morphic field that clings to our skin.

We want to gently buff these away... gently take your dry brush or dry washcloth onto your dry skin, and sweep the extra unwanted morphic field thoughts and just sweep them off. Brushing down your arms, down your legs, gently down your torso... just sweep off all of the negativity and doubt... and feel awoken to your true, glorious, optimistic nature.

2. Turn on the water and allow it to reach a nice comfortable warm temperature. As you allow the water to warm, state your intention for this shower.

A good one for this exercise might be, "I step into this beautiful water, water so pure and full of love and health, and I feel it cover me with health. I use this shower to show gratitude for my body and my skin. I feel every part of my body, and I allow it to soak in this love."

3. Step into the shower and take a moment to allow it to cover you with warmth.

4. As you begin to wash yourself, truly focus on the body part you are cleaning, and the organs that lay underneath each part.

As you bath your leg, for example, thank the muscles that hold you upright, the bones that support you, the blood that faithfully brings energy and nutrition to your legs and the nerves that allow you to feel this warm water on your skin.

Just hold your leg and gently cleanse it in the water, saying to your leg, "I love you. Thank you."

And by "saying" it, what I really mean is *feel* it.

It doesn't matter if you say it out loud... I generally don't. But I *feel* the love and gratitude pouring through me, washing my leg... many times I have been moved to tears in my shower, taking the time to finally say thank you to my body, who I tend to ignore for so long.

I used to ignore it unless it spoke to me through a disease or pain, and then I'd give it some attention... usually upset or annoyed that it didn't feel good.

And then I decided to actually thank it when it *was* working... and that experience was such a huge release for me.

No longer was I fighting the things I resented that weren't completely healthy... now I was giving some attention to the parts of me that were completely under-appreciated. I felt such gratitude mixed with so much guilt for never thanking myself like this before... the tears just fell and fell.

Now, after countless "thankfulness showers," I can re-connect very easily with this well established feeling of gratitude. My body, for the most part, understands and knows and *feels* that I trust in it's ability to heal itself. And that I am utterly and overwhelmingly thankful for it.

5. When you are step out of the shower, take some moisturizer (like Miessence's Intensive Body Cream) and squeeze a bit into your hand.

Massage the lotion into each part of your body... repeating your thankfulness.

Allow that part of your body to relax, and let it feel YOU taking care of IT for a change.

Feet, legs, arms, stomach, chest, neck, shoulders, hands, face... lovingly apply moisturizer to the skin and bathe your body in loving gratitude again.

This is a good time to make sure you include any parts of your body that *aren't* feeling perfect, too. Instead of ignoring the parts that aren't feeling well... thank them too. Because those parts need the most love... they are working overtime to restore health and balance to you. Those are the parts that need you to recognize and appreciate their efforts. Thank them for the functioning that they are able to do.

Recently I had hand eczema that lasted for YEARS. It was extremely frustrating.. painful, itchy, bleeding... and I could never rest them, because of course I use my hands all day long and wash them over and over... they just kept cracking and bleeding and itching... I used gloves, lotions, steroids, creams, oils... with some improvement, but continuous relapses as well.

One day, in my thankfulness shower, I looked at these hands of mine, and I saw them as I'd see my precious children. As trying their best. And instead of punishing them with anger, I treated them like I would treat my children when they aren't feeling well... I loved them.

I held them up to my face. I literally kissed every inch of the rash. I thanked them with love pouring out of my heart... my precious hands... working so hard, getting treated so roughly... even when they aren't feeling good, they carry through each day and get done what I need them to do. This was the body part I should be MOST thankful for. I saw a turn around that day... No, they did not magically and instantly fix, but they did turn the corner.

Encouraged by that, I continued to love them, thank them, and kiss them every single day. It took another 5 months or so of this, with many ups and downs in between, for them to re-establish their health. I am finally finally now free of this eczema.

And I never figured out exactly what triggered it, but I know that it was miserable for years, then cleared up in months.

This is what I mean when I say to my patients during private consultations that sometimes you can just go straight to love, without knowing the *why*

Of course it is great when you can figure out exactly what message a dis-ease is sending you, and correct the vibrational pattern that put that dis-ease into motion.

But at the same time, you don't *need* to know why or how... just trusting that it is in the process of healing, and loving it anyway... those are the ultimate tools of healing.

Repeat this sequence every single time you take a shower for the next several weeks... in fact, once you get in the habit, you'll never let a shower go by without turning the water into an intentional health experience again!

Thank you so much for taking this Skin Happiness journey with me... I've truly enjoyed it and look forward to sharing more information with you in the near future.

Much love... xoxo, Laura

Dr. Laura Koniver, MD

The Intuition Physician



Laura Koniver, MD

I am a physician who believes in developing a relationship with my patients...to see them as not only as a body but as a heart and soul too.

I run health challenges not only through my medical knowledge but through heart open intuition, taking into account a patient's life experiences and energetic being to place their situation into a deeper context than medicine is ever able to on its own. In this transformative process, health challenges become health triumphs.

“Intuitive information combined with medical knowledge is more powerful than either standing alone.”

- Laura Koniver, MD

Your health blocks and obstacles are only one part of a fuller picture that includes well being.

Find out more at www.IntuitionPhysician.com.