

WELLNESS WEEKLY

WEEK OF 8.24.20



SKIN ISSUES: WHY IS IT HAPPENNING?

The skin can reveal a lot about what goes on with the body. Reactions that occur to the skin may reflect its external environments, as well as the body's internal functioning. The skin can experience issues such as clogging or irritation. When this occurs, one may notice symptoms such as redness, burning, itching, or inflammation.

There are more bothersome skin issues such as hives, acne, and rashes. These all can be caused by things such as irritants, genetics, allergies, and immune system issues. Skin matters caused by genetic makeup can affect the skin, causing issues such as acne, psoriasis, warts, rashes, and hives.

Problems of the skin may be brought on by food allergies, and food intolerances. Many people eat food without even knowing that they are intolerant, or allergic to it. You may not know it, but your body does!

Some Acne flares up are your body's way of telling you that something inside your body is not sitting well. Another reason could simply be the lack of proper hygiene. Touching your face with unclean hands places many sorts of bacteria as well as oils onto your face. One's environment may trigger acne as warmer weather, pollution, and exposure to oil may cause pores to become clogged causing black or white heads, which could become inflamed and painful to the touch.

WITHIN THESE
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THAT YOU
ARE IN*

03 *NATURAL
INGREDIENTS
FOR HEALTHY
SKIN*

A woman with voluminous curly hair is looking into a large wooden-framed mirror. She is holding a small jar of cream in her left hand and has her right hand resting against her cheek. The background shows a window with a vase of flowers on the sill.

The Skin That You Are In

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Believe it or not, the skin is an organ. It is the largest one, which covers and protects your body. The skin is the only organ that you can see from the outside. Your skin helps to keep you hydrated by holding in bodily fluids. Skin helps to maintain body temperature, as well as keeps dangerous infection causing microbes out.

At Natural Medical Solutions Wellness Center, we treat the body as a whole simply because that is the way the body works. The foods that you fuel your body with, as well as the environment that you surround yourself with, has a direct impact to the way your body performs. When you do not put quality foods into your body, or you are in unhealthy environments, problems with the skin can arise. Skin issues become a concern for many people of all different age groups.



Natural Ingredients for Healthy Skin

Turmeric

The best way to use turmeric on your skin is to make it into a paste, then apply it to your face. Turmeric helps to treat acne, and to help even out skin tone. There are anti-oxidant, skin brightening, and antiseptic properties within turmeric that makes it a great natural remedy for skin.

Honey

When you apply raw honey onto your face, it may help to reduce acne flare ups. Honey has a bacteria balancing property that also speeds up the healing process of the skin.

Tea Tree Oil

With its anti-inflammatory and antimicrobial properties, it's no wonder why tea tree oil is a popular choice for skin treatments.

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