Your emotional skin speaks volumes. Skin eruptions declare what your brain and heart cannot. Your emotional skin reflects exactly what is going on inside.

Anger, depression, anxiety and fear all cause measurable skin changes, including shifts in blood flow, moisture and temperature. Acne and other skin problems can affect anyone, especially after a very stressful situation. That’s why it is so important to take nutrients and amino acids needed by your brain to cope with stress.

Acne can affect people from all ages – 10 through 45 and up – men and women. There is no one factor that causes acne but the major factor seems to be oil glands that come to life around the age of puberty. The oil glands that are located just beneath the skin continuously produce and secrete oil through openings in the skin. At certain times, especially stressful situations, cells close and block openings of the oil glands. This then causes a buildup of oil and bacteria that lives in everyone’s skin but generally minds its own business, feeds on and multiplies and causes the surrounding tissue to become inflamed. If the inflammation is right near the surface, you get a pustule. If the pustule is much deeper a papule will develop. If it’s very deep then a painful cyst will surface on the neck, shoulder, face, chest, back, shoulders and in some cases even the upper arms. Women sometimes get them in the breast area. In severe cases acne can lead to serious and permanent scarring. The physiology of your skin follows a pattern with its rich network of nerve endings. The skin is very sensitive to both outer and inner environments. Not only do you sweat when it’s hot – your skin constricts its blood vessels in the cold. Your skin will also turn pale and clammy when you have fear, then it will blush with embarrassment and glow when you’re filled with joy.

Dr. Ted Grossbart, in his book Skin Deep, reports certain skin conditions are especially vulnerable to emotions. These include eczema, warts, herpes, acne, hives and psoriasis.

Emotions must come out in some way and your skin is an excellent target. Usually within 24 to 48 hours after a stressful event you will begin to notice your outbreak start. Young women are more likely to have intermittent acne due to hormonal changes associated with their menstrual cycle and PMS. Dermatologists also caution women who use a lot of make-up to clean their face completely daily to remove make-up.

Most skin specialists recommend that people with acne gently wash their skin with a mild cleaner, once in the morning and once in the evening and after exercise. Some with acne may try to stop outbreaks and oil production by scrubbing their skin using strong detergent soaps and rough scrub pads. Scrubbing will not improve acne but it can make it worse. Use gentle soap and rinse thoroughly. After that pat your face dry. Do not pick at pimples or blemishes. You risk developing scars or skin blotches. Try not to touch skin lesions. If you do, wash your hands.

Dry skin is very common especially in cold weather or dry climates such as the southwest. Dry skin may become irritated and often itch. Sometimes it sloughs off in small flakes and scales. Scaling most often affects the lower legs. Use a vitamin E lotion or cream that keeps the moisture in your skin. Vitamin E by mouth is also very important. Try not to expose dry skin to the sun and wind. A cream with zinc is also very helpful.

Psoriasis usually starts as one or more small psoriatic plaques that become excessively flaky. Small bumps may develop around the area. Psoriasis typically involves the scalp, elbows, knees, back and buttocks. Psoriasis begins most often in people ages 12 to 40, although all age groups can be affected. Stress can also cause an outbreak. Use zinc and vitamin D ointment creams. Green tea is very helpful for psoriasis.

Take care of your emotional skin and it will stay healthy.

In conclusion, keep a watchful eye on your skin – especially if you go through a stressful situation. Feed your brain neurotransmitters to shut down the pouring out of cortisol and adrenaline into your bloodstream. Explain to your children that anger and rage are bad for you and the negative effects on their skin and body. The key to being healthy and having healthy skin is to be aware of your emotions. Smoking also has a very negative affect on skin. It dries up and causes premature wrinkles.
The following supplement support program will include products for stress and anxiety:

**Green Tea Extract, 500 mg** – 1 capsule twice daily has potent anti-allergy properties due to its ability to block substances known to trigger allergies.

**Vitamin E, 400 I.U.** daily enhances the immune system and allows vitamin C to work more efficiently.

**Zinc, 30 mg** – 1 capsule daily supports the immune system.

**Lysine, 500 mg** – 1 capsule twice daily. This amino acid directly supports the “emotional skin” and aids in tissue repair and the production of antibodies, hormones, and enzymes.

**Ester C – 2000 mg** daily supports a low immune system, further enhancing the effectiveness of Vitamin E.

**TotalVite – 1 capsule daily.** For children use **Little One** according to label instructions. Both TotalVite and Little One are multiple vitamins.

**Beta Glucan or Olive Leaf Extract** supports a weak immune system. Beta Glucan activates white blood cells that control infection. Olive Leaf Extract helps to speed healing of viruses and bacteria.

**Serrapeptase** – 2 capsules twice daily for inflammation and pain. This enzyme clears away extraneous tissue allowing the body’s healing system to repair itself.

**Anxiety Control** – 1 or 2 capsules three times daily for stress level. Teens use **Teen Link**, 1 or 2 capsules three times daily.

**NeuroLinks** – ½ dropper three times daily of this homeopathic blend works in conjunction with amino acids to keep you calm and relaxed.

**Mood Sync** – 1 capsule three times daily for depression. Depression tends to compromise the immune system leading to outbreaks of the skin.

**Theanine (LT)** – for children and adults – 1 capsule three times daily increases alpha waves in the brain allowing for muscle relaxation and a decrease in stress and tension.

**Glutamine, 500 mg – 2 capsules twice daily helps to decrease sugar cravings and helps reduce intestinal permeability related to food allergies.**

**CAUTION: DO NOT use with SSRI, tricyclic or MAO antidepressant medications. Consult your pharmacist.**

**REFERENCES**
“Your Emotional Skin” by Madeline Drexler. *Your Health Magazine,* May 17, 1994

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