The skin is the largest organ of the body. Like most organs it serves many purposes in the health maintenance of the entire system.

One of the functions of the skin is the elimination of a fraction of the discarded products of the body. These are gaseous and liquid in nature. In addition to venting and releasing these substances from our body the skin also "breathes". If you add up the different tasks that the skin performs, you'll begin to see the importance of keeping it healthy and clean, free from anything that would clog its pores.

The clogging can come from within as well as without. The foods that we ingest often produce by-products whose molecules may well be too large to pass through our skin. Thus these fatty globules plug up the pores. Since this material lays between the inner and outer layers of the skin, it turns into nourishment for the thousands of microbes that loiter on our skin all the time. When such food supply becomes abundant, the bacterial population suddenly begins to grow. This growth eventually turns into what we call acne.

Most of the therapies for dealing with acne consist of antibiotic approaches. The belief is that if we kill the bacteria, the problem will clear up. Those who have dealt with severe cases of acne know that is far from being true.

In order to clear up the skin, whether it is ailing from acne, eczema, psoriasis, warts or some other "unknown" disturbance the method is the same.

To eliminate the source of the problem, you'll have to remove the by-products and build new healthy tissue. To achieve that you'll have to strengthen the immune system at the very beginning.

It is my belief that the body can and will heal itself if the right natural nutrients are available to it. Based on that belief I have set out to provide you with the information necessary to find the best products to help you. When I seek out products I look for those that will give you the largest number of separate nutrients in one tablet. My years as a Naturopathic Healer have taught me that people do not want to take a handful of pills in order to feel good.

My primary concern is to make sure that you have a Vitamin A, Zinc and Burdock Root combination because of the synergistic benefits that derive from such blending. Of course you also need all the supporting nutrients available in order to optimize the benefits. If you find additional nutrients present in the formula, consider them as added benefits.

These are the agents that make this particularly attractive formula so effective.

VITAMIN A has long been used for the skin, both internally and topically. Internally it works to rebuild tissue at a cellular level, nurturing the mucus membranes, directing nourishment to the thymus gland, activating the antibody production and participates as well in hundreds of other transactions. All vitamins are co-enzymes in the body and so they are involved in nearly every biochemical exchange.

Vitamin A is a specific for the skin
and the eyes. Topically I have used personally Vitamin A for my children when they had diaper rash. It would clear it up overnight.

Vitamin A is so well recognized for the skin as a topical nutrient that is to be found in countless cosmetic preparations, along with Vitamin E.

ZINC is another of the "skin" nutrients. It also plays a role in the production of anti-bodies. Between Vitamin A and Zinc we have two very powerful nutrients that are wonderful for skin restoration and immune stimulation.

BURDOCK ROOT is one of the few powerful blood cleansers available in the herbal kingdom. Red Clover is another that is frequently used in combination with burdock root because of their ability to cleanse thoroughly the blood of toxic material. They also work to neutralize acids and kill bacteria.

VITAMIN F is included because I suggest a nutrient that works to dissolve those fatty deposits that are blocking the pores. Vitamin F, or "unsaturated fatty acids" as they are also called, are excellent in that role. In addition, they bring much needed oils into the system.

NIACIN is a major key in the repair of any skin condition because it brings fresh healthy blood to the surface of the skin. Niacin "opens up" the vascular system and this supplies the skin with more blood and nutrients.

The blood is both the carrier of fresh building material to the tissues as well as the efficient transport system that removes the waste products and other unwanted toxic materials.

By using this formula you will:
- dissolve and remove "garbage" from the blood stream
- provide new material for rebuilding the skin
- strengthen the immune system to kill the bacteria and viruses
- and improve circulation throughout the body.

It should be noted that when you take Niacin, there is sometimes a reaction. You can become hot, bright red and feel itchy for a few moments. This is a natural reaction and you shouldn't worry about it. Some people take Niacin just for that purpose.

When I suggest natural nutrients for my clients, I always recommend that they seek out products that are SYNERGISTIC in their formulation because dollar for dollar they offer you the best nutritional values. They also allow you to get the most "healing benefits" from the least number of tablets.

Synergism simply means that when you add up all the parts, the total is greater than the sum of the individual parts. This means that you get more for less.

Additional considerations in dealing with skin problems is the dietary aspect. Avoid as much as possible all cooked foods. When you cook the food, you deactivate the natural enzymes that they contain. These enzymes help you to digest and to benefit from the food and provide more vitality.

If you must cook, and most of us do, then steaming would be the next preference. At no time should you eat canned food from the supermarkets, since most are lead-lined and are full of preservatives which hinder normal digestion. This is easy to understand if you consider that essentially, digestion is a slow and carefully graded rotting process. According to Nature's program, only the nourishing break-down products should be absorbed. Unfortunately, the program is not perfect and unwanted toxic particles frequently also penetrate the organism. (Which is when we get sick). This controlled break-down - rotting - process in the intestines is carried out by a sophisticated set of enzymes, part of which is produced by our own body, whereas another important source is being obtained from our nutrition. On the other hand, as you well know, only perishable food is being canned. The canning prevents the food from rotting. This feat is accomplished by adding powerful enzyme inhibitors to each can. Imagine how powerful these inhibitors are if they are able to prevent a higher perishable substance like mayonnaise (remember how easily eggs rot) from breaking down without refrigerating it. When you eat canned food, these same enzyme inhibitors remain operational within your body and decelerate your digestive processes.

You can imagine the rest.

Any type of canned foods only adds to our health problems.

Eat lots of raw greens and carrots as these are specifics for the skin. All greens have chlorophyll which has a similar structure to red blood cells, except they have a magnesium atom at the center of the molecule whereas red blood cells carry iron atoms. The carrots are high in beta carotenes which convert to Vitamin A.

Garlic, onions and celery are also important.

Through the use of natural supplements that are synergistic in their formulations and the dietary considerations outlined here, you should experience relief very soon depending on your condition AND HOW FREQUENTLY YOU TAKE THIS COMBINATION OF NUTRIENTS, you'll be able to improve the quality of your life, which is your essential privilege.

ABOUT THE AUTHOR

Dr. P.R. Rothschild, M.D., Ph.D. M.S., N.D. is a Medical Doctor living in Matamoros, Mexico. He is a retired full professor at The National Autonomous University of Mexico, with doctorates in Medicine and Biochemistry, and a masters in Physics. He is the author of 22 scientific books, 336 articles, and was nominated for the Nobel Prize in Physics in 1986. Dr. Rothschild is a mason and belongs to the following organizations: World federation of Physicians, Oncological Society of Austria, Fellow of Royal Society of Health in England, Association of Military Surgeons of the United States, New York Academy of Sciences, the American Association of Military Surgeons of the United States, New York Academy of Sciences, The American Association for the Advancement of Science, and The U.S. Naval Institute.