

Skin Problems

The skin provides a barrier, blocking toxins from entering the body, but it is also one of the most important excretory organs for the excretion of toxins in the form of perspiration.

The common skin complaints of **dermatitis: eczema, psoriasis, acne, rosacea and hives** can all be caused by ALLERGY or Candida.

Dermatitis (inflammation of the skin) is an allergy. The most obvious allergies are MILK which manifests early in life on the face and head (cradle-cap) and progresses later on to the stomach, back, hands and feet and inside the elbows and behind the knees.

A WHEAT allergy shows as a dry, scaly rash on the neck or face (particularly face and mouth). It may become infected and also appear on the outside of the arms, above and below the elbows and on the back of the hands. Causes also include low stomach acid, zinc deficiency, leaky gut leading to food allergies, accumulation of toxins in an unhealthy colon, a liver under stress, Candida overgrowth, psychological stress and genetics.

Eczema often runs in families where there is also a link to hay fever and asthma.

Psoriasis can be caused by medications such as NSAIDS (Ibuprofen etc.), lithium, chloroquine and beta-blockers.

Acne can be caused by hormonal imbalances and “toxic” strains on the body ie: the Pill, teeth braces, food allergies eg: wheat, gluten, dairy (may not show as it could be “masked” in the body – BICOM Bioresonance can unmask these allergies), medications, parasites and other infections, chemicals and radiation.

Home Remedies

Diet:

- Drink 7 – 8 glasses of water daily
- Increase green leafy vegetables (spinach, Kale, broccoli, dark lettuce etc.) – Juicing is great!
- Eat nuts and seeds for Essential fatty Acids (all) and Brazil nuts, sesame and pumpkin seeds for Zinc
- Eating yellow / orange food rich in beta carotene, such as carrots, pumpkin, cantaloupe and other yellow-orange fruits and vegetables
 - Have grated carrot and apple for Morning tea or afternoon snack
- ½ Lemon juice in a glass of water before breakfast will boost the digestion and alkalise the body. Lemon is also a great source of Vit C and minerals
- Avoid: chocolate, and other sugar and sweets, fried and processed foods
- Avoid milk and dairy products (cheese and sweetened yoghurts)
- Avoid caffeine and alcohol

Skin care:

- Do not wear make-up
- Gentle wash skin – no scrubbing. Wash skin after sport / sweating
- Do not use chemicals on your skin – recommend: Akin brand or other organic skin care
- Homemade: Prepare a ¼ cup mixture of apple cider vinegar and chamomile tea in equal quantities. Add 1 drop Tea tree oil. Apply this mixture on the affected areas in the evening routine and wash off with fresh water after half an hour.
- Almond oil / coconut oil applied as “moisturizer” for dryness & inflammation of the skin

If you experience any SKIN issues, the consider BICOM Bioresonance Therapy. We can detect and treat any blocks, allergens and toxins that may be the root cause of your skin condition.