

This Week's Topic

Patient Dry Skin Exam



"If a small amount of friction causes skin to slough off, it is a classic sign of an essential fatty acid need."

Here's an approach to "Dry Skin" that has worked for my patients for years but first, let's think about "the presentation." Suppose during a scheduled office visit after rubbing the patient's arm you see the normal blizzard of wintered "dry skin." Here's a way to present your findings that may open up a whole range of wellness services for your clients. "Mrs. Jones I see a lot of dry skin as I rub your arm." If a small amount of friction causes skin to slough off, it is a classic sign of an essential fatty acid need.

To give you an idea how important essential fatty acids are, suppose you are going on vacation and while you are gone your neighbor agrees to watch your home, to go in, turn lights on and off, and collect mail. Wouldn't you appreciate it if they noticed a small water



leak? We know the effects of water damage, and the mold that can grow if we don't deal with the problem quickly. Well to me, Mrs. Jones EFA deficiency is just as critical as a water leak.

Your body has approximately 100 trillion cells. Each cell is covered by a thin membrane barrier. Essential fatty acids help to keep that cell membrane soft and permeable, meaning healthy nutrients can get into the

cells and toxins can leave. A deficiency of good oils can cause the cell membrane to become "sluggish." Not only will nutrients have trouble getting in, natural waste products and other toxins can become trapped in the cell. "Not good." The cells experience what I would call for lack of a better term "cellular constipation."

A common symptom you are deficient in good oils is dry skin. You can buy a \$5.00

container of lotion and apply it topically, which is like blotting up the water in your leaky house with a towel without stopping the leak. Or you can take the steps to breathe life back into your cells by feeding them what they need. You may not realize it but beyond cell membranes, EFAs are needed for hormones, immune function, pain and inflammation reduction, blood sugar stabilization, healthy heart and blood vessel function.

Essential fatty acids and particularly fish oil is the number one class of anti-aging supplements. Mrs. Jones, let's try supplementing essential fatty acids for 30 days and we'll see how you do. Well, you can take it from here as you articulate the values as they relate directly to each patient's condition.

I wanted to make sure you connect the dots for your patients. Sometimes we forget that if patients don't understand, they won't stay on the nutrients long term. It takes time to build cellular reserves. Remember cellular reserves are built when the symptoms have disappeared. When you brush their skin and see the dry skin blizzard, it's a valuable indicator and one we need to communicate clearly.

So how do we address "Dry Skin" clinically? Obviously, the first thing we want to address is hydration. Is the patient drinking 8 glasses of pure water a day? Next, we add essential fatty acids. I like to add 2 tablespoons of high quality, non rancid oil. Some oils on the market are rancid, that's why I always recommend Biotics oils because they test for rancidity before and after production. Take a tablespoon of Biomega-3 liquid at one meal and add a tablespoon of Mixed EFAs on any salad.

My brother Jerold heard how Biomega-3, a pleasant lemon flavored fish oil, helped our neighborhood friend with migraines and Kevin's chronic back pain. He was taking a tablespoon daily, but when the winter temperatures caused him to experience dry and cracked fingers, he added an extra tablespoon of Biomega-3 on his salads. In 2 weeks the cracks were gone. Once he reached sufficiency, he cut back to one tablespoon daily.

As we were talking about how many people have dry skin in winter, my producer chimed in how he was addicted to lip balm every single winter as long as he could remember. After working with us, he started taking Optimal EFAs regularly. Two years later one wintry day, he observed someone applying lip balm. It suddenly occurred to him, for two years he hadn't needed lip balm.

I have heard lots of stories how EFAs in the right dose have helped dry skin, but you get the point. In addition, your patients may also add Mixed EFAs topically. The blend of sesame, walnut, apricot seed and hazelnut oil is virtually odorless and tasteless. You should see a difference in your patients in 30 days.

If dry skin is still an issue, consider using iodine, zinc, as well as vitamin D and vitamin A. Make sure you also pay attention to liver and gallbladder function. Obviously, it won't do any good to take the oils if they are not being digested and emulsified. A simple check for dry skin during office visits can be a great opportunity to start a conversation about wellness.

Thanks for reading this week's edition of the Tuesday Minute. I'll see you next Tuesday.