

Love Your Skin

And Why Transdermal Magnesium?

Our skin is more than something to hold us together. Our skin expands to accommodate us as we gain weight and shrinks to fit us when we lose weight. When functioning properly it works to cool us when we are heated through perspiration and even lets us know the body is reacting to scary stories with goose bumps. The skin acts as an extra kidney, an extra set of lungs for breathing, a means to administer vital nutrients through transdermal supplementation, and has many other functions. The skin is the largest organ of the body and the greatest care should be given to keep it performing at its best. Yet we treat our skin shamefully. We willingly apply synthetic and toxic chemicals in the form of lotions, creams, and oils, which plug the pores of the skin. When these products are applied to the skin we achieve the *appearance* of moisturized skin when actually the pores are being plugged so that the toxins cannot be excreted properly. Once the lotions or creams are washed off, the dry skin is still there. We allow drugs to be absorbed through the skin in the name of convenience. If you question the effectiveness of transdermal supplementation, take a clove of garlic, crush it slightly then rub it on the bottom of your foot. How quickly can you taste the garlic? When dealing with upper respiratory congestion rub the menthol ointment on the soles of the feet to feel the soothing vapors in the chest quicker than when applied to the chest. This is easily explained as all nerves for every organ and system of the body end in the feet so it is logical that when anything is applied to the feet that the resulting benefits to the corresponding organs will be the greatest. Transdermal patches vary from nicotine, birth control hormones, and appetite suppressants. Antiperspirants contain aluminum, which has been linked to Alzheimer's disease, and now one can even buy makeup that contains caffeine for that extra 'pick-me-up' in the morning! Let's take a closer look at the skin.

Keeping the pores of the skin open and clean are imperative to let oxygen and healing elements in as well as excrete toxins and waste. Daily skin bathing is necessary to remove dead skin, perspiration, and environmental toxins from the skin and may be done with water only. If soap is used, we should only use liquid biodegradable soaps to prevent pore blockage that occurs with most bar soaps. Another aid to healthy skin is dry skin brushing with a natural bristle brush – always brush towards the heart. This is beneficial to the skin as it is ideal to remove dead skin and stimulate the lymphatic system. As the lymphatic system is kept clear, wastes in the form of fats, salts, proteins, white blood cells, and other substances are carried away for elimination. Every cell in the body depends on the movement of liquids from the inside out and outside in to function properly. Stimulating the skin, lymphatic system, internal organs through diet, routine maintenance, exercise, and fresh air will bring renewed energy and health. The skin, when functioning properly, is truly multi-tasking!

In our quest for eternal beauty and radiant skin we must start internally. Our body has four eliminative channels: the bowel, the lungs, the kidneys, and

the pores of the skin. By design as we accumulate toxins in the body, the natural eliminative channels are employed to allow the toxins to be excreted. When the bowel is blocked and the kidneys are not functioning properly the respiratory system and the skin must do the work of these other organs. Upper respiratory conditions and skin rashes, acne, and other types of dermatitis are frequent and can be avoided by proper diet and elimination. Unfortunately, as a society we fall short of doing our due diligence in the areas of "proper" diet and elimination. If the channels of elimination are blocked the result will be disease. When we eat wholesome, unprocessed foods, keep our intestines and blood stream free of mucus and toxic waste we can provide an environment where infection cannot survive. When infections occur from small cuts or slivers it means the blood stream and body is full of mucus and toxic waste. Because germs can only live on filth and waste, keeping the skin clean is critical to good health.

Now that the skin and our entire system is clean, what next?

Understanding the principle of transdermal supplementation of nutrients and minerals gives us the key to greater health and wellness. It has already been stated and is widely known that drugs and chemicals can be absorbed into the body at a steady rate. There is a difference between accepting and assimilating, however. The body will accept inorganic, harmful substances and deposit them in the body, sometimes in the joints causing arthritis, sometimes in the arteries causing hardening of the arteries, heart attacks, strokes, and Alzheimer's disease, and sometimes in the organs leaving the way open for other diseases such as cancer. When the body assimilates nutrients, it puts them to use where the body needs them and excretes any unneeded amount, assuming the eliminative channels are healthy and functioning. One such nutrient is Magnesium in the form of Magnesium Chloride.

Magnesium Chloride has an extraordinary effect on a wide range of diseases and the ability to rejuvenate an aging body as it prevents calcification of the organs and tissues. The Chloride form of Magnesium is necessary as it is a counterbalance for all atoms carrying a positive charge. Thus the Magnesium Chloride becomes the primary or negatively charged ion. All the cells and tissues in the body need chloride to function well. The stomach lining needs to secrete chloride, which is essential for the production of hydrochloric acid. The elderly typically have difficulty with digestion as their ability to produce hydrochloric acid is greatly reduced. Unfortunately, this condition is appearing in many that are middle aged and for the same reasons, lack of Magnesium Chloride in the digestive tract. Along with improper diet, our society tends to gulp food without chewing it completely, which causes extra stress on the stomach. If food is chewed to a liquid state, the digestive process has already begun in the mouth and the resulting digestion in the stomach is much more effective. Undigested food will rot in the system, causing excess mucus and putrefaction throughout the eliminatory tract. Transdermal Magnesium Chloride supplementation will improve the production of hydrochloric acid and aid in digestion and elimination.

The health benefits of Magnesium Chloride are widely known and the best way to increase Magnesium Chloride at the cellular level is through the skin. Soaking the feet in Magnesium Oil (Magnesium Chloride) will increase Magnesium to all cells in the body. Additionally, soaking in a tub with Magnesium Oil added to the water is not only relaxing but aids the skin directly as it is

absorbed for use throughout the entire system while tightening and toning the skin. The Magnesium Oil may be applied directly to the skin through spraying or direct application and massage. Care should be used for those with sensitive skin by diluting the Magnesium Oil 50/50 with distilled or Magnesium Prill water. The Magnesium Oil may be mixed with shampoos, conditioners, lotions, oils, and any other product that you apply to the skin. Adding a penetrating ointment containing Cayenne pepper (Capsicum) or a Castor Oil pack will speed delivery to the underlying muscles and tissues. Quality Magnesium Oil contains 28 – 32% Magnesium Chloride and will never be any greater in concentration as the liquid becomes unstable in that there may be a separation of ingredients when stored in colder conditions. Magnesium Chloride is also available in a hexahydrate (crystal) form that contains 60 – 66.8% Magnesium Chloride, which some suppliers claim is the concentration of the Magnesium Oil, but that is not possible.

While we are treating ourselves to the best skin care possible, some other considerations are to wear only natural fibers that are free of chemicals. These include cotton, wool, and silk. Make sure your bed linens are also natural fibers. Natural fibers are high vibration, which we need in order to function at our peak. Choose biodegradable, natural detergents and softeners to avoid the chemicals on our skin. Releasing the static electricity that accumulates in our bodies is also essential to good health. In the process of daily activity the hair acts as an antennae and pulls electrical energy from the atmosphere. As this electricity enters the top of the head every cell, gland, and organ takes what is needed to function properly. The unneeded electricity is supposed to pass from the body through the soles of the feet. With the constant wearing of leather soled shoes and socks or stockings the electricity cannot be grounded properly and is collected in the body as static electricity, which causes mental confusion or frustration. By walking barefoot in the grass 15-20 minutes before retiring, you will discharge the static electricity, prepare your body to receive new energy from the universe, improve mental clarity, and sleep great! This in combination with a hot soak with added Magnesium Oil...Heaven!

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