

HUMAN FAQ

What about . . . SKIN CARE?

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Proper skin care is important for health rather than just vanity. Because our skin is our largest organ of elimination, clear skin is a sign that all systems are functioning at a high level.

Hydration

Vital for skin health is sufficient PURE water consumption which means approximately 1 quart per 50# of body weight. Adding **DYNAMITE® Elixir** to your daily water ration aids in balancing pH values, electrolytes and digestion. Ideally, mix your **Elixir** with activated **Catalyst Water** which aids cellular absorption. Avoid coffee and tea as their diuretic action results in a net fluid loss. Pop, commercial electrolyte drinks and flavored waters all overload your system with sugar and chemicals resulting in a muddled complexion and dry or spotty skin.

Diet

While there is no single ideal diet for everyone, all can benefit from a nutrient-rich diet of organic vegetables, greens, and fruits. Adding some free-range animal protein provides proper fats to help maintain hormone balance, avoid acne, neutralize acidic protein, and promote absorption of fat-soluble vitamins necessary for our skin's health. Avoid pastas, bagels, breads, and pastries. All grain unless soaked, fermented, or sprouted, is high in mineral-binding *phytates* which leads to weakened skin, bones and connective tissues and its indigestibility causes colon sensitivities which can contribute to a host of diseases.

To ensure proper nutrition, supplement with the **DYNAMITE®** basics of **Regular** or **Plus** and **Tri-Mins** along with the **Elixir/Catalyst Water** mentioned above and anti-oxidant good-for-everything **Hiscor-badyne**. Some may also require **Hair, Skin & Nails** and/or **Cell Mend**, both of which aid collagen formation.

For those of us who are 35+, our hormone balance, essential for skin elasticity, may need a boost, so try adding **Zinc +** for men and **Manganese+** for women.

Internal Cleansing

While this approach will definitely begin some internal cleansing, for a great, occasional, all-around liver-support, cleansing drink try this for 1-2 meals per day: Juice 5-6 **carrots**, 1 **beet**, 3 large **tomatoes**, 1 bunch **spinach** (or other dark greens or 1/8 **cabbage**), 1 **red bell pepper** and/or **chili pepper**, 1 stalk **celery**, 1/4

sweet onion, & 1 clove **garlic**. Proper digestion requires "chewing" this juice to mix in your saliva. Some people choose to add a raw, free-range egg yolk to the juice; it doesn't taste but adds valuable enzymes, B Vitamins including B₁₂, and vital fats. To take advantage of added fiber in cleansing your intestine, whir the veggies in your blender rather than juicing them, eat them as a salad or even steam them if your digestion is not yet up to par.

I really like what **Excel** can do for cleansing even though it is sold only for livestock. I put about 1/4 tsp in veg caps although many of my distributors and clients prefer to put it dry on their tongues chasing it with a big drink of their water mixture. Another favorite is **Herbal Green**; its chlorophyll cleanses the blood and supports alkalinity.

External Cleansing

Most skin care items available today are loaded with chemicals such as methyls, propyls, glycols, other alcohols, artificial fragrance, insecticides, chemical fungicides, artificial colors, etc. In **A Cure For all Cancers**, Dr. Hulda Clark claims that absorbing such chemicals through the skin affects the liver to the point of not only causing various cancers but also allowing common liver fluke eggs (we all carry them!) to hatch.

Chemical-free **DYNAMITE® All Natural Shampoo** is our choice for full bodily cleansing from stem to stern. Cost-effective (can be diluted 1:5 with distilled water or activated **Catalyst Water**), it is gentle enough for all types and ages of skin, hair and scalps yet works wonders for various challenges. Although permed hair may relax too much as the shampoo tries to heal the damage!

Because skin can absorb very drying and dangerous chlorine and fluoride, do add filters to all bathroom faucets.

Exfoliation & Masques

Removing dead and dying epidermal cells encourages circulation and new skin growth. For a fresh rosy glow, once a week sprinkle a bit of Human **NTM Salt** on wet fingertips and massage gently onto an equally wet face, then rinse thoroughly. Oily or challenged complexions could do this more frequently. Use **NTM** in larger quantities and with more vigor on arms, hands, legs, and feet before rinsing off in the shower. Some individuals prefer adding a bit of **Tan O the Isles** oil to the **NTM** before scrubbing.

I have found **Miracle Clay** to be better at tight-

ening pores and drawing impurities from the skin than any fancy masque. Simply slather clay gel (mix the powder with distilled water as per label directions) onto your face and throat, leaving the eye area free. Lie down on a slant board for about 10-15 minutes to encourage facial circulation and rinse off. The same **Clay** gel can be mixed with a drop or two of **DYNAMITE®** **Tea Tree Oil** to make a 'spot' treatment for pesky eruptions at night; during the day try a drop of **Trace Minerals Concentrate**.

Toning

Helping skin maintain its "acid mantle" is the first line of defense against bacteria. For most skins, spraying lightly with dilute **Elixir** suffices; for those with oily skin, dab on a bit of dilute **ACV**. Start with about a 6:1 water to product ratio increasing the water as much as necessary for sensitive skin.

Spraying your face throughout the day with **Release** is especially great for tired eyes or head/sinus-aches or even for men's shaving burn. During hot weather, keeping the **Release** bottle in the frig can be a real eye opener! *Hint: use empty **Release** bottles for your toner sprayer.*

Moisturizing

Strong resilient, moisturized skin is resistant to weathering and **DYNAMITE®** offers a number of options. The lightest moisturizer for bodies or oily-skin faces is our **All Natural Conditioner**. It works equally well on hair or skin either full strength or diluted up to 1:20 with distilled water or activated **Catalyst Water**.

A perfect blend of emollient oils for skin health, **Tan O the Isles** massaged into damp-from-the-shower body and facial skin is especially important for outdoor types. Some people prefer it mixed with **Conditioner**, others like to add some drops of an aromatic oil, while those with spotty areas find it helpful to add some **Tea Tree Oil**.

For a regenerative facial cream there is **Rejuvenating Skin Cream**. Jim Zamzow used it on one side of his face and a popular "anti-aging" cream on the other. When we saw him at the October 2004 Rendezvous, the difference in the two sides was remarkable with **RSC** emerging the clear winner! Jim has loaded this cream with great ingredients but the "magic" one is *hexapeptide-3*. Naturally derived from amino acids, it reduces *catecholamine* production thus helping to relax facial muscles. It strengthens the skin rather than thinning it like I have heard alpha-hydroxy products can. So forget botox, Oil of Olay, Estee Lauder and such; this 60+ woman can certainly attest to how quickly **Rejuvenating Skin Cream** penetrates

leaving my skin soft and smooth. I love it!

Slather **Wound Balm** nightly on hands and feet (and even damaged faces) and watch those nicks and calluses disappear while rashy areas (ie: diaper rash, herpes lesions) respond great to **Wound Salve**.

Exercise & Relaxation

Walking briskly, bicycling or dancing helps increase circulation, tissue oxygenation, and toxin removal via sweat (no antiperspirants!) and deep breathing, while yoga helps keep lymph and glandular systems in great working order. When exercising, wear loose, natural-fiber clothing which allows air to move freely and sweat to evaporate. Artificial fabrics not only inhibit this but can also set up energy barriers to our cellular electrical systems while tight clothes and belts restrict full expansion of the diaphragm.

After your exercise, relax and refresh in a mineral "sea" soak: add 1-2 handfuls of **NTM**, a natural pre-pollution sea salt, to your bath water and no more muscular aches and pains. According to The Salt and Grain Society, "... *bathing in sea water has an immediate strengthening effects on the lymphatic system. On the other hand, bathing in soft water, such as in city water, rivers or lakes, which are unsalted, mineral-hungry, and sometimes chlorinated, will weaken the lymph and also drain the body's precious minerals from the other two fluids (blood plasma and extra-cellular fluid).*"

Tired equals haggard so be sure to get plenty of sleep plus perhaps a 10-20 min. afternoon power nap. Many individuals find taking 2-3 **TriMins** and a **PMS** at night can aid restful sleep; others also indulge in a bit of **Tranquil**.

*F*inally, take a break every day to thank your body for the wonderful work it is doing; cultivate a positive attitude by turning stumbling blocks into stepping stones; help others in small ways each day, even if it's just a smile or a brief encouragement; be joyful in your life and laugh a lot. After all is said and done, there is absolutely nothing more beautiful in this world than laugh lines on a beloved face!

Audrey Hepburn, the famous actress, beauty, children's activist and WWII blitz survivor, made a powerful statement in her following poem entitled **Beauty Secrets**:

*For attractive lips, speak words of kindness.
For lovely eyes, seek out the good in people.
For a slim figure, share your food with the hungry.
For beautiful hair, let a child run her fingers through it once a day.
For poise, walk with the knowledge that you never walk alone.
For two beautiful hands, know that you have one for helping yourself*