

## Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic  
by Dr. Warren Gage*



### Caring for your skin naturally

Did you know that your skin is the largest organ in your body?

The biggest complaint about skin is dryness. There are a number of factors that contribute to dry skin, especially during the colder months of the year. Forced hot air heating systems, showering too frequently and the cold air outside can dry skin. A lack of Vitamins A, B, and Omega 3 fatty acids may also contribute to dry skin conditions, so can type 2 Diabetes.

Here are some natural ways to keep your skin soft, clean and clear:

- Stay well-hydrated by drinking plenty of filtered tap or spring water.
- Avoid the use of harsh soaps, which cause further drying of the skin.
- Eat lots of red and orange fruits (apples, oranges, plums, grapes, cherries, peaches).
- Cook with pure coconut oil that hasn't been processed or treated in any way; it also helps skin conditions such as acne and eczema (may be purchased in our local health food stores).
- Make sure you're supplementing your diet with Omega 3 Fatty acids. Ask the experts at in the health food shops which is the best one for you.
- Reduce contact with skin irritants such as detergents, soaps, woolen materials, or cleaning fluids.
- Manage your stress that may contribute to skin problems by taking yoga, meditating, or exercising on a regular basis.

Since stress can contribute to certain skin conditions, such as eczema and psoriasis, make sure you are also keeping up with your regular chiropractic adjustment schedule. We want you to have soft, clear skin, which is a byproduct of a healthy nervous system.

Skin beauty, like true health, comes from the inside out. It's essential to be properly hydrated, eat enough fruits and vegetables and to maintain a healthy nervous system through regular chiropractic adjustments.