

# Saving FACE

A fresh, healthy-looking complexion – it's a simple enough request. Hannah Tudor talks to expert dermatologists and holistic gurus to fix your skin woes

**I**t's the time of year when the hot weather forces us to strip off extra layers of clothing. This is a cause of emotional distress for some as having anything other than perfect skin can feel debilitating. Skin problems should not be taken lightly as a recent study published in the *Archives of Dermatology* found that people with conditions such as psoriasis are at a 44 per cent higher risk of suicide, depression and anxiety. But don't panic, managing them is easier than you think...

## SOS 1 Acne

Acne is often due to a hormone imbalance. This causes an over production of sebum (oil) which leads to pores becoming blocked and bacteria forming in the skin hair follicles – causing spots. Lauriane Etienne, director of skincare at The College of Naturopathic Medicine claims food is a fantastic hormone regulator: "To combat acne, firstly address your diet. Cut out processed

foods and go for a diet which includes plenty of fresh vegetables and fruits. Eat small daily

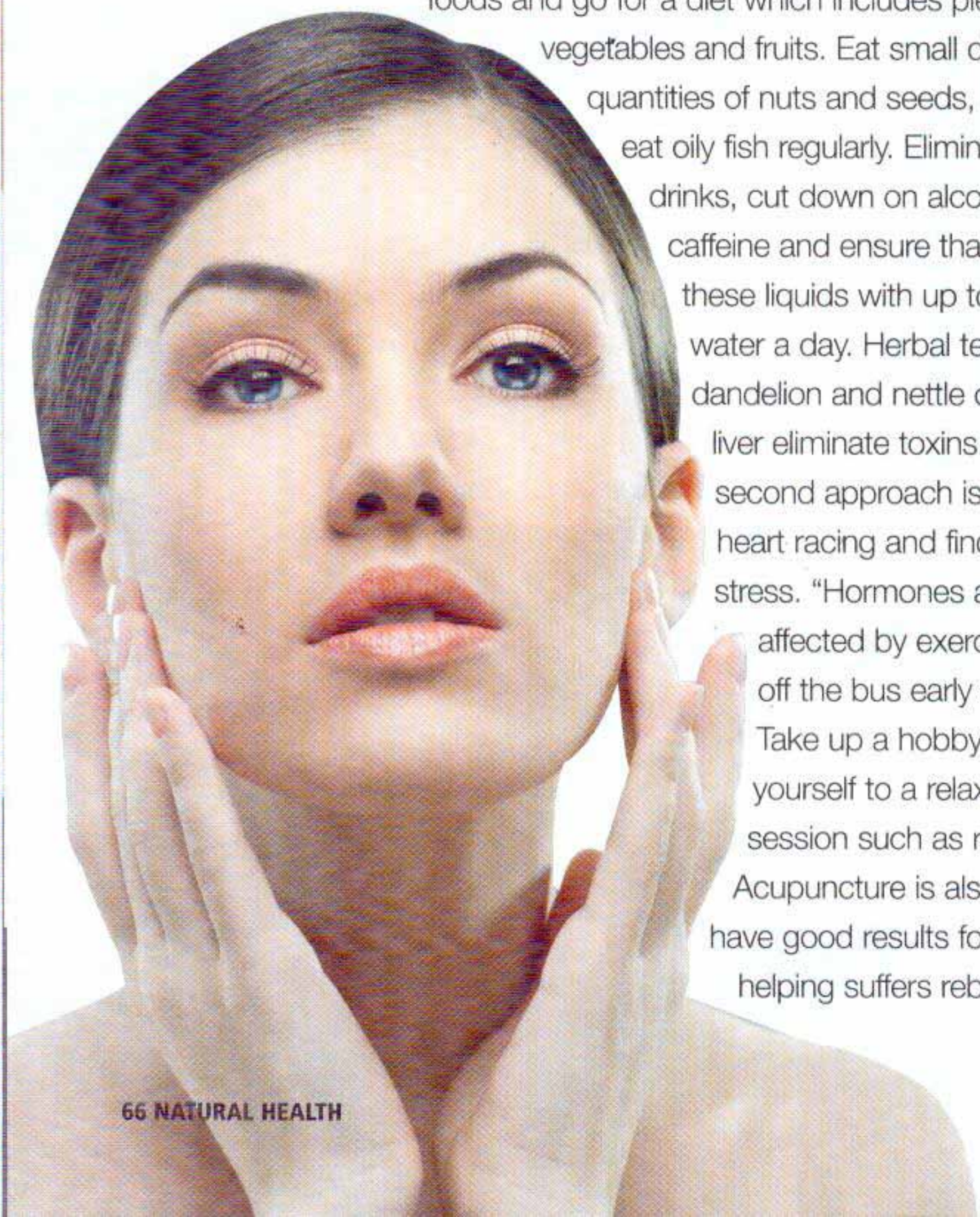
quantities of nuts and seeds, and try to eat oily fish regularly. Eliminate fizzy drinks, cut down on alcohol and caffeine and ensure that you replace

these liquids with up to two litres of water a day. Herbal teas such as dandelion and nettle can help your liver eliminate toxins." Lauriane's second approach is to get your heart racing and find time to de-stress. "Hormones are also

affected by exercise, so get off the bus early and walk.

Take up a hobby or treat yourself to a relaxing therapy session such as reflexology.

Acupuncture is also said to have good results for acne, by helping suffers rebalance."



## + First aid box

**POTION:** Aromatherapist Louise Carta suggests the following blend for acne: 50ml of jojoba, two drops of tea tree, one drop of lavender essential oil, one drop of juniper berry essential oil and one drop of grapefruit essential oil.

**PILLS:** Try taking vitamin B. Scientists have found a link between excess sebum production and altered skin reproduction as an indicator of an inability to properly metabolise fats, caused by a lack of B vitamins.

**TREATMENT:** Regenlite (NLite) laser treatment triggers the immune system to reduce inflammation and can repair tissue and soften scarring.

Visit [dermclinic.co.uk](http://dermclinic.co.uk) for more information.

**PRODUCTS:** OY! Cleanser, Make-up Remover and Moisturiser, £9.95, is not exclusively for young skin but is specifically for hormonal complexions. Use daily to help eliminate spots. Glo therapeutics Spot Fix Blemish Treatment, £14, can be used directly on problem areas. It combines zinc and eucalyptus oil which will help to dry up blemishes.



# Beat the burnout



With many of us burning the candle at both ends, adrenal fatigue is becoming an increasingly common health condition. Sarah Stanbury finds out more

**O**verwork and chronic stress can lead to burnout and exhaustion.

When the demands we place on our body outstrip the amount of nutrients we supply it with we end up dipping into reserves to fill the gap – although, eventually, even these reserves run out.

The result is that we end up with adrenal fatigue, a condition whereby the adrenal glands fail to produce adequate amounts of the hormone cortisol, in response to stress. We are then left exhausted and unable to cope with stressful situations. Fortunately there are a number of natural ways to remedy this condition.

## Traditional Chinese Medicine

“In Chinese medicine, the adrenals are part of the ‘kidney’ system,” explains TCM practitioner Henry McGrath. “The kidneys are said to hold the ‘essence’, a kind of reservoir of energy. When a person is completely exhausted their reservoir of ‘essence’ is depleted. I recommend the following tips:

- Acupuncture is very good at helping the mind to switch off.
- According to Chinese medicine, if the spirit is calm, our energy can flow freely, but if the spirit is agitated, our energy becomes stuck and depleted. Try following a spiritual discipline involving daily prayer or meditation: this frees the mind from daily concerns, allows us to destress and calms the spirit.

■ Practise the tradition of living more slowly and making more time for silence. You should aim for some proper rest and relaxation during the day, always taking a break at lunchtime, switching the mobile off and perhaps going for a quiet walk.



## Kinesiology

“It’s important to recognise that everyone is biochemically different, and therefore no two cases of adrenal fatigue are the same,” says kinesiologist Alison Manos. “This is where kinesiology can be helpful, because it can use muscle-testing to identify imbalances without the need for guess work, and again use muscle-testing to gain information about what is needed to rebalance that person.”

- Kinesiology has some useful techniques for releasing stress and helping the individual to cope better.
- It can quickly pinpoint nutrient deficiencies.
- Kinesiology can help to ascertain whether coffee, tea and other addictive substances such as chocolate and wheat are draining adrenal function.
- Candida overgrowth constitutes a major contributor to adrenal fatigue because it has the ability to bind to adrenal steroids. Kinesiology can help to determine the best remedies to overcome candida.

## Herbal medicine

“The most fitting category of herbs to treat adrenal fatigue is adaptogens such as Siberian ginseng, rhodiola and ashwagandha,” says herbalist Lorna Driver-Davies. “These are unique in their ability to support all systems and organs in the body – especially the nervous system, thyroid, immune system and adrenal system. This is why they have historically always been used to improve energy and mental clarity and help recovery from tiredness and from feeling run down. Adaptogens are specifically used to increase endurance and aid recovery after strenuous performance. They may also be beneficial to those with long-term issues of fatigue who find normal daily activities very tiring.”

Lorna continues: “Perhaps the most significant of all is Siberian ginseng (*Eleutherococcus senticosus*). This has the ability to nourish and balance the adrenal and nervous systems so that energy reserves are increased to be used when needed and remain so rather than ‘yo-yoing’. Those suffering from long-term tiredness or chronic fatigue-like symptoms may find Siberian ginseng beneficial because it also helps support systems such as the immune system.”



## Naturopathy

"In order for adrenal fatigue to be diagnosed, a saliva test is needed," explains naturopath Stephen Langley. "This is to determine the secretion of cortisol and dehydroepiandrosterone, or DHEA – a steroid hormone produced chiefly by the adrenal glands, both of which will be altered over a 24-hour period." Stephen offers the following suggestions:

- High quality fuel, unprocessed and organic, is important to provide the necessary 'buffer' to physical and emotional stresses on the body
- Plenty of rest
- Eliminate alcohol, caffeine and other stimulants
- Eat small meals regularly (do not skip meals)
- Eat complex foods with a lower glycaemic index (a GI value of 55 or less), which will have less effect on your blood glucose level during the two hours after eating
- Avoid sugar and other sweeteners, especially aspartame (raw honey allowed)
- Avoid all processed foods
- Avoid high potassium foods (bananas, figs, dates, fruit juices)
- Increase foods high in sodium (kelp, samphire, spinach, kale, beetroot etc)
- Increase daily intake of pure filtered water (dehydration is common in this condition)
- Magnesium citrate (400-600mg daily in divided doses)
- Vitamin C (2g daily with food in divided doses)
- B complex plus extra 500mg B5 (pantothenic acid) daily
- Reduce contact with electromagnetic fields (mobile phones, computers etc)

## Homeopathy

"From a homeopathic point of view, adrenal fatigue is a low-energy, chronic state of under-function, often following prolonged stress," says Linda Lloyd of [homeopathyresource.com](http://homeopathyresource.com) (tel: 01494 416 376).

"The body is too weak to respond to aggressive treatment and requires a holistic, gentle and consistent approach. Homeopathy should be seen as a crucial element in the convalescent regime because the remedies are so easily assimilated and utilised, making it a good choice when the body is exhausted and depleted. When treating adrenal fatigue, I recommend low potencies given frequently to match the energy state of the patient."

- Sepia assists women worn down by pregnancy and childbirth, suffering the effects of broken nights.
- Kali phos is a great general remedy corresponding to drained, weakened and debilitated states from mental or physical over-strain of the system.
- Phosphoric acid aids recovery from glandular fever and in cases where too much excitement has led to burn-out.



## Further info

Stephen Langley, Henry McGrath, Alison Manos and Lorna Driver-Davies are all experts from the College of Naturopathic Medicine. CNM trains students for careers in naturopathy, nutritional therapy, acupuncture, herbal medicine and homeopathy. Visit [naturopathy-uk.com](http://naturopathy-uk.com) or call 01342 410 505.