

# YOUR EYES NEVER LIE

Today I'm going to talk a bit about skin disorders. So often in clinic I see individuals with quite severe skin problems, this can be for a multitude of reasons, but whatever the reason, it can be quite debilitating, especially emotionally.

In relation to the iris (the coloured portion of your eyes) there is a particular reflex area related to the skin and it tends to be seen around the outer edge of the eyes. This often looks like a thick dark border and if this area is very dark, it may indicate that the body is having trouble with elimination (removal of waste products) or breaking down inorganic minerals so they can be utilised by the body. Individuals with this dark thick ring around the iris may be more prone to skin cancers, so if you see this dark outer ring around the edge of the coloured portion of your eyes take a little extra care in the sun.

Let's take a short look at the skin, the skin acts as a protective organ, protecting you from injury, from light, chemicals, from extremes in regard to temperature and from invasion by-harmful micro-organisms. Not only does the skin secrete antimicrobial substances to protect you, it also harbours a friendly natural community of bacteria to aid the defence system. The good bacteria, protects the skin against invasion of unfriendly micro-organisms. One of the potential problems of antibiotic therapy is the disruption of this friendly community, which opens the way for infections via the skin.

Chemical deodorants and antiperspirants work partly by destroying the natural skin bacteria and can disrupt this delicate balance, luckily today we can get great natural deodorants. The skin is responsible in

many ways for your internal environment i.e. on one hand it protects us against the loss of water, salts etc, and on the other it is one of the four main organs responsible for the excretion of waste products. Any dysfunction of the skin will put stress on the other three eliminative organs (the organs that help us rid the body of harmful toxins) i.e. the kidneys, lungs and bowel.

The skin also aids in temperature control and plays an important role enabling us to have physical contact with our environment. We need to remember that skin diseases will often be an outer reflection of internal problems, for example there may be a hormonal imbalance, a possible cause of acne.

On an emotional level the skin has been said to reflect our consciousness, how you feel about life, love, yourself and also your enthusiasm for life.

My feeling in regard to treating skin problems is as with most disorders, to treat the body as a whole, it's about balance, a holistic approach and to look at you as the unique being that you are, both physically and emotionally. Skin problems can take time to correct and can at times be quite challenging so you may need a little patience.

What can you do at home? Eat plenty of fresh/organic veggies, avoid foods containing sugar or refined carbohydrates (fungi thrive on sugar). Drink plenty of water and keep the skin clean, dry and let it breath. Wear clean cotton clothing and if you have a problem don't use towels or face washers more than once without washing them. You may find replacing friendly bacteria in the colon with a good probiotic, can help. Try not to allow an infected area of the body to come in contact with healthy skin.

A very helpful test in regard to skin conditions is a Hair Tissue Mineral Analysis, which for those of you that have just tune into my column is a test done by examination of a sample of your hair. Your hair is a tissue just as most of your organs are tissues and when examined correctly in a laboratory can show your mineral and nutritional status. This test can also show toxins that have been stored in your tissues. Sometimes depending on where we live or what we do for a living, can lead to toxic minerals such as lead, mercury and cadmium etc, to be stored in various parts of your cells and tie up certain nutrients, this may mean you need more of this particular nutrient for optimal health including your skin.

Lastly there are many beautiful herbs to aid skin conditions, one such is Burdock, which has a cleansing effect on the body and has been known to help conditions such as psoriasis and eczema, you might find drinking Dandelion tea which is also good for your kidneys and liver helpful. Yellow dock tea which is a lymphatic herb and has a blood cleansing effect, also has a mild laxative effect which can help if you have sluggish bowels. Lemon balm can support the digestive system as well as the nervous system, however, if your condition is persistent you may need to seek professional advice.

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