

## Your Skin Tells a Story

### Understanding Whole-Body Connections

Lori Ann Griffin

Centuries ago, Eastern cultures mapped and documented the intricate and deep relationship between the skin and the body's organs and systems, noting that the skin displays clues as to what types of stresses or malfunctions may exist and persist internally.

#### Digestive System

The organs involved include the mouth, pharynx, esophagus, stomach, pancreas, intestines, gall bladder, and liver. The digestive system performs the function of nutritional uptake and absorption, and waste elimination. When this process slows, a backup occurs, which can stress all of the digestive organs.

forehead and hairline. If the intestinal stress is longer term, wrinkles or lines may appear in both regions. Liver stress can produce puffiness, redness, and blackheads in the glabellar region between the eyebrows.

#### Reproductive System

Another system of consistent focus is the hormonal, or reproductive, system. Organs involved in this complex tapestry include the uterus, ovaries, adrenals, and testicles, in addition to the pituitary and hypothalamus glands. Hormones are chemical messengers that have a potent effect on the body and are released into the bloodstream at fluctuating levels.

*Healthy skin is only a touch away.*



Internal wellness complements your skin care treatments, providing optimum results.

#### SKIN MANIFESTATIONS

Externally, we may notice bloating in the stomach or abdominal region. But less obvious are signs on the chin that may show up as impactions, inflamed lesions, and abnormal capillary activity.

Eczema or related dermatitis conditions may be worsened along the high

#### SKIN MANIFESTATIONS

High testosterone levels can cause or exacerbate acne lesions. This is especially true above, along, and under the jawline. Estrogen dominance often causes pigmentation in the upper lip, cheeks, and sometimes the lower forehead. Declining estrogen causes

Continued on page 2

#### Office Hours and Contact

**Lori Murtagh, Esthetician**  
**Certified Oncology Esthetics**  
**412-741-9600**  
**lorimurt.healthyskin@gmail.com**  
**lorimurtagh.skincaretherapy.net**  
**www.facebook.com/salonbernabo**

#### In this Issue

**Your Skin Tells a Story**  
**What is LED Therapy?**  
**Probiotics for Skin Health**

Continued from page 1

underactivity of the sebaceous glands, leading to dryness.

## Immune System

This system includes the tonsils, spleen, and lymph nodes, and governs the skin's response to invading foreign material, or perceived threats. It may respond with swelling, reddening, itching, burning, or rash, and the eyes and nose may also be watery and runny. Inflammation of the sinus passages, sore throat, sneezing, and coughing are the most common symptoms.

### SKIN MANIFESTATIONS

Our poor eyes and upper cheeks take the brunt of this assault. Dilated capillaries, tenderness, and pressure, as well as swelling and stinging upon physical contact may also be present.

## Respiratory System

The major organs involved here are the lungs and bronchial tubes. These passageways become constricted with adrenal distress and allergies, or exposure to bacteria, viruses, or smoke.

### SKIN MANIFESTATIONS

The greater cheek area can present with breakouts, excessive capillary activity, flushing, and heat. The undereye area may exhibit half circles of gray, blue, or purplish tones.

## Excretory System

The elimination system is also very important. In this system, the kidneys, bladder, colon, veins, and skin do most of the work. This fine-tuned orchestra removes bacteria, waste product, and toxic materials in an effort to protect the health and lives of our cells.

### SKIN MANIFESTATIONS

Kidney stress may lead to hot, red, or pigmented upper ears. Bladder stress can deepen lines across the center of the forehead. And colon stress can contribute to cracked, pigmented, or dehydrated lips. The upper chin area can see an increase in micro-comedones and irritation.

## Nervous System

No system will suffer more from disharmonies than our central nervous system. The vast array of nerve fibers, residing mostly along our spinal

column, sends and receives signals to and from the brain. Many organs and glands are affected by stress, but the adrenals are often the first to respond.

### SKIN MANIFESTATIONS

On the face, this may manifest as sweatiness and increased oil production over the brows and along the top bridge of the nose, with blotchy red patterns and heat on the lower neck and center of the decollete regions. Eczema is heightened around the base of the neck and may leave a long-term mask of hyperpigmentation.

## Cardiovascular System

The cardiovascular system is tricky because it deals with not just the heart's function, which is chiefly to pump blood, but also because of its connection to the circulatory system, which delivers nutrients, water, hormones, white blood cells, and oxygen to every cell in the body.

### SKIN MANIFESTATIONS

When blood pressure levels fluctuate, blood-capillary dilation on the sides of

the nose and nostrils can often be observed. Enlarged pores and hard comedones are also seen on the nostrils and tip of the nose when cardiac edemas and other cardiac diseases take hold.

## Partnering for Health

Skin health can provide insight into whole-body health. Work closely with your esthetician to determine how best to treat the manifestations, and discuss prevention techniques as well. Remember, your skin care professional is not qualified to diagnose conditions, but your skin may be providing clues to what's going on internally. And you may discover that your esthetician is an essential part of your care team.



Your skin condition can provide clues into whole body health.

# What is LED Therapy?

*Carrie Patrick*

LED therapy is a skin care treatment that uses light-emitting diodes (LEDs) of various colors, normally red, blue, and infrared, to maintain healthy skin. LEDs produce a low-powered glowing light, which is positioned to shine onto the face or other area being treated. No heat is produced by the LEDs, and it should not be confused with laser therapy.

The skin benefits of different colors of LED light have been identified through a broad array of studies. The most often cited study is the Whelan study, published in 2001 by NASA's Marshall Space Flight Center, which found that LED light helped speed up wound healing.

Red light is most often used for general skin improvement and to reduce the visible signs of aging. Blue light has been shown to destroy acne bacteria. Infrared light may have beneficial effects on the skin's natural supply of collagen

and elastin, which are responsible for maintaining skin firmness and resilience. A series of regular treatments will provide the best results.

## WHAT CAN I EXPECT?

No special preparation is necessary. Simply arrive to your appointment on time, relax, and enjoy the treatment. Your skin care professional will cleanse your skin and may also apply a serum or other facial products to enhance the benefits of your session, depending on your goals and the range of treatments offered.

The LED device will be positioned on your skin, or up to a few inches away. Your eyes will be covered so that the light does not bother you. Relax and rest while the glow of the LEDs bathes your skin.

Typically, no sensation is felt. Some

people may feel a slight tingling, or see flashes in their vision temporarily as a result of having a light source close to their face. Keeping your eyes closed and covered during the treatment will help avoid this.



**LED therapy can help maintain healthy skin.**

---

# Probiotics for Skin Health

## Trust Your Gut on This One!

*Shelley Burns, N.D.*

Digestive health plays an important role in how skin appears on the surface. When digestion is not working optimally, it allows toxins to be reabsorbed in the body instead of being eliminated. The body then mounts a state of emergency as it's overwhelmed by toxins, some of them bad bacteria. These manifest directly on the surface for all the world to see, in the form of wrinkles, blotchiness, skin rashes, and acne.

This is where probiotics come into play. Probiotics contain potentially beneficial bacteria found in the digestive tract--what some call good gut bacteria. They help strengthen the digestive system but they also play an important role in skin health. Probiotics consist of *Lactobacillus acidophilus*, *Lactobacillus*

*bulgaricus*, and *Bifidobacterium bifidum*. They have anti-inflammatory, anti-pathogenic, and antiallergenic properties and can be used prophylactically and therapeutically.

There have been many studies showing benefits of probiotics to skin health. For example, there's a correlation between an imbalance of good and bad bacteria and the onset of acne. When bringing natural bacteria back into balance with a probiotic intervention, acne improves, in some studies, as much as 50 percent of the time.

There is no recommended daily intake for probiotics, but good food sources include buttermilk, kefir, miso, tempeh, yogurt, and other fermented

foods. Supplements are generally higher in potency and are used for therapeutic purposes in treating irritable bowel syndrome, Crohn's disease, colitis, and many other conditions.

While probiotics are essential for healthy skin and digestive health, there are many other appealing benefits to encourage their use, such as strengthening the immune system, replacing good bacteria after a course of antibiotics, and contributing to general health and well-being.

One note: Some probiotic supplements come from dairy sources and may not be suitable for individuals with dairy allergies or sensitivities.

*Throughout history 'tender loving care' has uniformly been recognized as a valuable element in healing.*

-Larry Dossey

#### A SPECIAL NOTE FROM LORI

Now that we have set our 2016 goals and resolutions, I am looking forward to attaining mine. A lot of you have mentioned to me that improving your skin health is at the top of your 2016 resolutions! I am honored to be your esthetician and am looking forward to partnering with you to attain those goals!

If you did not already know, I have added the use of LED lights to my treatment menu of services. See the article in this newsletter that explains its benefits. Whether your skin concerns are about aging, acne or rosacea/sensitive skin, this addition to your facial will enhance my customized treatments.

With winter weather definitely upon us now, my professional skin treatments will help your skin to adjust to the drying effects and restore it from the low humidity levels and hot showers. The LED lights will also help penetrate hydrating masques and serums to enhance the skin treatments for lasting effects. It's going to be a GREAT YEAR!

## Salon Bernabo

1524 Mt. Nebo Road  
Sewickley, PA 15143

MEMBER

