Healthy From the Inside Out

Kaycie Rosen, ND—Golden Naturopathic Clinic, LLC

I admit it, even though I know the saying “you can’t judge a book by its cover,” invariably I find myself gravitating towards the books at the store with pictures, typeset, and colors that appeal to me. And the publishers know this—they adorn their covers with art in such a way that I feel I understand something about the quality of what is inside without ever looking at the first page.

The same holds true in its way with our skin. Even though you really can’t know what’s going on inside the body just by looking, the skin does give us some important clues. Problems with the skin may indicate allergy, thyroid problems, hormonal imbalance, diabetes, heart problems, or nutritional deficiencies.

On the flip side, healthy, beautiful skin is a signal of inner, radiating health. Skin that shows health coming from inside the body should be supple, move easily, sweat freely, and have good blood flow.

Additionally, our skin tells a story of who we are and what we have experienced. Skin with smile lines, freckles, and other “imperfections” expresses a life well lived.

Some key elements for maintaining healthy skin from the inside out include:

- **Hydration**—depending on your size, an adult should drink 6-8 glasses of water per day
- **Eat Enough Healthy Oils**—Cod liver oil (1-2 tsp/day) can help to repair chronically dry, bumpy skin. Coconut oil (1-2 tsp/day)

Please See Inside Out on page 4

Lip Health

Nancy Gill, DDS

With the smell of Spring in the air, we are all thinking about our first outing in the sun. For me, I can’t wait for that first chance to jog without worrying about slipping on the ice. Or, the first long walk without the wind ringing through my ears. It is a much anticipated time. The one thing we don’t want to forget about while enjoying ourselves is our lips. It seems to be an area of the body that is often neglected. Here are some helpful hints to keep in mind to protect those lips from harmful rays and sunburns and keep them looking healthy and lush all year long:

Please see Lip Health on Page 4
Glowing In My Skin

Tia Panagos—Body Psychotherapist and Energist

My skin holds me, wraps me, contains me. I love the skin of me. And, when I love, I glow. And, glowing feels good.

As spring arrives, I feel how the natural world has held expressive life energy inside, dormant, until the conditions of warmth, moisture, and sun invite release. The inner glow has been wrapped and contained, safely, through the winter months. I feel this within my skin as my expansive life energy bursts with the first spring blossoms.

I thank my skin for its protection and for wrapping me so beautifully in its wise ways. This gratitude opens my heart, flows through my veins, and nourishes the very skin I cherish. My skin is healthy because I allow it to be and continually appreciate its value in my life.

I live in this physical life because I have a body. And, connecting with my skin is a direct way to physically connect with myself. I can touch myself by touching my skin. I can feel the touch of others, the feel of the air around me, and the clothes I wear. I can look at my skin and see the densest part of where the physicalness of me begins. Of course, there is my energy field extending out from my skin, but I really get a sense of myself in my body when I sense into my skin.

These are some simple ways I love to connect with and nurture myself in my skin:

- Giving or receiving a hug or massage
- Resting while almost totally submerged in very warm water
- Feeling the warmth of the sun on my skin for a few minutes every day
- Bringing heightened awareness to any loving touch from me or another

I wish you a healthy glow as spring unfolds. May you continue to be held, wrapped and beautifully contained as you step forth with love and gratitude and healthy skin!

No Botox Please!

Sarah M. Barkley, LCSW

The beauty of my skin is that it facilitates my very East Coast facial expressiveness to shine through. From the furrow in my brow when I’m confused or annoyed, to the creases around my mouth when I smile, my skin denotes my mood. No grocery store clerk has ever asked me “How are you doing”, and believed my “I’m good, thanks”, on one of those not-so-good days. I am just not that good at faking it. I’ve never had a poker-face. The abilities to hide my facial expressions would require thousands of dollars in Botox. So, now I don’t even try.

Our bodies hold the truth. Whether we’re feeling nervousness in our bellies from starting a new relationship, stress in our shoulders from staring at a computer analyzing our finances, or mental exhaustion after a long fight with our significant
Recipe Corner—Coconut for Skin Health

Lilly Allison Steirer—Lilly’s Table

The rich omega fatty acids found in seafood will give your skin a nourished glow. Coconut especially the oil can help prevent skin infections as it supports good immune health. It can also protect against oxidative damage from the sun and environment. So, rub a bit on your skin as you prepare your dinner. We leave coconut oil in our kitchen and bathroom to rub on our skin, in order to support ourselves from the inside out.

Pair this recipe with a salad or sauté of leafy greens and a side of wild & brown rice to complete your dinner for healthy skin.

**Coconut Salmon & Squash**

4 servings

Salmon is coated in a thin layer of unsweetened, shredded coconut, which can be found in health food sections of many groceries. The squash is simply cooked alongside in a bath of coconut milk.

- 4 pound butternut squash
- 1 tablespoon coconut oil
- 2 inch piece ginger, peel and finely chop
- 1 teaspoon cardamom
- 14 ounce can of coconut milk
- 2-3 pinches of salt and pepper, divided, to taste
- 24 ounces Wild Salmon, cut in 4 fillets
- 1 egg, beaten
- ½ cup coconut, unsweetened and finely shredded

Preheat the oven to 400. Cut the ends off of the squash and peel using a vegetable peeler or knife. Cut in half and scrape out the seeds. Slice into even chunks, about 1 inch big.

Heat the coconut oil and fresh ginger in a skillet over medium-high heat. When it starts to siz-

---

Lumps and Bumps

Kelley Jackson, OD—Table Mountain Vision

People get all kinds of lumps and bumps on their eyelids. The most common is a hordeolum or a sty. A sty usually presents as a painful raised bump that can occur on either the upper or lower eyelid. This bump is usually red, tender and may secrete a white discharge. A sty is an infected oil gland of the eye lid, similar to a pimple. Most sty’s can be treated with a hot wet compress over several days. If the sty does not improve in 3-4 days it may have to be lanced by a physician and/or antibiotics may be needed.

If the pain goes away but the bump remains it has probably converted to a chalazion, which means it has hardened and must be surgically excised.

Both precancerous and cancerous lesions commonly occur on the eyelids. They can have a variety of appearances. They can be flesh colored, red, pink, brown, black and any combination of those. They may be flat or raised and the size of a pinhead to the size of a dime or larger.

Verrucae or viral warts can occur on your lids as well. They are usually horn like protrusions along the lash line. They may go away on their own or they may have to be surgically removed. Generally speaking they are not harmful but some can produce toxins that can cause eye irritation.

Molluscum contagiosum are dome shaped, shiny bumps with a depressed center. They usually appear in clumps. They bumps don’t hurt but cause the eye
Inside Out From Page 1

has been shown to help prevent infections in the skin (see the recipe for “coconut salmon for more information!)

- **Sleep Enough**—when we don’t sleep as much as we need, the body is not able to repair and create new skin cells as quickly as it needs.

- **Avoid foods to which you are sensitive**—allergens and irritants tend to manifest themselves as rashes and eczema

- **Keep Blood sugar under control**—Diabetes and chronic elevated blood sugar blocks the capillaries that feed the skin, especially in the hands and feet. This can lead to sores that do not heal.

- **Vitamin A and Zinc**—Two of the primary nutrients for building healthy skin

- **Exercise until you Sweat!**—Opening the pores helps to detoxify the body and clears the skin—if you are acne prone make sure to clean the skin well following exercise

- **Skin brushing (body only, not face)**—This helps to remove dead skin cells to reveal healthy new cells, also brings good blood flow to the skin to promote healthy new cell growth.

- **Live Joyfully!**—Our inner vitality shows on the outside!

Enjoy the season—*may you be the picture of radiating health!*

---

**Lip Health from page 1**

1.) Slather on the sunscreen! A sunburn on the lips is painful! Use at least a SPF of 15 and don’t forget the area around the lips!

2.) Protect your lips before the sunburn occurs. Always keep the lips moist. My favorite is plain, old fashioned petroleum jelly. It doesn’t have sunscreen in it, so this is great to put on before bedtime. If you want to use it during the day, just put sunscreen on first and then the jelly over it. It’s cheap and it works!

3.) Keep lips soft year round with a daily dose of L-Lysine. Also, are you prone to cold sores? L-Lysine is a natural, amino acid that actually slows down the viral reproduction process of the Herpes virus, which causes cold sores to sprout up. L-Lysine in combination with Vitamin C and Zinc works wonders. Many of my patients have tried this and it works! L-Lysine should be taken once a day at a dose of 1000mg. The catch? You should make it a part of your daily vitamin ritual. Taking it once will most likely not do too much.

4.) And lastly... Do you tend to get random sores in your mouth? One great mixture that I like is a 50/50 mix of hydrogen peroxide and an antacid, like Mylanta. The hydrogen peroxide cleanses the area and acts as an antiseptic while the Mylanta coats the lesion and protects it.
My hope is that you allow your skin to truly represent who you are."

Expressing accurately how we are feeling should translate into how we use words as well. When asked how you are, what would be the shame if your face and words matched how you were actually feeling? In reality not every day will be your “best”, nor will it be the best for the person whom you are speaking, therefore share your world, let your expressions and your words be genuine to who you are and what you’re feeling at this moment. Authenticity is freeing and will improve your every day relationships, bringing you and those you connect with, closer. All it takes is a little less emotional Botox, and a little more you being you.

Lumps and Bumps From Page 4

other, we all have some emotion with which our physical bodies are coping. The same goes for our skin, which enables our facial expressions to represent our mood.

My hope is that you allow your skin to truly represent who you are. There are so many pressures to “be happy”, to “look your best” and essentially be someone you’re not at certain moments, it will always be a challenge to allow our outsides to match your insides. We need to teach ourselves that we can show what we are feeling in our belly, eyes, and heart.

Coconut Salmon From Page 3

Expressing accurately how we are feeling should translate into how we use words as well. When asked how you are, what would be the shame if your face and words matched how you were actually feeling? In reality not every day will be your “best”, nor will it be the best for the person whom you are speaking, therefore share your world, let your expressions and your words be genuine to who you are and what you’re feeling at this moment. Authenticity is freeing and will improve your every day relationships, bringing you and those you connect with, closer. All it takes is a little less emotional Botox, and a little more you being you.

Lumps and Bumps From Page 4

to be irritated and must be surgically removed.

Xanthelasma are yellowish slightly raised plaques on the eye lid. They usually occur on the upper eyelids and can become very large. These are usually due to increased cholesterol. They must be surgi-

Place the coconut flakes on a plate. Dip the salmon fillets into the egg wash. Shake off the extra egg and dip into the coconut flakes, pressing slightly to adhere. Place on a baking sheet lined with parchment paper or foil. Sprinkle with another pinch of salt- only if desired. Increase the oven to 425- even if the squash is continuing to bake, just stir and check it more frequently. Once up to temperature, roast the salmon for 6-10 minutes until it is barely firm to the touch.
Members of the Vibrant Health Alliance:


Dr Nancy Gill, DDS—provides dental care for the whole family. 1218 Arapahoe Street; Golden, CO 80401 (303)277-9600


Tia K. Panagos, M.A., Body Psychotherapist and Energist Helping people connect with the emotions and thoughts which underlie unresolved pain, illness, injury and disease 303-898-4371

Sarah M. Barkley, LCSW, Psychotherapy, specializes in adolescent, adult and family therapy. She sees clients at her office at 1115 Washington Avenue, 2nd Floor, Suite A as well as in the comfort of their own homes. www.sarahmbarkleylcsw.com

Chef Lilly Allison Steirer- Lilly’s Table Online Meal Planning Service. Enjoy recipes, meal planning, and more. Cook seasonally. Eat consciously. Live well. www.LillysTable.com 303.453.9505

The Vibrant Health Alliance is a group of professionals offering health and wellness services to the Golden community. Through teamwork, integrity, and trust, we work to achieve our twofold mission of mutual support for each other and service to the community.

Not Pictured:
Chef Lilly Allison Steirer

We’re on the Web!
http://vibranthalliance.com