



Holistic Skin Care

By Jacqueline Fields, MD and founder of Dr. Fields' Sacred Skin | July 1, 2014

Over the past 6 years I have worked extensively on creating and researching my skin care line called Dr. Field's Sacred Skin. I currently have 28 products all chemical free, no preservatives and environmentally friendly. The products are a combination of well studied phytonutrients and plant medicine which stimulates the skin's inherent ability to regulate and heal itself.

The development of the this line came after 15 years of caring for patients and realizing they are toxifying themselves and the environment daily with self care products. Remember the skin is the largest organ of the body and all products and their chemicals absorb into the body. This can also be used to our advantage and certain nutrients and plants used on the skin can be remarkably healing, restorative and regenerative. The combinations I have been working on have clearly proven to support the skin's innate ability to prevent damage and inflammation. The newest products created include Italian Secret, The Healing Cream and Topical Glutathione. They all have glutathione in them. This is a strong antioxidant which is known to create cellular repair.

I want to ensure everyone is clear on some facts about skin cancer. Over the past 25 years we have pushed people to sunscreen yet skin cancer has been raising 4-5% each year. There are more than 1.3 million new cases diagnosed annually. Skin cancer is the most common cancer. There are three types of skin cancer basal cells, squamous cell and melanomas. Basal cell carcinoma is the most common, comprising about 80% of all cases. I do want to remind patients I have evidence that my serum C at 20% has reversed pre-cancerous lesions and even early basal cell or squamous cell cancers. The incidence of melanoma has tripled in the last 4 decades. So it is clear, that more chemicals and sunscreens have not been the answer to decreasing skin cancers. I am very concerned that the rise in cancers is actually related to our vitamin D deficiency and not just over exposure to the sun. I do encourage patients to use some sunscreen if they tend to burn. I do think there are some good mineral based brands on the market now. My sunscreen in Sofie's Sol Protect uses transparent zinc which I do feel is safe.

Now that my skin care line is developed and providing results for my patients I am ready to create the next step. I am working on creating a team of practitioner's that can help provide alternative options for how to offer skin care from the inside out. Remember your skin is just a reflection of one's inner health including your nutrient status, your stress level and even your toxicity. I am not satisfied with what the medical model offers patients for skin care. I feel our society has adopted some very invasive and costly modalities such as Botox, dermal fillers, laser treatments, chemical peels and finally surgical changes. Over the years I have seen the consequences of these procedures. I have seen botched surgical procedures, damage from Botox, reactions to dermal fillers—which has all made me professionally say it is time for a new approach.

I have been researching this technique of facial rejuvenation through this Korean model of acupuncture. I am quite impressed with the technique and how it affects the skin tone and muscles.

I have experienced sessions with all the practitioners at Source Point Community Acupuncture Clinic.

They are all trained in this technique and it is quite impressive. I have asked Liz Knapp from Source Point to write a brief article to further describe this modality. I also will join with Kathy Westover a nutritionist at the Healing Gardens to discuss nutritional ideas to maximize results for patient's health from the inside out. We all plan to give a free educational class in mid to late august at the public library downtown. We will keep you posted for the date of this panel of professionals coming together to create a better healthier approach to holistic skin care.

Article title: Holistic skin care

Author: Jacqueline Fields, MD

Date: Originally Web published in ?

Publisher: The Healing Gardens, Fort Collins, Colorado, USA

Pages: 2

Web source: <http://thehealinggardens.org/images/PDFs/Article%20Archives/Holistic%20Skin%20Care%201.pdf>