

Improving Skin Care with Herbs



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Consider This

It is important to know that a key therapeutic insight about healthy skin is its complex relationship with our internal organs and our psychological state. As a result internal medication must be utilized in addition to topical applications for true therapeutic result.

Consider adding **Alterative** and **Liver Tonic** Herbs to your daily intake. Alteratives gradually restore proper function to the body, increasing health and vitality via supporting elimination via the kidneys, liver, lungs or skin and by improving digestion or providing anti-microbial actions. Liver tonics support digestive functions.

Herbal Options:

Cleavers – Alterative tonic for the lymphatic system, helpful with skin conditions that are especially dry types. It has been noted to correct the inability to pass normal catabolic wastes and relieves irritation.

Various Ways to Ingest:

- Tincture dose = 4- 8 ml three times per day of a 1:5 in 25%
- Infusion / Brewed Tea = pour 1 cup of boiling water over 2-3 teaspoons of dried herb and let steep/infuse for 10-15 minutes. Drink this 3 times per day
- Pureed Leaves = get fresh leaves and puree in a blender. Drink immediately! Do not let it stand or it will ferment. Or you can freeze it right away in ice trays and use ice cube size trays daily



Cleavers Tincture by Herb Pharm



Botanical Drawing of Cleavers



Fresh Cleavers Greens to Puree



Cleavers Flowering

Internal Herbal Acne Formula

Formula Ingredients

- **Blue Flag** - 1 part - supports skin health by helping to detox the liver
 - Tincture - 1 ml three times a day (1:5 in 40%)
 - Decoction (boiled tea) – 1 teaspoon dried herb in 1 cup of water bring to a boil and simmer for 10-15 minutes. Drink 3 times daily.
- **Burdock** - 1 part – helpful to skin that gets dry patches and with eruptions on the head, face and neck. It is a natural bitter that stimulates digestion, while supporting kidney function and integrating the body (SOME HAVE ALLERGIES TO BURDOCK so stop if you start having general allergy symptoms)
 - Tincture – 2-4 ml three times a day (1:5 40%)
 - Decoction – 1 teaspoon in 1 cup of water bring to boil and simmer for 10 -15 minutes. Drink 3 times daily.
- **Echinacea** 1 part – is an antimicrobial and immune modulating alterative. Helps the body rid itself of microbial infections (viral, bacteria and fungal) (SOME HAVE ALLERGIES TO Echinacea so stop if you start having general allergy symptoms).
 - Tincture – 1 to 4 ml three times a day (1:5 in 40%)
 - Decoction – 1-2 teaspoons of root in 1 cup of water and slowly bring to a boil, let simmer for 10-15 minutes. Drink three times a day
- **Cleavers** - 1 part – see above
 - Take 5 ml of tincture three times daily
- **Nettle** - 1 part – this alterative strengthens and supports the entire body (Fresh Nettles cause skin contact irritation so avoid any topical use. May also decrease the power and effectiveness of anti-coagulant drugs)
 - Tincture – 2.5 – 5 ml three times per day (1:5 in 45%)
 - Infusion / Tea – pour 1 cup boiling water over 1 – 3 teaspoons dried herb and infuse for 10-15 minutes. Drink 3 times per day

Formula Directions

- Take 1 part of each and mix them together to make 5 ml total
 - 1 part = 1 ml or 30 drops = 1 dropper full
- Take the mixture 3 times per day.

Formula Directions

Take 1 part of each and mix it together.

Take the combination 3 times per day

1 part = 1 ml or 30 drops








This will collectively total 5 ml or 150 drops per serving

3

servings

per day

Put it All Together

Herb	Botanical Form	Tincture
<p>Blue Flag Take 30 Drops = 1 Dropper Full By HerbPharm</p>		
<p>Burdock Take 30 Drops = 1 Dropper Full By Gaia Herbs <i>(May be Allergenic substitute with a different herb. See below)</i></p>		
<p>Echinacea Take 30 Drops = 1 Dropper Full By Gaia Herbs <i>(May be Allergenic substitute with a different herb. See below)</i></p>		
<p>Cleavers Take 30 Drops = 1 Dropper Full By HerbPharm</p>		
<p>Nettle Take 30 Drops = 1 Dropper Full By HerbPharm</p>		
<p style="text-align: center;"> Mix all 5 together Total = 150 drops = 5 Dropper Fulls = 5 ml THREE TIMES /DAY </p>		

Topical Acne Formulas

- Calendula Wash

- Apply calendula topically as a wash
- Make an infusion/tea – 1 cup of boiling water over 1 – 2 teaspoons of flowers and infuse for 10-15 minutes.
- Mix the infused tea with distilled Witch Hazel as a 1 to 1 mixture
 - 1 cup of calendula to 1 cup witch hazel
- Keep remaining solution in the refrigerator and use in 1 week.



- Antimicrobial Cleanse

- Apply Tea Tree Oil in a 5% to 15% dilution 3-4 times daily
- EO=Essential Oil
- Carrier oil can be (almond, jojoba, castor, olive, coconut, or any raw oil that works well with your skin)

Dilution

	1%	2%	3%	5%	10%	25%
Drops of EO for 1 tsp of carrier oil	1	2	3	5	10	25
Drops of EO for 2 tsp of carrier oil	2	4	6	10	20	50
Drops of EO for 3 tsp of carrier oil	3	6	9	15	30	75
Drops of EO for 4 tsp of carrier oil	4	8	12	20	40	100
Drops of EO for 5 tsp of carrier oil	5	10	15	25	50	125
Drops of EO for 6 tsp of carrier oil	6	12	18	30	60	150



Calendula



Calendula



Tea Tree

Mini Liver and Gallbladder Detox

Ingredients:

- Quality Olive Oil
 - Any oil that tickles/burns the back of the throat has the medicinal constituents.
 - California olive oils are for the most part the most credible to purchase at present
 - California Olive Ranch is a good brand with wide distribution and a reasonable price
- Fresh Lemons
- Granny Smith Apples (organic ONLY)

Directions:

For 5 – 7 days do the following:

- Upon waking take 1 Tablespoon of Olive Oil
- Immediately chase the olive oil with 1 Tablespoon fresh squeezed lemon juice
- Eat 3-4 Granny Smith Apples throughout the day in divided doses. With Breakfast/ Lunch /Dinner/ Snack
- Avoid ALL Nuts and Seeds for the duration
- Avoid ALL Dairy Products for the duration
- Avoid EGGS
- Aim to eat Good Quality Vegetables and Protein sources (aim for meats/poultry/Fish free of hormones and antibiotics)

Sample Menu:

B: Oatmeal, with maple syrup, and a small piece of smoked fish - Salmon and Granny Smith Apple
Snack: Granny Smith Apple

L: Sauteed shrimp or roasted chicken strips with a garden salad with your favorite greens, onions, carrots, tomatoes, radishes etc
Snack: Granny Smith Apple

D: Grilled Rainbow trout or very lean beef (organic grass fed free range) and quinoa with roasted vegetables (Brussels Sprouts, Zucchini, carrots and sweet peppers)
Snack: Granny Smith Apple



California Olive Ranch Olive Oil



Lemons



Granny Smith Apples

Signs of Allergic Reaction to Herbs in the Formula

Signs of allergic reactions to herbs is just like seasonal allergies from plant pollen.

It shows up in similar ways:

- itchy, watery eyes
- a sore throat
- cough
- hives
- stomach cramps
- to full out anaphylactic shock



Red Clover

NOTE – If you are allergic to Grasses or Rag weed or have Seasonal allergies. Consider testing your reaction to **Burdock** and **Echinacea** prior to using them or consider leaving them out all together and substitute them with any 2 of the following: **Red Clover, Oregon Grape, Yellow Dock**

How To Test Herbs For Allergic Reactions

- Make a strong infusion/tea of burdock and or Echinacea and drink 1 tsp. Wait 30 minutes.
- If no reaction occurs, drink 1 TBSP. Wait another 30 minutes.
- If no reaction occurs then, drink 1/2 cup.
- Wait again, then try 1 full cup.

If you have no reaction after all of this, it's very unlikely that you will be allergic to the herb you're testing and it should be safe for you to use both Burdock and Echinacea

<https://www.growingupherbal.com/test-herbs-for-allergic-reactions/>



Red Clover



Oregon Grape



Yellow Dock