

## Natural Skin Care Can Replace Harmful Drugs and Chemicals

Although there are hundreds of skin care products and medications that improve the look and feel of your skin, none of them can be substituted for good health and adequate amounts of the right vitamins and minerals. However, figuring out which skin condition is associated with which nutrient can be a difficult task. If you want to resolve skin problems with natural skin care instead of chemicals, here is a quick guide that will help you narrow down the problem and make the right nutritional choices.\* Rough, dry skin. Several vitamins and minerals monitor dry skin. Vitamin A is at the top of the list, especially if you also have blackheads or whiteheads, but Vitamins B and C are also important. Minerals also play a part; iron and iodine are basics when it comes to dry skin.\* Eczema. As the chemicals and drugs used for eczema rarely remedy the condition and can actually cause further irritation, it's important to find natural skin care solutions as soon as possible. The usual deficiencies associated with eczema are Vitamins B6 (pyridoxine), B3 (niacin), B5 (pantothenic acid), PABA (para-aminobenzoic acid) and B7 (biotin). If the condition also includes brown pigmentation, especially on the face, legs and forearms, B3 may require a little extra emphasis.\* Brown pigmentation or liver spots respond to extra Vitamin B2 (riboflavin).\* Oily Skin and hair indicate severe Vitamin B2 deficiency.\* Fat deposits, especially behind the ears and on the cheeks and forehead can also be caused by lack of Vitamin B2.\* Sore, cracked skin under the nose and in the corners of the mouth and eyes is another problem associated with severe B2 deficiency.\* Any skin condition will benefit from Vitamin B1 (thiamine). Since it facilitates the delivery of all nutrients by improving circulation, it's a basic for any natural skin care routine regardless of the specific skin problem.How do you ensure you have these nutrients in sufficient quantity? Theoretically, every nutrient is available in food but, as finding good sources of chemical-free, nutrient-rich food is becoming increasingly difficult, supplementation is a more reliable natural skin care alternative. For minerals, a good multi-mineral product formulated for easy absorption is your best choice. Vitamins A and C supplements are plentiful, but, again, it's important to get natural products that are easily absorbed. The best source of Vitamin B is brewer's yeast - it contains all the B vitamins, in correct ratio to one another.Taking these nutrients can remedy dry skin, eczema and the other skin conditions caused by deficiencies within weeks or months. With mild conditions, you may even see results in a few days. If you start supplementing with these nutrients now, you may soon be free of chemicals and drugs and be getting everything you need through natural skin care.

### About the Author

Provides service in the central area of the state. Customer service, service area map, account information, and job openings.

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