



## DYNAMITE® SKIN CARE

by Rowan Emrys CNMT,  
Gold Director, CO

### Hydration

One of the most healthful skin habits we can encourage is to consume plenty of PURE water. The general consensus is 1 quart per 50# of body weight. Adding DYNAMITE® Elixir™ to your daily ration of drinking water helps to not only balance cellular electrolytes with bio-available trace minerals, but also aids in balancing pH values and digestion. Ideally, mix your Elixir™ with not just purified R.O. water but with activated Catalyst Water which aids cellular absorption. By the way, coffee and tea do not qualify here; their diuretic action results in a net fluid loss. Also deleterious to health are pop, commercial electrolyte drinks and flavored waters all of which contain far more sugar and chemicals than are healthful for any liver. And an overworked liver can result in a muddled complexion and dry or spotty skin!

### Diet

Now that proper hydration is happening, we need to address nutrition. While there is really no one ideal diet for everyone, all of us can certainly benefit from a diet rich (65-85%) in organic vegetables, greens, fruits and berries along with some good, free-range animal protein which provides proper fats to maintain hormone balance, avoid acne, neutralize acidic protein, and promote absorption of fat-soluble vitamins necessary for our skin's health. To reduce colon sensitivities which can cause or contribute to a host of diseases, avoid pastas, bagels, breads, and pastries. All grain (corn is a grain, too), unless soaked, fermented, or sprouted, is high in phytates which bind minerals leading to shortages which in turn result in unhealthy skin, bones and connective tissues. Such a diet also begins necessary internal cleansing.

To ensure proper nutrition even with a "good" diet, it is wise to supplement with the DYNAMITE® basics of DYNAMITE® or DYNAMITE Plus™ and Tri-Mins™ Plus along with Elixir™ (Catalyst Water as mentioned above). If, after three months, there are still some areas of concern, add the Hair, Skin & Nails and/or Cell Mend, both of which aid collagen formation. And of course our famous anti-oxidant good-for-everything Hiscorbadyne®! For those of us who are 35+, our hormone balance, essential for skin elasticity, may be starting to wane a bit, so try adding Zinc Plus™ for men and Manganese Plus™ for women.

## WHAT DOES YOUR SKIN SAY ABOUT YOU?

Your skin says a lot about you and the way you take care of your body...from the inside out. A "person's physical appearance is the first thing seen by others in social situations. The skin is one of the most important components of an individual's physical appearance. In man, the face has evolved to become one of the most important visual tools in communication with thirty or more muscles to control facial expressions alone. The skin on the face, and secondly on the hands is therefore under almost constant scrutiny during normal day-to-day life."<sup>5</sup>

We are proud to present DYNAMITE® Rejuvenating Skin Cream to help you protect and preserve your outer beauty leaving you more time to focus on your inner beauty.

<sup>5</sup>[www.bad.org.uk/patients/skin/social/](http://www.bad.org.uk/patients/skin/social/)



*Growing up in sunny Southern California, my mother had me using Estée Lauder products to start my extremely delicate blond skin "on the right path." As an adult, I searched for good natural products but eventually returned to Lauder. After being on DYNAMITE® products about 3-4 years, I decided the*

*heck with it and went straight DYNAMITE® all the way, including topical skin care. The result was skin that looked better than ever and became far less sensitive even as I matured into my golden years. And now Jim Zamzow has pulled more magic out of his hat!*

*I started using DYNAMITE® Rejuvenating Skin Cream a little over 4 months ago. The cream is so light, just a tiny bit covers my whole face and throat; it sinks right in leaving my skin feeling hydrated and smooth with nary a shine. I have had numerous friends and clients comment on how young my skin looks for my over six decades, but now they are saying it looks even younger, smoother and more relaxed than ever. And my husband John agrees!*

—Rowan Emrys, Senior Gold Director, CO

### External Cleansing

Most skin care items available today are loaded with chemicals. Dr. Hulda Clark, in [A Cure For all Cancers](#), advises disposing of all products containing *methylys, propyls, glycols, other alcohols, artificial fragrance, insecticides, fungicides, artificial colors, etc.*, into toxic waste depositories. She believes that absorbing the chemicals through the skin into the liver, besides causing various cancers, allows the liver fluke eggs that we all carry to hatch. Also toss out any aluminum-containing anti-dandruff shampoos.

Totally chemical-free DYNAMITE® All Natural Shampoo is our recommendation for total bodily cleansing from stem to stern including your hair even if you have dandruff. It is cost-effective (can be diluted 1:5 with distilled water or activated Catalyst Water) and safe for all types and ages of skin and hair. Well, except for permed hair which may relax as the shampoo tries to heal the damage!

### Toning

Your Elixir™ can do double duty for toning. Either use it straight for oily skin or diluted with pure water or activated Catalyst Water for drier or more mature complexions.



## Exfoliation & Masques

Removing dead and dying epidermal cells is an excellent method of encouraging circulation and new skin growth anywhere on the body. A once-a-week sprinkle of **Natural Trace Mineral Salt™ (NTM™)** on wet fingertips which are then massaged gently onto an equally wet face, helps to elicit a fresh, rosy glow. Younger, oily or challenged complexions could do this a bit more frequently paying special attention to the forehead, nose and chin areas. Used in larger quantities and with more vigor, **NTM™** can also be used on arms, hands, legs, and feet rinsing off in the shower. Some individuals prefer adding drops of **Tan-O-the-Isles™** oil to the **NTM™** before scrubbing.

One of the finest masques I know of is not expensive French clay, but our own cost-effective **Miracle Clay™**. This pure, finely ground  *bentonite*  tightens pores and draws impurities from the skin. Simply slather on the clay gel (mix the powder with distilled water as per label directions) onto your face and throat, leaving the eye area free. Lie down on a slant board for about 10-15 minutes to encourage facial circulation and rinse off with pure water.

The same **Miracle Clay™** gel can be mixed with a drop or two of **DYNAMITE® Tea Tree Oil** to make a 'spot' treatment for pesky eruptions, or if too scenic, try a drop of **Trace Minerals Concentrate** which won't show.

## Moisturizing

The last step in a good skin care regimen is to properly moisturize; this helps to strengthen the tissue keeping it healthy, resilient and resistant to weathering and even shaving abuse. The gentlest moisturizer for bodies or oily-skin faces is **DYNAMITE® All Natural Conditioner**. This works equally well on hair or skin either full strength or diluted up to 1:20 with distilled water or activated **DYNAMITE® Catalyst Water**. For a perfect blend of numerous emollient oils for total skin health, massage **Tan-O-the-Isles™** into damp-from-the-shower skin of both body and face especially if you are an outdoor type. Some people prefer to use **DYNAMITE® Tan-O-the-Isles™** mixed with **DYNAMITE® Conditioner**, and others like to add drops of an aromatic oil, while those with spotty areas find it helpful to dab on some **DYNAMITE® Tea Tree Oil**.

For a regenerative facial cream, try **DYNAMITE® Rejuvenating Skin Cream**. Loaded with great ingredients, it actually helps to relax facial muscles plus it strengthens the skin rather than thinning it, like some alpha-hydroxy products can. So forget chemical injections'. Just reach for this quickly absorbed, "little-dab'll-do-ya" cream as either a day or night cream that leaves your skin soft and smooth with no oily sheen.

For specialty needs, try using **DynamiteWound Balm** nightly on hands and feet (watch those nicks and calluses just melt away!) and even on damaged faces. Try **Wound Salve** on rashy areas including diaper rash and Herpes lesions.

## Exercise & Relaxation

As important as what you put into or onto your body, walking, bicycling or dancing will help to increase circulation, tissue oxygenation, toxin removal (via sweat), and deep breathing, while yoga helps keep the lymph and glandular systems in great working order. When exercising, wear loose, natural clothing which allows air to move freely and sweat to evaporate. Also avoid toxic antiperspirants which inhibit important and natural sweating action while unnecessarily exposing us to aluminum.

Tired skin looks haggard so make sure to get plenty of sleep and perhaps a 10-20 min. afternoon power nap. Many individuals love what taking **Tri-Mins™ Plus** and a **PMS™** at night can do to aid restful sleep.

Finally, take a break every day to thank your body for the wonderful work it is doing; cultivate a positive attitude by turning stumbling blocks into stepping stones; help others in small ways each day, even if it's just a smile or a brief encouragement; take joy in your life and laugh a lot. After all is said and done, there is absolutely nothing more beautiful in this world than laugh lines on a beloved face!

## SKIN FACTS

The average adult has 21 square feet of skin (2 sq m) which weighs 7lb (3.2 kg) and has approximately 300 million skin cells.

On average each square half inch of skin contains:

- 10 hairs
- 15 sebaceous glands
- 100 sweat glands
- 3.2 feet of tiny blood vessels

Skin is thickest on the palms & soles (1.2mm to 4.7mm) and thinnest on the lips and around the eyes.

Facial skin is approximately 0.12mm thick and on the body is about 0.6mm.

You have approximately 19,000,000 skin cells on every square inch of your body.

Every 24 hours, the surface of the skin sheds a layer of dead cells, constantly renewing about every 28 days

Dead skin cells make up about 90% of household dust

An average of 90 lbs of skin is shed during a lifetime

Skin grows faster than any other organ. We keep renewing our skin our entire lives.

Skin's biggest job is protection. It is a tough, elastic, flexible, and waterproof covering that helps protect other organs and body parts from such things as germs, heat, cold, and sunlight.