

### The Integumentary System

Our organs are the largest organized systems in the body and the skin is our largest organ. It also includes sense receptors, sweat glands, and oil glands. It weighs about 20 pounds and its primary functions are protection, regulating body temperature, synthesizing chemicals and it is our sense organ. As our most visible organ, it reveals a lot about our overall health.

Some aspects of our skin hair and nails are genetic - receding hair lines, balding, thinner hair, thicker hair, fine hair, coarseness, dry, oily, etc. But our lifestyle choices affect it the most. This is not an all inclusive list. The list of what contributes and detracts from healthy skin/hair/nails is exhaustive. It's all up to you.

Meaning that what we do for one part of the integumentary system will affect all.

So here are my tips for a more beautiful you

- Eat a nutrient rich diet high in colorful fruits and vegetables - you have to eat a variety throughout the week to FEED your skin hair and nails. It starts with what we are putting on the inside and that shows up on the outside. You need to vary what you are eating to include 15-20 different varieties of fruits and vegetables. Avoid eating the same foods every day.
- For burns, have aloe on hand - either a plant or a high quality organic aloe gel like Badger. In the kitchen keep some Lavender essential oil and aloe around for burns. You will heal so much faster, almost miraculously. Use NOW Foods essential oils. I am an aromatherapist and these are high quality. All companies are buying their essential oils from many of the same sources; some charge a lot more. The key is in the testing done on site.
- Read more about it here: [NOW Foods EO Testing](#)
- Flax seeds - probably my favorite skin/hair/nails go-to for the past 30 years. Outstanding - protein, fiber and plant based omega 3 fatty acids. Great for cholesterol reduction. Flax seeds are rich in lignans, are polyphenols and precursors to phytoestrogens (plant based estrogen) which protect us from cancer. Possibly helps lower blood pressure and blood sugar, helps with weight management by helping you feel full. Has to be ground to be fully utilized and absorbed. Add to salads, yogurt,

shakes, meatloaf, baked goods, and hot cereals on phase 3. Sesame seeds are also lignans and with flax seeds are two of the highest plant sources. We do not get lignans from seed **oils** - this is a key thing to note - we get it from eating the whole or ground seeds. Grind flax, eat sesame seeds whole or ground. Sesame is also high in calcium.

-Feed your integumentary system from the inside out. What do I mean by that? Slathering expensive skin and hair care products on yourself does very little if there is a toxic inner environment. What does that mean? Well, it's back to what we are looking at in our 10 point urinalysis. It's what is revealed in a blood test - glucose levels, lipids, Vitamin D levels, iron levels, and more. The appearance on the outside has everything to do with the level of health on the inside.

That's where the entire SHAPE program and Dr. Todd's Target of Health comes into play. We first address our pH levels, then we look at how to recognize, reduce and modify our stress and then by using the nutrition protocol and the amazing SHAPE drops we detoxify and cleanse our bodies from the inside out. From there, we begin to heal and repair different health issues and reach our health goals or our "Why" - why did we start the SHAPE Program?

-Getting rid of all forms of sugars, refined flours, unhealthy free oils, chemical laden packaged foods and sugary drinks has dramatic impact on our road to extinguishing inflammation. No drive thru meals, frozen dinners, colored and salty snack foods. EAT REAL FOOD. Period. I recommend basic supplements like a multi vitamin and mineral, Vitamin c (2000 mg or more per day or to bowel tolerance), Vitamin D, broad spectrum probiotics, and digestive enzymes when needed. Don't balk at this - you are most likely not getting what your body requires every day through your diet. This is called essential - meaning you have to eat it to satisfy what the body requires.

- READ all labels. If you can't pronounce or never heard of it, don't buy it. I will create a doc or group call to teach this. It is the bedrock of your success at reaching optimal health.

-Watch salt content. Milligrams of sodium should not exceed calories per serving. That salt in those packaged foods is sodium chloride, low quality and mineral deficient; Celtic grey is the best quality and mineral rich..78%

mineral content with over 80 essential trace minerals. (Remember that word, essential - you have to eat it to satisfy the body's requirements.)

- Eggs are another important food. They are rich in sulfur, vitamin A, and protein, all wonderful for your skin. Vitamin A is the skin vitamin. You'll find it in colorful fruits and vegetables that are yellow and dark orange.

- To clean your face in the morning, I use Calendula infused jojoba oil. I put about a small amount in my palm and apply it to my face, neck, and lower neckline (décolletage). Allow a few minutes to absorb. Saturate a washcloth with tolerably hot water and apply to your face. It feels so good. Wash your makeup off of your face religiously every night. ALWAYS go to bed with a clean face. Use derma e or hyalogic products to wash make up off at night or use my oil. Calendula is considered the absolute best herb to use topically on the skin. If you are interested in my organic calendula infused oil, let me know. I make it twice a year. Use a teaspoon on your scalp and hair. Cover head with turbie twist and allow to absorb for 30-60 minutes. Then shampoo 2-3 times and rinse well.

- Apply that same oil to your nails or use olive oil or coconut oil.

- If you have dry hands or feet, apply any of these oils. Put on white cotton gloves and cotton socks overnight. Miraculous, buttery soft skin.

- Make an effort to look your best every day. Use foundation and lip gloss, even blush and mascara. Don't wear ill fitting and old worn out clothes. Fix your hair. It doesn't take much time but it makes a world of difference for your self esteem and confidence. Get a hair cut every 8 weeks.

- As you progress to phases 2 and 3 eat the right fats - ghee, butter, olive oil coconut oil, avocado. Sesame, walnut. The wrong fats raise havoc with your skin - hydrogenated fats like crisco, seed oils like canola, "vegetable", sunflower, cottonseed, soybean oil. Buy the best oil you can afford especially organic when possible and use small quantities. Brush it onto your pans. Look for my recipe for ghee made in the oven. So easy and absolutely delicious. Great for the integumentary system and more. Avoid greasing up your salads. Be judicious with salad dressing quantity.

- Blue, red, and yellow dyed beverages with fake sweeteners are damaging - they contain neurotoxins and are chemical soup

concoctions foreign to the body. Drink infused herbal teas, no more than 2 cups of organic coffee daily, sparkling waters like San Pellegrino, Perrier, Topo Chico, Gerolsteiner. Sweeten with Sweet drops, I use my own homemade bitters, lemon wedges, orange wedges, lime wedges. Infuse with fruit or Cucumbers. Drink purified water - distilled, reverse osmosis, carbon filtered. If you have well water, have it tested. This is really important for everyone in your family. Use chlorine filters in your bathrooms if you are on municipal water supplies. Investigate the National Sanitation Foundation or Environmental Working Group for reliable information. On a side note, if you drink decaf coffee, only drink orange Swiss Water process or you are ingesting a slew of damaging chemicals into your body with every sip.

-Exercise - do what you like or you won't do anything at all- Always employ my 3 C's - Commitment, Consistency, Compliance in your efforts to be healthier and more robust. Work up to exercising consistently for 30 minutes 5 x week to be healthy. Just being busy and active doesn't cut it. Yup, I've heard all the excuses. I'm busy too and I fit it in. Put your phone down, turn off the tv, and get your ass moving.

- Dry Brush your skin - sloughs off dry skin. Stimulates the lymphatic system which is our body's sewage system. And the only way the sewage can be eliminated is through movement of the muscles. I like the Bernard Jensen Tampico Brush. You want a brush with stiff natural bristles, not plastic/synthetic. Remember you are using the brush dry on dry skin before your shower. Skin will be amazingly soft and smooth with regular use. This is also going to help tighten up loose or sagging skin after significant weight loss. Rinse thoroughly and hang to dry.

- I use Bare Mineral powder foundation and liquid. It is important to shampoo your makeup brushes every 3 months. Change your mascara every 3 months. ON a side note, always toss your toothbrush after traveling and flying. Don't bring foreign bacteria/germs into your home.

- Breathe Deeply - practice 5/6 breaths - inhale for 5, exhale for 6. The in breath energizes and stabilizes and the out breath softens and relaxes. It is so wonderful for your vagus nerve which interfaces with the para-sympathetic nervous system (part of the autonomic - automatic - nervous system) Do this 10 times without pausing when you go to bed and when you get up. It feels SO good. Read the book "Breath by James Nestor.

Taping your mouth shut at night - Use Nexcare durable cloth tape by 3M. It does not peel off the delicate tissue on your lips.

-Wear natural fabrics like cotton, wool, silk, linen, tencel, bamboo, cashmere mohair, viscose rayon (made from wood pulp, semi-synthetic. These fabrics let your skin breathe. Synthetic polyester fabrics don't allow the skin to breathe.

- How to wash your hair: put the shampoo in your hands and lather it a bit, start at the back of your head first then move up to the crown. This is where the oils accumulate from your scalp. Use the pads of your fingers to massage the hair and also to gently move the scalp. And always wash twice. Use conditioner. Have a plastic cup in the shower and put a very small amount of conditioner in the cup and add some water to dilute. Then apply to the ends of your hair. Base the quantity on the length of your hair. Washing your hair every day or every other day is perfectly fine. A cold rinse helps close the hair follicles and makes your hair shiny. Regarding shampoos, this is a personal choice. I can make individual recommendations through Fullscript.

- A vinegar rinse can be used if there are any scalp issues and to remove any residue from hair styling products. I keep a pint bottle of organic Bragg's Apple Cider vinegar in the shower with a plastic cup overturned on the top. Put about 1 teaspoon or 1 cap of vinegar in the cup and fill with about 1/2 cup of water. Pour onto scalp and leave for a few minutes. Rinse thoroughly. Do this once a week. Conditions and cleanses scalp.

- If you want to extend time out between shampoos, make or buy some dry shampoo. In my upcoming free booklet, there will be a formula provided to make it yourself. Always apply at the roots, massage, then brush from scalp out to ends. Wonderful when you have to go out unexpectedly and need your hair to look nice without taking the time to wash, dry and style!

-Use a turbie twist or conair microfiber towel and wrap your wet hair in it. Be gentle when initially drying your hair with a towel. Pat and push the towel onto your hair rather than rub it. That tears and breaks the hair.

- Use heat protection products on your hair when using a blow dryer and other hot styling products.

- Try to let hair air dry without any styling products once a week.
- A healthy skin protocol is available on Fullscript which you can access if you have an account. It includes a variety of foods, supplements, tools, and topicals that I use or recommend. If you're interested, just contact me and I can send the template to your account. You can add or subtract products from there as desired. First time users will receive an additional 5% off my standard 30% discounts
- Get into a sauna -infrared or dry up to one hour per week. Or take a hot yoga class once per week. Do a cold rinse or a cold plunge for a total of 10 minutes per week. Or plunge in lakes or rivers. Just do it. You can simply fill your bathtub with cold water and add a few gallon ziplock bags bags of ice. Remember to exercise caution with heat and cold therapy if you have health conditions and take Rx medications for blood pressure, cholesterol, blood sugar and so forth. Check with your doctor or Pharma D
- Work on sleep hygiene and consider using a satin pillow which helps lessen wrinkles. Consider a monitoring device such as the Oura Ring or the Fitbit Inspire 2.
- Michael Todd Beauty - If you want to add to your skin's overall look and glow check out this company. They have affordable handheld tools for microdermabrasion, sonic derma planer, pedicure tools and specific tools for men. I use several of these and think they are great. It's less expensive than medical spas but if you prefer those, by all means, go for it.
- Wear rubber or vinyl gloves when cleaning and using toxic or abrasive products in your home or at work. Your hands and feet are highly absorptive so you need to protect them. While you're at it, look into switching to more natural and safe cleaning products. More on that in upcoming zooms and docs.
- This list is just a teaser as there are so many factors that play into keeping your integumentary system beautiful and healthy.
- I realize there are lot of suggestions here. Use the atomic habit concept and start with something small and build up. Add and subtract things that work for you. The key is to just start.

## Hair Skin Nails

Thank you for your interest and support. It means the world to me.

Health is Wealth,

Jane