

## Dave's SkinCare A.E.P. Formula

- **Skin Support**
- **Liver Health**

SkinCare A.E.P. Formula is a combination of herbs designed to support liver, kidney and lymphatic function. Chinese traditional medicine links liver health with skin health.

The skin is the largest organ of the body and is considered an extension of the kidneys because it gets rid of toxins. Skin problems are also related to the strength of your immune system. It can also be related to the stresses in life.

Skin problems can show up from liver toxicity related to poor food selection and habits such as use of tobacco, alcohol, coffee, black tea, fast foods and more.

Skin rashes and itches may show up as a result of weak kidneys or liver. Chinese traditional medicine says that the liver is involved if the person is grumpy, irritable, or angry. If the kidneys are involved, the person may be forgetful or fearful. Treat these organs or the immune system and your skin problems may improve.

There can be more serious issues where the skin changes color, texture, or appearance. Patches may be wet with fluid weeping or dry and even be flaky. This may also involve the kidney, liver and immune systems. Natural treatments may prove helpful.

Some people are plagued by unsightly dry or scaly patches that may come and go, or may continually progress. It has been often linked to diet and the immune system. It is important for these people to supplement with 6,000 to 10,000 mg of whole fish oil a day. It may take weeks to months to see improvement.

Formula includes: Burdock seed, Forskohlii root, Milk Thistle seed, Oregon Grape root, and Sarsaparilla root.



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## Herbal Formula

**Burdock seed** is used by contemporary herbalists to support healthy skin, kidney, and lymphatic function.

**Forskohlii root** (*coleus forskolii*) is an herb from India used to maintain healthy immune function, cellular function and healthy skin.

**Milk thistle seed** has had much research proving it to be liver protective. According to Chinese medicine, a healthy liver equals healthy skin. In supporting healthy liver function, it helps maintain healthy digestion and has been helpful for constipation.

**Oregon grape root** is an herb used for healthy liver function by its action of increasing bile production and reducing constipation.

**Sarsaparilla root** supports healthy liver function. It was traditionally used for joint and blood health as well as being rich in minerals.

## Traditional herbal uses

- Kidney health
- Liver support
- Lymphatic health
- **Skin support**