

# Looking and Feeling Great Through the Holidays

- Beautiful Skin
- Weight Loss

# Skin Health Statistics

- Over 9 billion spent on cosmetic treatments for the skin
- Imbalanced hormones associated with most skin problems
- Many skin care products contain parabens or phthalates and other estrogen-mimicking ingredients
- 75% of Canadians have some type of chronic skin ailment
- 1 million adults have psoriasis
- Up to 90% of children under age 5 have had eczema
- Acne treatments can cause birth defects, breast cancer and gut disorders
- Many types of arthritis are the cause of skin conditions
- 4 to 6 million Canadians have rosacea (numbers climbing due to aging population)
- Women lose 30% of their collagen in the first 5 years after menopause

# Super foods for health



# The “Good” High-Fat Foods



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# Fats for Healthy Skin

## Good fats

- Borage oil – GLA SKIN OIL – highest source of GLA
- Extra virgin olive oil
- Organic Coconut butter/oil
  
- Flaxseed oil and fish oil not for skin so use in moderation

## Bad fats

- Canola
- Margarine
- All hydrogenated/partially hydrogenated oils
- Shortening & Lard

# Estrogen in Environment

## Common Sources of estrogen mimickers

- Pesticides, herbicides and fungicides
- Dark hair dyes – phenylenediamene
- Parabens, phthalates found in soaps and cosmetics
- Dry cleaning chemicals – fabric softeners
- All plastics- BPA - Phthalates – do not microwave or heat
- Farmed fish
- The Pill and HRT
- Commercially raised meat and dairy
- Bleaching chemicals used to make toilet paper, tampons and pads white

# Bad Estrogen in Food

- Coffee
- Alcohol
- Dairy products
- Meat, chicken
- Farmed fish
- Pesticide vegetables and fruit
- **Soy products**

# What's toxic? What's Not?

**Go to SKIN DEEP to learn if your cosmetics are toxic**

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Phthalates are estrogen mimickers, cancer causing, promote birth defects – skin is a giant sponge

Deodorant - Arrid Extra Dry – diethyl phthalate

Fragrance – Escape by Calvin Klein – diethyl phthalate

Hair gel – Clairol Herbal Essence – diethyl phthalate

Hair Mousse – Pantene Pro V Mousse diethyl phthalate

Hair spray – Redken Cat Finishing Spritz – diethyl phthalate

Hand lotion – Jergens – diethyl phthalate

Nail Polish – Sally Hansen hard as nails – di-n-butyl-phthalate

Dark hair dyes – Clairol - phenylenediamene

# Estrosmart = Beautiful Skin

- Acne is caused by hormone disruption
- For acne effective within 2 menstrual cycles
- ESTROSMART Dosage:
- Estrosmart 2 capsules per day for brown spots/estrogen
- 4 a day 2 at breakfast/2 at dinner for acne
- 4 capsules per day for cellulite
- ESTROSMART PLUS WITH VITEX
- 2 caps a day for male facial hair growth in post menopausal women

# Why We need A Multivitamin with Minerals

- No one eats 5 cups of vegetables per day
- We are stressed which depletes nutrients
- We take drugs that cause nutritional deficiencies
- We are exposed to toxins which use up nutrients in the body
- Fruits and vegetables are shipped green
- We need nutrients to make hormones and give us energy
- We need P-5-P a special form of B6 to make hemoglobin
- You have to have a multivitamin with minerals to build strong bones
- Your thyroid needs multivitamins with minerals

# Wrinkles, Dry Skin, Menopause and GLA

- GLA is a very special SKIN fatty acid
- At menopause the enzyme that makes GLA does not work and that is why women wrinkle so badly
- GLA supplementation has been found to relieve symptoms such as:
  - night-time flushes, breast pain, and inflammation,
  - Fabulous for skin problems eczema, rosacea, psoriasis, rashes
  - WE NEED GLA SKIN OIL 500 MG PER DAY WITH FOOD

# **Eczema - Greek means “Weeping Skin” EFA DEFICIENCY DISEASE**

- **25% of children in Canada have eczema at any one time**
  - **49-75% before 6 months**
  - **80-90% by 5 years old**
- **15% of adults**

**Cause: environmental, genetic, and immune system factors**

- **Often accompanied by asthma and/or allergies/hay fever**
- **Very itchy, inflamed, dry skin, weeping, broken skin**
- **Skin is easily infected**

**Treatment:**

**Children Under 50lb 1 gram over 50lb 2 grams of GLA SKIN OIL**

**Adults: 100 lbs 3 to 6 grams borage GLA SKIN OIL**

**Celadrin 3 capsules per day**

**10% Celadrin Skin Therapy Cream applied throughout the day**

# Rosacea

- Vascular and inflammatory disorder of the skin
- Leads to disfigurement
- Common in menopausal women



Celadrin 3 capsules applied twice daily

GLA skin oil containing fatty acids 3 to 6 grams per day

Reduce alcohol intake - control hot flashes take Menosmart Plus

Avoid niacin over 50mg per day - use non-flushing niacin

# Collagen Plus

Contains OSA (silicic acid) and Biotin

Women lose 30% of their collagen in the first 5 years after menopause

- Enhances collagen SA is made into collagen directly
- Biotin is used to make collagen
- Smooth beautiful glowing skin
- Hard nails
- Strong resilient hair – less breakage
- Strong bones
- Needs to be put in juice

# Celadrin Cream & Wrinkles

- 28 subjects between the ages of 25 and 65 average age 45
- Washout period of 10 days where no moisturizing cream was used. No change in diet only a request to drink water and limit sun exposure.
- 10% Celadrin Cream applied twice per day AM and PM for 21 days
- Likert-type scale was used where the changes in skin wrinkling were noted. Each participant was evaluated after 21 days of application.
- Measurable improvement was noted in all areas by both the subject and dermatologist
- Anti-inflammatory benefits for skin extend to wrinkle reduction and elimination
- An increase in skin permeability, improvement in roughness and thickening of the skin and it was found to be firmer and better hydrated.

Third party pilot trial performed by Life Management Group, participants were staff and faculty of the University of California.

# Help for Stress

Symptoms, insomnia, low energy, difficulty handling stress, salt, stimulant cravings, inflammation, hormone dysfunction, belly fat weight gain, crying

## ADRENASmart for Adrenal health:

- Rhodiola reduces the effects of stress
- Suma means for everything. It is a restorative tonic especially for fatigue, also used for hormonal disorders, sexual dysfunction
- Siberian Ginseng supports adrenal function, normalize reactions to stress, heat and noise
- Schizandra Berries nervousness, fatigue, for insomnia
- Ashwaganda is anti-inflammatory, anti-stress, for overall health and energy, immune modulation, thyroid

Take 2 ADRENASmart at noon or mid day

# SMILE with 5-HTP

- Tryptophan > 5HTP > Serotonin
- Reduces carbohydrate cravings
- Reduces Anxiety - Improves mood, mild to moderate depression
- For PMS & FM
- For addicts alcoholic, cocaine addiction
- For teens with anxiety
- 5HTP used to wean people off of antidepressants
- Look for 5-HTP that is enteric coated and 99 % pure
- Dosage ranges from 100 mg 3 times a day max 600mg per day
- Sleep Problems Take with Sleepsmart at bedtime

# Can't Sleep

## Several types of insomnia:

- Adrenal exhaustion/high eve cortisol – take ADRENASMART
- Not enough melatonin – take SLEEPSMART
- Not enough serotonin
- Need Magnesium glycinate - MAGSMART
- Progesterone deficiency - Use 200mg orally of Prometrium
- No caffeine after lunch
- Do not work out at night

# Menopause Hot Flash Control

MENOSmart Plus stops hot flashes and night sweats essential in someone with Rosacea

**Black cohosh**

**Don Quai**

**Vitex**

**Hesperidin**

**Gamma Oryzanol**

**Sage**

**2 caps at breakfast and 2 at bedtime for hot flash control**

**Hot flashes can cause broken capillaries in the skin**

# Brown Spots

Pycnogenol 200mg per day

Sulforaphane ointment applied twice a day

Estrosmart 2 caps a day

Reverses brown spots

Brown spots can also occur due to elevated progesterone ie women taking the pill so take Estrosmart.

# Iron Energy and Your Hair

Hair follicles contain iron

When ferritin is depleted non-pigmented hair develops. Many people are diagnosed with androgenic alopecia when what they really have is anemia

Simply supplementing with **IRONSMART** will bring your hair back

You don't have to be anemic - borderline low iron causes dramatic hair loss

Ferritin below 40 causes hair loss

# Reasons for hair loss

- Low thyroid causes hair loss and thinning
- Low iron because hair follicles have ferritin
- Not enough minerals and protein
- Thyrosmart, Ironsmart, and MULTIsmart
- Eat protein palm sized daily – Omega Pumpkin Protein

# Veinsmart

- Supports vein health and reduces varicose veins
- Helps decrease the edema and inflammation associated with varicose veins
- Eliminates heavy feeling legs and swelling of legs
- Reduces Chronic Venous Insufficiency (CVI)
- Reduces phlebitis
- Helps heal leg ulcers
- Eliminates hemorrhoids.
- For those with lymphedema
- Reduces phlebitis
- Aids PMS

# Lorna's Beautiful Skin, Hair, Nails Program + Bone

- COLLAGEN PLUS – 10 DROPS A DAY
- GLA SKIN OIL UP TO 5 TSP
- BONE BOOSTER VITAMIN D3 AND VITAMIN K2-MK7
- MULTISMART – POWDER OR CAPS
- Celadrin skin therapy cream morning and night

# CLA PLUS AND WEIGHT LOSS

- 7 POUND WEIGHT LOSS IN 90 DAYS with no diet change
- Over 20 clinical studies on CLA and weight loss
- Health Canada approved
- 5 to 8 capsules per day take with food

# GLUCOSMART/Chirositol Stops Belly Fat

- **Over 30 human studies**
- **Chirositol derived from Carob**
- **For insulin resistance/ Type 2 diabetes/prediabetes**
- **Stops belly fat and weight gain**
- **Halts male facial hair growth in women**
- **Enhances serotonin happy hormone**
- **Stops skin tags - sign of pre-diabetes**
- **Stops acne in women with PCOS**
- **Best treatment for PCOS healthy ovulation/fertility**
- **1 – 2 capsules per day**
- **Use with Estrosmart for PCOS**
- **Use with Menosmart Plus for menopause weight gain**

Go to [www.hormonehelp.com](http://www.hormonehelp.com)

Sign up for my free online newsletter

**A SMART WOMAN'S GUIDE TO HORMONES**

Accept no substitutes Lorna products have  
her name and face on the bottle

Free Nutrition Course online