



Knowledge is
your secret
weapon to good
health.

HAIR, SKIN, NAILS

Skin Conditions

There are many different types of skin conditions that people struggle with including acne, rosacea, dermatitis, eczema and psoriasis. Each with its own set of symptoms, inflammation of the skin is common among them all. Other uncomfortable symptoms people may experience with a skin condition are blackheads, whiteheads, pimples, scarring, skin that is thickened, scaly, dry, cracked, burning, itching, scaling, flaking or crusting.

Contributing Factors

Nutritional deficiencies (Essential Fatty Acids, B Vitamins, Vitamin A, Zinc, Selenium), impaired liver function, toxic buildup, genetics, immune function, inflammation, stress, hormonal imbalances, bacterial/parasitic/viral/fungal infection, blood sugar imbalances, topical factors/irritants, dietary factors (excess iodine, animal fats, hormones, sugar), poor digestion, leaky gut, dysbiosis

Lifestyle Recommendations

- Improving gut health should be a top priority with any skin condition as there is a strong link between the two. Avoid dairy, gluten, caffeine, alcohol and sugar as these are all very irritating to the digestive system.
- Focus on whole foods that are more alkaline rather than acidic. Incorporate lots of green foods, lemons, more plant-based fats and proteins rather than animal-based ones, and make sure to incorporate at least 30 grams of fibre per day. This will help cleanse the body of toxins that may be trying to escape through the skin.
- Use natural makeup, facecare products, soaps, and household cleaners, as they don't contain harsh chemicals and additives that can irritate the skin.

Product Recommendations

- Improve digestive health: Probiotics, Enzymes (with HCl if necessary), Fibre, Gut Repair Nutrients (L-Glutamine, C-NAG, Zinc L-Carnosine)
- Fight inflammation: Essential Fatty Acids (GLA Oil, High EPA Fish Oil)
- Detox and alkalize: Greens Supplement, Chlorophyll, Lemon, Blood Purifying Herbs (Sarsaparilla, Red Clover, Nettle, Dandelion, Burdock), Whole Body/Liver Cleanse
- Strengthen, repair, and protect skin tissue: Vitamin C with Bioflavonoids (not for psoriasis), Vitamin A, Vitamin D, Vitamin E, Selenium, Zinc, Pycnogenol, Quercetin, Collagen, Multivitamin/Mineral
- Fight infection if necessary: Silver, Goldenseal, Lavender, Manuka Honey, Candida Cleanse if necessary
- Support immune system: Plant Sterols, Beta Glucans, Mushroom Blend
- Correct hormonal imbalances: Estrogen Balancing Formula, Adrenal Formula, Blood Sugar Balancing Formula
- Topical Applications: GLA Skin Oil, Purslane, Calendula, Celadrin, Chamomile, Tea Tree, Vitamin E, Aloe Vera

Book a free 15 minute consult with a GNN Product Advisor!

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