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THE ROLE OF THE SKIN IN THE HOMEOPATHIC HEALING PROCESS
How chemical ingredients in cosmetics and in the environment can have an impact on the skin

INTRODUCTION

Every day millions of women, and an increasing number of men, use a vast array of chemical products: from soaps, toothpastes, shampoos, conditioners, lotions and creams of all kinds to moisturize face, body and hands or for cellulitis, stretch marks, wrinkles, age or hair removal, to deodorants, body and bath oils, bath salts, massage oils, sunscreens and after-sun creams, nail varnish and varnish removers, mascara, perfumes, talc, foundation, eye-liner, eye-shadow, lip-sticks, lip-gloss, hair colourants and toners, hair-spray, gels and mousses, after-shave, baby oil etc, etc.

Many other toxic, or potentially toxic, chemical substances are also present in the home, work or general environment we move around in.

Millions of tonnes of such chemical substances are released directly or indirectly into the environment, both from industrial out-flows or washed away down our drains. This chemical waste has a serious pollutant effect, particularly given its largely un-biodegradable nature.

Apart from the environmental impact of chemical substances, the aim of this research is to evaluate the consequences of their use on our skin and thereby also on our bodies.

A secondary aspect, also considered here, is the possible interference of these consequences for homeopathy and other 'natural' treatments which work by stimulating the body's vital energy.

FACTS, QUOTES, FIGURES

More than 1,000 new chemicals are produced every year.

More than 300 synthetic chemicals have been detected in human body tissues and secretions, including breast milk.

It is estimated that 400 million tonnes of synthetic chemicals are manufactured annually worldwide.

It is estimated that 5,000-10,000 chemicals are considered hazardous. 150-200 are thought to cause cancer.

95% of chemicals used in fragrances are synthetic compounds derived from petroleum. A typical cosmetic/perfume can contain up 100 fragrances, many of which never have been tested for safety. (www.wen.org.uk)

Over 5,500 cosmetic ingredients are approved for use by the Food and Drugs Administration (FDA). The National Institute of Occupational Safety and Health reports that 884 of the ingredients used in cosmetics are toxic. (Drop-Dead Gorgeous, K. Erickson, Contemporary Books)

In June 2004 WWF took blood samples from 14 ministers in 13 EU countries. They found 103 different man-made chemicals from 7 different chemical families: organo chlorine pesticides, polychlorinated biphenyls (PBCs), synthetic musks, perfluorinated chemicals, brominated flame retardants, phtalates and antibacterials…
(Gender and Environmental Chemicals Report, I. del Rio Gomez, Ph.D., March 2007, www.wen.org.uk)

"The National Environmental Research Institute of Denmark found recently that 99% of leave-on cosmetics and 77% of rinse-off cosmetics contain parabens. Parabens act as preservatives, but also as well-known skin and eye irritants and have also been found to mimic the female hormone oestrogen…" (The Guardian, 08.05.04, p.10)

"Women could be endangering the health of their unborn babies by using cosmetics and perfumes…Many of the products they use are thought to contain a range of chemicals which can interfere with the reproductive system and other vital organs. The chemicals known as *phthalates*… are found in make-up, perfumes, shampoos, deodorants, sunscreens, nail varnishes and conditioners…They are also suspected of disrupting the development of the testicles, reducing sperm counts and damaging the liver and kidneys." (Daily Mail, 10.01.2001, M. Halle)

"Dr. Sean Munroe, Medical Director of Breakspeare Hospital, Hertfordshire, has treated more than 8,000 women for skin sensitivity to beauty products in the last 20 years." (Daily Mail, 08.04.2002, Tim Utton)

"There would appear to be an increase in the numbers of the general population exposed to some allergens, and possibly in their levels of exposures to some of these materials: as consumers, to toothpastes, household sprays, cleaning materials, perfumes etc. Up to 35% of the population demonstrate evidence upon testing of Ig E immunological reactivity to allergens, a high proportion of whom (5-10% of the population) show clinical features of one or more allergic disorders (most commonly asthma, eczema or hay fever)."
("The burden of disease attributable to environmental pollution", Prof. I. Mathews and Dr. S. Parry, Department of Epidemiology, Statistics, Public Health, University of Wales College of Medicine, Cardiff)

As chemical substances are applied to and act on the skin, there follow here a few comments on the anatomy and physiology of the skin.

THE SKIN

The skin is by all accounts an organ, and one of the most extensive. The skin of an average adult when stretched out will measure approximately 2 square meters and weigh around 10kg, representing 15% of overall body weight. The outer layer of our skin is completely renewed every 27 days, and in the course of a life time we will lose around 20kg of skin.

In every square centimetre of skin there are:

3 million epithelial cells
15 sebaceous glands
1 metre of capillaries
4 metres of nerve fibres
200 nerve-endings for sense of pain
25 nerve-endings for sense of touch
12 nerve-endings for sense of heat
2 nerve-endings for sense of cold

The skin is composed of three inter-connected layers:

epidermis: (in turn made-up of 4 layers, the stratum basale, stratum spinosum, stratum granulosum and stratum corneum, with a further fifth layer, the stratum lucidum on the palms, finger-tips and soles of the feet). The epidermis is in constant renewal through the production in the basal layer of keratin, a corneal substance which we lose daily through washing and exfoliation. The prime function of the epidermis is protection.

dermis: composed mainly of collagen lending structure to the skin, elastin which confers elasticity and other substances with a cementing function. We find here lymph channels, blood vessels, nerve fibres (Meissner's corpuscles for sense of touch and Krause's bulbs for sense of cold) sebaceous and sweat glands, hair follicles, hairs and muscle cells. Its main function is support, and it is the area primarily responsible for exchange of nutrients and sensory awareness.

hypodermis: formed mainly of adipose tissue to provide support, insulation and energy reserve. It is rich in nerve fibres (Pacinian corpuscles that transmit sensations of touch and pressure, Ruffini endings for sense of touch) and blood vessels.

Functions of the skin:

Protective: a mechanical barrier against traumas and invasions; a barrier against chemical aggressions with an automatic reaction to restore a desirable pH value; a physical barrier against cold, heat, ultraviolet rays etc. It has other various defence mechanisms including the production of melanin or the release of urocanic acid, with its UV screening effect, into sweat.

Respiratory: the skin absorbs oxygen both internally from the blood system and externally direct from the air, possibly as much as 5 litres daily. It also absorbs carbon dioxide.
According to energetic medicine the skin can take in 'prana', or the vital energy of the Universe, via its pores.
Excretive: the skin eliminates carbon dioxide, metabolites, wastes and toxins, water and sebum, along with ions of potassium, magnesium, calcium and chlorine. This emunctory function plays a key role in the healing process. The skin is also capable of absorption: it can absorb external substances, in particular fats and other substances it comes into contact with or that are applied directly to it.

Temperature regulation: it controls and maintains internal body temperature by vasodilation and the evaporation of sweat and mineral salts to effect cooling, or by vasoconstriction to prevent heat loss. In addition, the phenomenon of 'perspiratio insensibilis' continually regulates body temperature by the constant production of water. Under normal conditions this is in the region of 700ml a day.

Sensory: thanks to its abundance of nerve fibres and specialist endings the skin responds and reacts to the sensations of touch, pressure, temperature (hot and cold) and pain, all of which contribute to adaptation to and protection from the external environment. Pressure sensitivity varies according to the area of the body: the top of the feet and the wrists, for example, are 3 times more sensitive to pressure than the abdomen or the forehead.
This function is of particular importance during infancy when the sense of touch provides a direct link with the mother and will determine the subsequent emotional development of the child. An adult's skin retains a kind of emotional memory and, in the guise of 'dermatological' symptoms such as eczema, dermatitis or hives, can manifest many emotional impulses from within. Indeed, the epidermis is formed from the same embryonic germ layer, the ectoderm, as the central nervous system.

Reproductive: the cells of the skin are renewed daily in a process starting in the basal layer of the epidermis where cells are produced, mature and move up towards the surface, eventually losing their nucleus and becoming pure keratin. They are finally exfoliated from the skin as dead keratinized scales. This process takes around 3-4 weeks.

Defence: the skin has a natural pH value of between 4.5 and 5.5, determined in large part by the hydrolipidic film and in particular by the fats present in the sebum, secreted by the sebaceous glands. The acidic environment has an anti-bacterial, anti-viral and anti-fungal action. The integrity of this hydrolipidic film is extremely important as it contributes indirectly to moisture content in the skin through the prevention of excessive evaporation.

The lipids present on the skin are a mixture of free fatty acids, triglycerids, cholesterol, essential fatty acids (linoleic), squalenes and ceramides, a similar composition to vegetable oils, particularly those organic and cold-pressed. This mix also determines the characteristic and individual odour of each person.

Biochemical: it is in the skin that the active form of Vitamin D, ergocalciferol, is produced, as ergosterol is processed by UV light. Vitamin D is liposoluble and fundamental in the absorption of calcium in the kidneys, the absorption of phosphorus and calcium in the intestines and the process of bone mineralisation.

In order to better evaluate the impact on our health of the majority of commercial cosmetics, there follows a toxicological analysis of their most common chemical constituents:

TOXIC CHEMICALS IN COSMETICS & TOILETRIES, 1

A - ENDOCRINE DISRUPTORS:

chemicals that interfere with the normal functioning of hormones in the human bodies. They may either block the natural oestrogen action or act as an oestrogen imposter.

They have been linked to breast cancer, reduction in sperm count, impaired thyroid function and behavioural problems such as attention deficit and hyperactivity disorders.

- **Phthalates**: dibutyl phthalate (DBP), Di (2-ethylhexil) phthalate (DEHP), butyl benzyl phthalate (BBP).

*used in skin moisturisers, hair sprays, nail varnishes, skin penetration enhancers.
*used as plasticisers in food wraps and plastic containers & toys.
*linked to premature breast development.
*interference with reproductive development in male foetuses.

- **Alkylphenol ethoxylates** - **PEG**: nonylphenol, polyethylene, polyethylene glycol, polyoxyethylene…

*used as emulsifiers, foaming agents and humectants.
*used in shampoos, hair colours, shaving creams.
*linked with hormonal, neurological, immune and reproductive system problems.

- Parabens - Alkyl parahydroxy benzoates: butyl/methyl/ethyl/isobutyl parabens

*used as potent preservatives (antibacterial).
*used in many shampoos, moisturisers, skin creams and also food (beers, jams).
*potential risk for human health for their oestrogenic activity.

B - OTHER ENDOCRINE DISRUPTORS:

benzophenone-3 (BP3), homosalate (HMS), nitromusk, polyciclic musk, octyl-dimethyl-PABA (OD-PABA), resorcinol, butylated hydroxyanisole (BHA), butyl-methoxydibenzoylmethane (B-MDM),4-methylbenzylidene-camphor (4-MBC), octyl-methoxycinnammate (OMC).

Samuel S. Epstein, M.D., Cancer Prevention Coalition, University of Illinois at Chicago School of Public Health, www.preventcancer.com

C - PRODUCT INGREDIENTS AND CONTAMINANTS WITH EVIDENCE OF CARCINOGENICITY:

a) Hidden carcinogens

i) **Contaminants**

- organochlorine pesticides, found in eg. lanolin
- arsenic, lead, blue 1, green 3, found in eg. coal tar dyes
- dioxane, found in eg. PEG, polysorbate, laureths, ethoxylated alcohols
- crystalline silica, found in eg. amorphous silicates.

ii) Nitrosamine Precursors

DEA
TEA
bronopol
padimate O

iii) Formaldehyde Releasers

bronopol
quaternium 15
diazolidinyl urea
imidazolidinyl urea
DMDM hydantoin

b) Overt Carcinogens

DEA
talc
fluoride
saccharin
crystalline silica
coal tar dyes
blue 1
green 3
para-phenylenediamine

Steinmann & Epstein, The Safe Shopper's Bible, 1995, MacMillan Press, NY (800) 434-3422
Epstein, The Politics of Cancer Revisited, 1998, East Ridge Press, Hankins, NY (800) 288-1287 or 845-887-6467.

TOXIC CHEMICALS IN COSMETICS & TOILETRIES, 2

- **Triclosan**: chloro-2 (2, 4-dichlorophenoxy) phenol

    *action: antibacterial. When manufactured can produce dioxins linked to cancer.
    *used in liquid soaps, vaginal washes, deodorants, toothpastes, mouth wash.
    *found in human breast milk and fish.

- **Toluene**: toluol or methylbenzene

    *used in nail polish and lacquers.
    *the vapour can be harmful, may affect liver, kidneys, blood system, central nervous system.
    *can cause skin, eye and respiratory tract irritation. May be absorbed through the skin.

- **Xylene**: xylor or dimethylbenzene

    *used in nail polish, lacquers.
    *can cause skin and respiratory tract irritation and liver damage.

- **PPD**: p-phonylenediamine

    *action: hair dye and temporary tattoos.
    *used in dark hair dyes and black henna.
    *linked to cancer in work users.
    *skin irritant and allergen.
    *can cause gastritis, bronchial asthma.
    *suspected mutagen.

- **Propylene/Butylene glycol**: a petroleum derivate and ingredient in anti-freeze and brake fluid. The most widely used moisture-carrying ingredient in cosmetics because cheaper than glycerine.

    *action: humectant
    *used in sun lotions, body lotions, make-up, cosmetic colourants.
    *can cause dermatitis (it penetrates the skin, weakening cellular structures).
    *can cause kidney damage, liver abnormalities (National Institute for Occupational Safety and Health, USA).

    From the Material Safety Data Sheet (MSDS): Health Hazards, acute and chronic.

- **Butylated hydroxytoluene:** contains toluene

    *action: antioxidant, preservative.
    *used in sun lotions, lipstick, mascara, face cream.

*linked to possible behavioural and reproductive problems.
*possible allergen.
*not allowed in baby food.

- **Sodium lauryl sulphate (SLS), Ammonium lauryl sulphate (ALS), Sodium laureth sulphate (SLES), Ammonium laureth sulphate (ALES)**, **Trietanolamine (TEA)**: all anionic surfactants.

*action: lathering
*used in car washes, engine degreasers, floor cleaners!!!
*used in more than 90% of commercial shampoos, skin creams, some toothpastes
*skin irritant, can damage the skin barrier function, altering skin cells.
*can react with other chemicals to form nitrosamines or dioxins (carcinogenic).

- **Talc**

*action: absorbent (chemically similar to asbestos).
*used in eye shadows, face powder, blushes, liquid foundations, talcum powder.
*carcinogenic in animals (Occupational Safety and Health Administration).
*used in genital areas (human) increases the risk of developing ovarian cancer.
*if inhaled can irritate lungs.

- **Quaternary ammonium compounds (cationic surfactants): benzlkonium chloride, stearalkonium chloride, cetrimonium chloride…**

*action: preservatives, surfactants, germicides.
*used in hair conditioners.
*caustic, can irritate skin and eyes, allergenic, toxic.

- **Nitrosamines**: not a primary ingredient in cosmetics, they are formed when nitrous acids and amines are combined.

*carcinogenic
*can contaminate shampoos or other cosmetics when the reaction occurs.
*can be absorbed into the body at a high level.
*many nitrosating agents are used in cosmetics: DEA (diethanolamine), TEA (triethanolamine), MEA (monoethanolamine), sodium lauryl and laureth sulphate, formaldehyde.

- **Formaldehyde**

*action: preservative, germicide, fungicide, de-foamer.
*used in nail polish, soaps, shampoos, nail hardeners, hair growth preparations.
*20% of people exposed to it develop toxic reactions: allergic, irritant, contact dermatitis.
*the vapour is irritating to the eyes, nose, throat.
*carcinogenic (DNA damage in lab tests).

- **MEA, DEA, TEA**: monoethanolamine, diethanolamine, triethanolamine.

*action: adjust pH and convert acid into salt.

*used in cleansers.
*can cause allergic reactions, eye problems, dryness of hair and skin.
*could be toxic if absorbed into the body over a long period.
*they are nitrosating agents.

- **Diazolidinyl-urea**: it contains formaldehyde. One of the primary causes of contact dermatitis.

- **Fragrances**: more than 4,000. Many of them are toxic or carcinogenic.

*used in almost all cosmetics, perfumes and household products.
*clinical observation proves that fragrances can affect the central nervous system, causing depression, hyperactivity, irritability.
*can produce headaches, dizziness, allergic rashes, skin irritation.

- **Lanolin**

*can be contaminated with organophosphate pesticides and insecticides (toxic, carcinogenic).

- **Mineral oil** (from petroleum): liquidum paraphinum or paraffin oil or petrolatum or paraffin wax.

*coats the skin, clogging the pores.
*interferes with the skin's detox action, promoting acne and premature skin ageing.
*most baby oils are mineral oils!
*can be contaminated with PAH (polycyclic aromatic hydrocarbons).

- **Isopropyl alcohol**: made from a petroleum derivate (propylene)

*dries and irritates the skin, breaking the natural hydrolipidic mantle.
*the skin becomes vulnerable to viruses, fungus, bacteria.

- **Silicon derivate**: dimethicone, dimethicone copoyol, cyclomethicone

*action: emollient.
*used in hair conditioners, skin creams.
*occlusive, coat the skin, don't allow the skin to breath.
*some synthetic emollients can promote growth of tumours and accumulate in liver & lymph nodes.
*they are not biodegradable: negative environmental impact.

- **Coal tar colours**:

*action: colourants.
*used in hair dyes.
*contain many toxins such as benzene, naphthalene, phenol, xylene, creosol.

Most of the following colours have been shown to be potentially carcinogenic:

1- Anthraquinone (benzene + phtalic anhydride): skin irritation, allergic reaction, contact dermatitis. It can cause tumours in lab animals.
2- Quinoline (coaltar + aniline, acetaldehyde and formaldehyde): toxic and carcinogenic.
3- Triphenyl methane (carbontethracloride + benzene + aluminum chloride) highly carcinogenic.

OTHER SKIN & ENVIRONMENTAL CONTAMINANTS

Household cleaning products: ammonia based cleaners, bleach, disinfectants, floor and furniture polish, metal polish, scouring powders, rug and upholstery cleaners, toilet cleaners, window cleaners.

Paints, stain removers, varnishes, solvents.
Wood products such a chipboard, MDF, etc..
Synthetic carpets, PVC, linoleum etc.

Office equipment: computers, video display terminals, photocopying machines.

Science laboratories: thiourea, colchicines, lead compounds, mercury and mercury compounds, cyanide, aniline, arsenic, benzene, chloroform, formaldehyde, lead acetate, osmium compounds, titanium compounds etc.

School and art supplies: solvents, pigments, mineral dust, dyes, preservatives etc. (Gender and Environmental Chemicals Report, I. del Rio Gomez, Ph.D., March 2007, www.wen.org.uk)

ENVIRONMENTAL CONTAMINANTS

Polycyclic aromatic hydrocarbons (PAH), sulphur dioxide, carbon monoxide, oxide of nitrogens, benzene, lead, ozone, particulate matter (PM10 and black smoke)……

ABSORPTION AND INTEREACTIONS DUE TO THE USE OF SYNTHETIC COSMETICS

An analysis of the chemical composition of the most widely used cosmetics confirms the risk that some of these may be absorbed internally, causing a ‘toxification’ effect and stress to the organs of detox and elimination.

As previously mentioned, the skin is an organ in its own right, providing continuous support to the body as any other organ, and one of its functions is absorption. Chemical substances, synthetic or otherwise, and particularly if lipophile, can, when applied to the skin, penetrate through it in varying degrees related to their chemical composition, weight and molecular size, and be carried deep into the body via the circulatory and lymphatic

systems. Parabens have been found in breast tissue, Triclosan in maternal milk, traces of talc in ovarian tumours. (wen.org.uk\cosmetic fact)

It is difficult to verify how much of a substance is absorbed in this way, but the fact remains that the last few years have seen a steep increase in the use of conventional drugs administered via the skin, as in the case of nicotine patches, menopausal hormone, or anti-inflammatory patches. These serve only to confirm such absorption. In addition, chemical compounds used in cosmetics have been found in several body tissues and some tumours, especially from the breast, again confirming that a percentage of what we apply to the skin or mucous membranes is absorbed and interacts with the system as a whole.

Certain studies (see the Journal of the National Cancer Institute, 02.02.94) have shown that continued use of black hair dye greatly increases the risk of developing non Hodgkin's lymphoma and multiple myeloma, or (see the American Journal of Epidemiology, 15.10.93) leads to increased risk of leukaemia.

In the light of all this, do we need to change the definition of 'cosmetics'? The legal definition of a cosmetic, as 'a substance applied to the external surface of the body to modify its appearance', appears now incomplete and anachronistic, failing as it does to take account of the fact that any cosmetic is also absorbed into and acts on the internal body system, as viewed from a unitary perspective.

Consider for a moment the consequences of applying a range of toxic or allergenic synthetic chemical ingredients (as found in many cosmetics, and which can block the pores, as for instance in the case of paraffin-based oils) to the delicate skins of new-born babies or the sensitive or inflamed skins of many adults whose skin is more permeable and also thinner, thus favouring increased penetration and absorption.

The absorption of such foreign and potentially toxic substances results in a heightened immune and detox response involving the liver, kidneys, intestines, lungs and the skin itself.

The cost to the body

In order to achieve this, the body is required to expend energy, detracting thus from the energy needed for other important functions including healing and repair. This plundering of vital energy, depending on the individual and their condition, causes in turn a slowdown of their physiological functions and less energy to be available for use in the different parts of the body.

HOMEOPATHY AND THE SKIN

As already discussed, the skin is a key organ in the elimination of internal toxins as part of the healing process stimulated by a homeopathic remedy. To this end, according to Hahnemann, the skin should be left free to breathe and not be 'blocked' or 'impeded' in its crucial emunctory function by foreign substances applied to its surface to 'treat' the symptoms of what are in fact clear expressions of the 'vis medicatrix naturae' in its centrifugal drive from inside to out.

This is in accordance with Hering's Law.

There is no shortage of case studies resulting from the suppression of skin disorders (eg. eczema leading to asthma, etc.).

A statistical analysis undertaken over the last 10 years by Dr V. Rocco of LUIMO in Naples shows that of all patients at the centre under homeopathic treatment, 10% have come due to skin problems and complaints, and a total of 7.8% have exhibited some form of allergy or intolerance. This is certainly a very high percentage.

The range of substances which can delay or interfere with the action of a remedy, be they foods (pork meat, game, spices, garlic, chilli pepper, snuff: Hahnemann, Chronic Diseases, the Organon) or perfumes (camphor, mint, eucalyptus), is well-documented and established, but what of the other substances, first and foremost chemically-based cosmetics and also all the environmental pollutants, which we are exposed to on a daily basis?

What also of the many synthetic materials which prevent the skin from breathing, or the fabrics containing traces of detergents and synthetic fragrances?

The majority of homeopathic patients, even if made more aware through the advice of their therapist, will continue to use toothpastes, shampoos, conditioners, hair dyes, blusher, after-shave, perfumes.. and much more besides!

It is important to reiterate that in selecting the correct remedy the homeopath also takes account of any potential antidotes. I include below a **table** outlining antidotes to the most commonly prescribed remedies (as reported from Jahr's and Duprat Materia Medica) and suggest that the patient be made aware of these as necessary, and asked also to check the ingredients of their cosmetics. Some of these antidotes are frequently found in cosmetic products.

- Sulphur: found in soaps, antidotes practically all remedies;
- Camphor: antidotes all plant-based remedies;
- Vinum-alcohol: present in most perfumes, antidotes Aconitum, Belladonna, Nux Vomica, Phosphorus;
- Chamomilla: present in many "natural" soaps, shampoos and other face and body cosmetics, is an antidote of Aconitum, Carbo vegetabilis, Ignatia, Lachesis, Nux vomica, Pulsatilla and Sulphur.

It is my belief that, without imposing indiscriminate and illogical restrictions, as in the case of coffee, which antidotes only certain remedies and can be simply reduced rather than suspended, and particularly when giving a remedy for which there are well known antidotes, attention should always be given to the cosmetics used by the patient. This can only serve to improve the patient's vital force and thereby their eliminatory response.

CONCLUSIONS

What are, then, the possible consequences for the homeopathic patient (or not..!) of the impact of chemicals present in cosmetics, applied to the skin or absorbed from the external environment, and which the homeopath must bear in mind in ascertaining the symptoms and details of life-style?

- Possible antidotes (benzene, toluene, etc.)
- Actions which block the skin's pores (paraffin based oils, silicon based components)
- Actions which have rendered the skin 'toxic' with a consequently reduced eliminatory capacity
- Actions which have led to a toxification of the entire system as a result of accumulation of chemical substances absorbed from fabrics
- Impaired centrifugal action of the vital force
- Masking of true symptoms and appearance of new ones

Repeating the remedy or increasing its potency may be necessary to 'unblock' the skin when its function has become impaired by any of the above factors.

In conclusion, the skin should be considered as an organ in its own right and the chemical substances applied should aim simply to **cleanse** in the most natural way, to **nourish** with vegetable-based substances of the highest purity and with close affinity to the skin's own hydrolipidic composition, to **support** it in keeping itself free from toxins so that it is able to perform its functions in the very best way possible.

Ingredients must be tantamount to and behave as 'skin food'; they must be recognized by the skin at a chemical (essential fatty acids, liposoluble vitamins, chlorophyll) and also energetic level; they must be easily absorbed at the epidermic level and metabolised to form part of the internal biological structure.

This means they must also be certified organic, and the oils also cold-pressed to guarantee purity, highest quality and easy absorption, for the benefit not only of the skin and body, but also for our planet and our future.

It is with this awareness that for over 10 years I have been researching and formulating cosmetics of this nature and quality which, in my opinion and experience, work in line and synergistically with a homeopathic remedy without fear of interference or antidote effect.

1		antidots																																																						
2	REMEDY	SULPHUR	CAMPHORA	COFFEA	CHAMOMILLA	NUX VOMICA	BELLADONNA	HEP. SULPH. CALC	VINUM / Alcohol	ARNICA	ARSENICUM ALBUM	ACETUM	ACONITUM	BRYONIA ALBA	COCCULUS IND.	COLOCYNTHIS	ASA FOETIDA	CAPSICUM	CHINA	CANTHARIS	CONIUM	CARBO VEGETABILIS	CALCIUM CARBONICUM	DULCAMARA	IGNATIA	GRAPHITES	HYOSCIAMUS	IODUM	NITRI SPIRITUS DULCIS	NITRIC ACIDUM	PULSATILLA	LACHESIS	MEZEREUM	MERCURIUS SOLUBILIS	PETROLEUM	SEPIA	IPECA	SPONGIA	SAMBUCUS	VERATRUM	FERRUM METALLICUM	PARIS QUADRIFOLIA	THERIDON CURASSAVICUM	M. ARC	NATRUM MURIATICUM	NUX MOSCHATA	PHOSPHORIC ACIDUM	ALUMINA	LYCOPODIUM	OPIUM	SALICILIC ACIDUM	SILICEA	TARTARICUM ACIDUM	CITRI ACIDUM	TABACUM	VEGETAL ACIDS
3	Aconitum Napellus	X	X	X	X	X	X	0	X	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	X	0	X	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0
4	APIS	X	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	X	0	X	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0
5	ARNICA MONT	X	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6	ARSENICUM ALB.	X	0	0	0	X	0	X	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	0	X	X	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
7	BELLADONNA	X	X	0	0	0	0	X	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
8	BRYONIA ALBA	X	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
9	CALC.CARB.	X	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
10	CHAMOMILLA	X	X	X	0	X	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	X	•	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
11	CHELIDONIUM	X	X	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
12	CARBO VEG.	X	X	X	X	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
13	CAUSTICUM	X	0	X		X	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
14	HEPAR SULFURIS CALCAREUM	X	0	0	0	0	X	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
15	IGNATIA	X	X	X	X	0	0	0	0	X	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
16	IPECACUANA	X	0	0	0	0	0	0	0	X	X	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
17	LACHESIS	X	0	0	X	X	X	X	0	0	X	0	0	0	X	0	0	X	0	0	X	0	0	X	0	0	0	0	0	X	0	0	0	X	0	0	0	0	X	X	0	0	0	0	X	X	X	X	0	0	0	0	0	0	0	0
18	LYCOPODIUM	X	X	0		0		0	0		0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
19	MERCURIUS SOL	X	X	0	0	0	X	X	0	X	0	0	0	0	0	0	X	0	X	0	0	X	0	X	0	0	0	X	0	X	0	X	X	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	X	X	X	X	0	0	0	0
20	NATRUM MUR.	X	X	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
21	NUX VOMICA	X	X	X	X	0	0	0	X / X	0	0	0	X	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
22	OPIUM	X	X	0		0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	X	0	X	•	0	0	0	0	0	0	0	0	X	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
23	PHOSPHORUS	X	X	X		X	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
24	PULSATILLA	X	X	X	X	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
25	RHUS TOXICODENDRON	X	X	X	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
26	SEPIA	X	0	0	0	0	0	0	0	0	0	X	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	0	0	0
27	STAPHYSAGRIA	X	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
28	STRAMONIUM	X	X	0	0	X	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	X	X
29	SULPHUR	X	X	0	X	X	0	0	0	0	0	0	X	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	X	0	0	X	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
30	THUJA	X	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	X	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

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