



Support Your Body Systems for Better Health

# Integumentary System

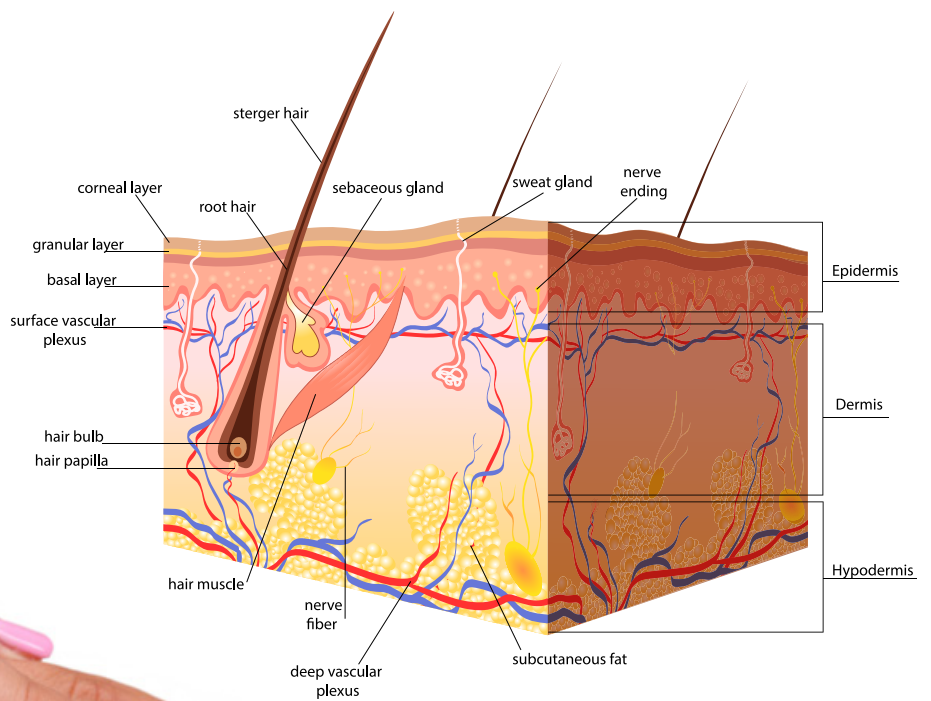
## The System functions:

The integumentary system consists of the skin, hair, nails and exocrine glands. Skin forms the body's outer covering and protects the body from chemicals, disease, UV light and physical damage. Hair and nails extend from the skin to reinforce the skin and protection from the environment. Exocrine glands produce sweat, oil and wax to cool, moisturize and protect the skin's surface.

## Associated organs:

Skin, hair, nails, sweat and oil glands, endothelial surface of the inner lining of nerve endings, vascular, glandular and lymphatic cellular tissue

## Skin Structure at a Glance





## What you can do to support a healthy Integumentary System:

**Recommended Dietary Supplements:** Essential D™, Omega3 Prime™, VitaDaily™, Vital C.™

**Amazon Herb Supplements:** Aqua Algae, Camu Gold, Sangre de Drago.

**Essential Vitamins & Minerals:** Essential Fatty Acids, Vitamin B Complex: B1 (Thiamine), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic Acid), B6 (Pyridoxine), B7 (Biotin), B9 (Folic Acid), B12 (Cyanocobalamin), Vitamin C, Vitamin D, Vitamin E, Zinc.

## Foods to Include:

Fruit	Vegetables	Protein /Dairy	Nut & Seeds	Miscellaneous
Blueberries	Spinach	Wild Caught Salmon and Cod	Brazil Nuts	Red Beans
Cranberries	Broccoli	Eggs	Pumpkin Seeds	Kidney Beans
Blackberries	Artichoke Hearts		Flaxseed	Pinto Beans
Prunes	Tomato		Chia Seeds	Black Beans
Sweet Cherries	Avocado		Pecans	Green Tea

**Note:** Be sure to do your best to shop organic, grass-fed, free-range, unprocessed and low sodium.





## What you can do to support a healthy Integumentary System (continued):

**Daily morning cleanse:** 8-12oz of lemon water

### Foods you should avoid or limit:

Do your best to read the labels on packaged food. If the names are too hard to pronounce, they are likely chemical based ingredients and not very good for you.

- Processed and high-sodium foods such as cured ham, bacon, sausage and potato chips
- Foods that contain all-purpose flour such as pizza, bagels, pretzels, white bread, and flour tortillas
- Artificial sweeteners containing Sucralose such as yogurt, cereal, whole grain muffins and breads and microwave popcorn
- Beware of "reduced sugar" labels which are usually loaded with **artificial sweeteners** such as fruit juice, ketchup, jams, jelly, syrup, soda, sports drinks, ice cream and salad dressings. Below is a list of artificial sweeteners you should try to avoid:

- |                        |              |                 |                |
|------------------------|--------------|-----------------|----------------|
| ■ Aspartame            | ■ Equal      | ■ NutraSweet    | ■ Sorbitol     |
| ■ Acesulfame potassium | ■ Glucin     | ■ Nutrinova     | ■ Sucralose    |
| ■ Alitame              | ■ Kaltame    | ■ Phenylalanine | ■ Twinsweet    |
| ■ Cyclamate            | ■ Mogrosides | ■ Saccharin     | ■ Sweet 'N Low |
| ■ Dulcin               | ■ Neotame    | ■ Splenda       | ■ Xylitol      |

### Recommended Activities:

Physical activity is essential for good health. New studies show even 15 minutes of elevated heart rate from activity has numerous benefits. Find activities you enjoy doing and aim for at least 15 minutes 4 to 5 times per week.

**CARDIO:** Biking, Hiking, Walking, Running, Swimming, Dancing, Zumba

**STRENGTH:** Weight Training, Pilates, Vigorous Yoga, P90X, Crossfit, Barre

**FLEXIBILITY:** Yoga and Stretching





### Additional Information:

**Common Symptoms:** Uneven skin tone, fungus, scaly skin, hives, redness, baldness, skin tags, moles, warts, psoriasis, chickenpox, melanoma, canker sores, measles, lupus and slow healing wounds.

### Common Disorders:

- **Acne** - Disorder that causes a variety of blemishes on the face, back, arms, chest including blackheads, whiteheads, pimples, nodules and cysts.
- **Cellulitis** - Bacterial skin infection.
- **Dermatitis** - Any type of skin rash or irritation.
- **Eczema** - Inflammation of the skin that results in itchy, red and dry skin, cold sores-blisters in or around the mouth.
- **Herpes** - Common infection marked by sores around the mouth or genitals.
- **Raynaud's Syndrome** - Condition in which some areas of the body feel numb and cool in certain circumstances.
- **Shingles** - Reactivation of the chickenpox virus in the body, causing a painful rash.
- **Vitiligo** - Disease that causes the loss of skin color in blotches.

