



FITNESS THE SKIN KNOWS

What does “fitness” really mean? In practical terms, it means that your body functions efficiently and effectively, nutrients are absorbed properly, and waste is eliminated. You feel good, you look well and all your systems are balanced.

The skin is an excellent barometer for fitness. Some common signs that show a lack of fitness include

- Dehydrated and sallow skin resulting from poor circulation and a lack of oxygen
- Break-outs, reflecting an imbalance in the body - possibly hormonal or in toxic waste elimination.
- Tense muscles, often from prolonged stress.
- Temporary hair loss, possibly due to an imbalance of hormones or deficiency of minerals and vitamins in the diet.

and build strength and endurance.

- Detoxify regularly, through the skin and/or through natural elimination processes. The skin is the largest organ of the body. You can help eliminate excess free radicals by taking baths containing baking soda and sea salt mixed together. Herbal teas and many specific cleansing diets are now available to help with elimination.

- Seek professional medical guidance regarding possible hormonal imbalance; consider using bio-identical hormone replacement, rather than synthetics

- Stress-related tension carried on the face, if not addressed promptly, will contribute to our looking older. Micro-current treatments can be extremely useful to normalize any unbalanced muscle tension. Doctors are also using this technology as a “healing current” to relieve pain.

The state of being fit is not an accident of nature. Today, it is becoming more of a deliberate choice in our lives, to prolong our quality of life. This does not mean we have to work harder and longer in the gym. Rather, we need to work smarter by understanding the underlying fundamental principles of our body’s need for balance.

**Questions or suggestions? Contact
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**HEALTH
Talk**

Fitness is also how well the body follows commands. Here are some tips to improve your own fitness, depending on which signs your skin might have given you:

- Learn to breathe deeply and exhale slowly. Consciously direct more oxygen throughout the body.
- Exercise regularly and sensibly to maintain flexibility

