

Homeopathy for Skin

Includes Dry Skin, Greasy Skin, Melasma,
Skin Tags, Vitiligo and Skin Wrinkles



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Homeopathy and Skin Problems

The skin is our link to the outer world; it is our interface between what's inside and what lurks on the outside. Skin is our protection against diseases trying to come in and assists in toxins trying to get out. Temperature is partially regulated by the skin as it acts as a heat exchanger through both sweat and capillary action.

This largest organ of the body is considered the third kidney because of its ability to send toxins out of the body, and also makes up for low kidney function by sweating. Sweat has the same constituents as urine only fortunately it doesn't smell the same. Through sweating the skin releases excess minerals; too much sweating can create a mineral imbalance in the body.



The skin is a reflection of the health of our body. In America we are so concerned about how we look more than our health inside. And that's why the pharmaceutical industry makes billions of dollars on gels and creams and drugs that suppress skin function and may directly or indirectly affect organs inside our body. Clever marketing has made us buy into the belief that we have to use these products and drugs forever to look and feel younger.

Surgical alterations can be useful for injuries etc., but it always disturbs the energy flow of the Ayurvedic chakras and the Chinese meridian system; thereby altering our health for the worse. Plastic surgery can be addictive. You've probably seen grotesque examples where people go to far because they can't stop changing things.

Healthy lifestyles equal healthy skin. Vets say that people forget they are like their pets – if a dog is healthy so is his skin and hair (fur). Somehow we forget that as humans.

When looking at skin rashes, eczema and other issues also look to liver imbalance; if the liver can't detoxify the blood or body the body has to push toxins out through the skin and that's why we use liver herbs as well as kidney remedies when dealing with skin problems.

Look for brown or red skin discolorations when there is liver imbalance and round or circular conditions when kidney imbalance is possible.

Oil and water don't mix, right? Well for skin health they are essential. Oils (Essential fatty acids) are nourishing to all the organs and skin of the body and help to maintain moisture and tissue integrity. Water is essential for many functions of the body. The average American is dehydrated which can bring on wrinkling of the skin not to mention many other ailments. Drink adequate amounts of water from 4 to 8 glasses a day.

Bottom line – Improve your overall health, improve your skin.

Homeopathy for Dry Skin

Skin can be dry, itching, scaling or parchment-like. Many people have chronic dry skin conditions. If it is acute dry skin is usually from a lack of water or fluid absorption.

There are various medical treatments for dry skin, but they are often based on steroid and other toxic crèmes.

From the natural perspective dry skin is connective tissue weakness connected with either toxic blood or what Chinese medicine considers a yin deficiency (cold on the outside but hot on the inside from general chronic weakness).

Diet – eliminate tobacco, alcohol, coffee, sodas, and especially fast foods.



Nutrition for Dry Skin

Evening primrose oil is good for skin and female health, 500 to 1,000 mg a day.

Flax oil is skin and cardio protective at 4,000 mg a day, not as anti-inflammatory as fish oil.

Omega 3 fish oils are my favorite at 6,000 mg a day of whole salmon oil (from a health food store, not big stores), a must for cardiovascular health.

Aloe juice can help soothe the mucus membranes internally and reduce heat and dryness of tissues.

2 tablespoons a day of dried Gogi berries helps maintain kidney energy health which helps fight kidney yin deficiency (chronic weakness of the kidneys). Kidneys help maintain moisture balance in the body.

Cell salts for dry skin

To make your own Cell Salt Solution, place 2 - 10 tablets of each cell salt in a 12 to 24-ounce water bottle and shake. Sip on it during the day. You may use one or all cell salts in a formula, according to your own needs.

#1 Calc fluor 6X – thickened cracked dry skin, brittle cracked skin

#9 Nat mur 6X – dry skin, person has had grief, sadness or depression

#12 Silicea 6X – thin shiny skin, delicate shy person; cracked and brittle nails

Homeopathics for dry skin

Cracks and fissures with digestive problems

Alumina – dry skin; skin problems with severe constipation. Person may be elderly or angry and confused.

Cracks and fissures with digestive problems *continued...*

Antimonium crud – with digestive problems and thick white coating on tongue. Person is sentimental and oversensitive.

Sepia – can also have eczema on hands; hormone imbalance; tired, exhausted, grumpy, no sex drive.

Sulphur – dry skin; skin conditions with heat; considered for kidney yin deficiency; person is usually messy and intellectual.

Fissures with depression

Arsenicum album – dry skin that is burning; person is restless and super tidy; considered for kidney yin deficiency.

Petroleum – skin worse in the winter; person is fearful and forgetful.

Nat carb – dry skin with digestive problems, gas and bloating; person is sensitive to dairy and music.

Thickened skin (callus)

Dulcamara – skin problem worse from damp, cold conditions; flat warts; person is confused and depressed.

Graphites with skin problems of obesity and tendency to large scars. Person is obstinate and has menstrual depression.

Sepia – can also have eczema on hands; hormone imbalance; tired, exhausted, grumpy, no sex drive.

Rhus tox – skin worse in cold wet weather or exposure; may also have stiff joints.

Dry parchment skin

Arsenicum album

Cinchona – person is sensitive and touchy; considered for kidney yin deficiency with digestive problems; also for loss of vital fluids (blood or water).

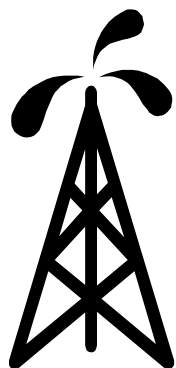
Lycopodium – symptoms worse 4 to 8 pm; poor self esteem; kidney yin deficiency with digestive problems.

Sarsaparilla – skin is shriveled, lies in folds and is emaciated; may also have cankers in mouth.

Homeopathy for Greasy Skin

This is where a person complains of excess oils of the skin. They have fewer wrinkles and look younger for longer, but I guess it depends on your perspective, and if the oils are causing too much trouble. If you are noticing clothing staining, it might be a problem.

Causes are unknown and there may be a genetic component. The good old American junk food fast food diet may also be a contributor.



Modern medication creams are a temporary fix and the ultimate cause is not addressed.

From the natural perspective greasy skin comes from a dietary imbalance, especially fast foods, tobacco, excess alcohol (more than 2 drinks a week), soda pop, and fast foods.

Topical treatments with natural cleansers help temporarily and beat chemical based popular treatments. Constipation may be a factor as toxins may be recycled.

Cell salts for greasy skin

To make your own Cell Salt Solution, place 2 - 10 tablets of each cell salt in a 12 to 24-ounce water bottle and shake. Sip on it during the day. You may use one or all cell salts in a formula, according to your own needs.

#9 Nat mur 6X – greasy around hairline, especially in the evenings; craves salt; emotionally wants to isolate

#12 Silicea 6X – thin, cold delicate person with translucent skin and a tendency to scar easily; timid personality, lacking grit

Homeopathics for greasy skin

Thuja (1 of the top 2) – greasy skin, brown spots, polyps, warts, impetigo, birth marks; skin is often described by the person as disgusting. Emotional low self esteem.

Natrum muriaticum – greasy skin with large pores, acne; craves salt; emotionally isolates from sensitivity to grief.

Baryta carb – greasy skin with acne or cysts or even lipomas (fatty tumors); may have learning difficulties.

Cinchona – dry or greasy skin with cold sweat; digestive problems with gas and bloating; loss of vital fluids; emotionally sensitive.

Mag carb – greasy or dry skin with rashes; also liver and digestive problems, can't tolerate milk or dairy; emotionally irritable.

Selenium – sweaty greasy skin; hair falls out; sexual debility or impotence.

Homeopathy for Melasma

Melasma is also called cholasma which is a hyper-pigmentation, usually on the face. It is sometimes called the pregnancy mask. Melasma is mostly seen in women. It is a brown discoloration of the skin.



Causes of melasma can come from a genetic tendency. During pregnancy it can appear and go away after giving birth. It may also be caused from estrogen-based birth control. Modern medicine considers melasma a cosmetic problem and treats the condition with toxic chemicals or lasers. It does not address underlying causes.

Natural remedies for melasma include two perspectives; 1) Chinese medicine considers brown spots of the skin as a liver issue, 2) Hormone imbalances are causing melasma because of the weak liver function. The liver and hormones in women need to be addressed and for normal function to return. When the liver functions better the melasma fades away. It usually takes several months for melasma relief as it takes time for removal of liver stressors.

Liver stressors include chemical birth control (talk to your partner about some non-chemical birth control); medications stress the liver to some degree or another (statin drugs for cholesterol are particularly problematic); the diet needs to be free of tobacco, less than 2 alcoholic drinks a week, no soda pop, coffee or black tea.

Natural remedies for melasma include supplements such as NAC (N-acetyl-cysteine) at 2 capsules 2 times a day for good liver function. Use the following natural supplements for melasma for several months.

Cell salts for melasma

To make your own Cell Salt Solution, place 2 - 10 tablets of each cell salt in a 12 to 24-ounce water bottle and shake. Sip on it during the day. You may use one or all cell salts in a formula, according to your own needs.

#3 Calc sulph 6X – digestive and liver support

#7 – Kali sulph 6X – specific for brown skin spots (melasma) as well as liver support

#11 – Nat sulph 6X – specific for liver support

Homeopathics for melasma

Sepia – melasma from hormonal imbalances caused by estrogen dominance; often caused by chemical birth control or giving birth or getting pregnant; low sex drive, exhaustion and bad temper.

Carcinosinum – the perfectionist and may also be food sensitive.

Melatonin – for melasma; may also be effective for insomnia especially at the liver hour of 3 a.m.

Cipro (as a tautopathic [homeopathic-type] preparation) – especially effective if the melasma is caused by the drug itself.

Homeopathy for Skin Tags

Skin tags, also called acrochordon, are abnormal skin growths that usually occur on the neck or face, but may be found around the armpits, groin or even eyelids. They are considered benign (non cancerous) tumors. Women are found to have skin tags more often than men.



Causes can come from skin rubbing (medical perspective) or even PCOS (polycystic ovarian syndrome). Some other research suggests insulin resistance (syndrome X). Other natural practitioners consider skin tags may come from allergy shots. Modern medicine treats skin tags by just removing them.

From a natural perspective, skin tags are a sign of something deeper so look for the root cause and help the body to fix itself. If it is insulin resistance issue, and there is a big belly, steps need to be taken to reduce stress and improve the diet (described later). Use chromium for better metabolism. PCOS is a hormonal issue that can create skin tags. See [PCOS](#) healing protocol. Allergy shots and other vaccinations in general are thought to alter our immune system and cause tumors, benign and cancerous. See also Allergy healing protocols.

Diet – no smoking, less than 2 alcoholic beverages a week, 1 cup or less of coffee or black tea a day. Use less than 2 sodas a week. Eat no fast food – eat real food.

From a homeopathic perspective, skin tags manifest the sycotic miasm. Miasms are genetically inherited or grafted disease states. The sycotic miasm is a deeper health imbalance that causes alteration of tissues, usually benign. Skin tags are a sign of worsening state of health.

While physical removal of skin tags helps the appearance, it does not address the underlying cause. Use blood purifying or alterative herbs to help clean up the system. Natural remedies for skin tags should be used for 6 to 12 months.

Cell salts for skin tags

To make your own Cell Salt Solution, place 2 - 10 tablets of each cell salt in a 12 to 24-ounce water bottle and shake. Sip on it during the day. You may use one or all cell salts in a formula, according to your own needs.

#1 Calc fluor 6X – scarring, abnormal skin growths, for connective tissue integrity

#12 Silicea 6X – scarring, abnormal skin growths, for connective tissue integrity also

Homeopathics for skin tags

Thuja is most commonly used for warts or abnormal growths like skin tags; also for venereal warts. This is usually the first one to try. Person finds disgust for the growths and sometimes has poor self worth.

Carcinosin – perfectionism or super clean or organized person; often has family history of cancer.

Medorrhinum – comes from a history or genetic or actual STDs. Emotionally this person has a history of sex, drugs and rock and roll and is rebellious; they usually can't sleep until after midnight.

Homeopathy for Vitiligo

Vitiligo is a skin condition of depigmentation (no pigment) where the melanin is either damaged or destroyed. It is most often seen on the hands. The condition of vitiligo is more evident in people of darker skin because there is more of a contrast. It's also more evident when one is sun tanned. Vitiligo happens in about 1% of the population.



Causes of vitiligo are unknown but theories include autoimmune disorders and genetic causes. Medical treatments include transplanting pigments, destroying pigment to match, and steroid crèmes; none of these address the cause and may be toxic. There may also be skin paint available for those with vitiligo.

Naturally, with vitiligo (skin problems) we look at a liver weakness. It is best to use several natural solutions and it takes 4 to 12 months for great improvement. I have seen about a 50% success rate.

Nutrition for vitiligo includes excluding foods that may harm the liver including medications (minimize them). Stop the use of tobacco, alcohol, sodas, coffee and fast foods. Natural supplements for vitiligo include NAC (n-acetyl-cysteine) at 2 capsules 2 times a day as a liver protector. Use other herbs for vitiligo, cell salts, and homeopathic remedies for several months.

Cell salts for vitiligo

To make your own Cell Salt Solution, place 2 - 10 tablets of each cell salt in a 12 to 24-ounce water bottle and shake. Sip on it during the day. You may use one or all cell salts in a formula, according to your own needs.

#7 Kali sulph 6X – the main remedy to help the skin and liver

#9 Nat mur 6X – with skin dryness or greasy skin; craves salt

#12 Silicea 6X – weak connective tissue and tendency to scarring

Homeopathics for vitiligo

Sepia (#1 Homeopathic remedy for Vitiligo) – best remedy especially when there are hormonal issues; exhaustion.

Thuja (#2 Homeopathic remedy for Vitiligo) – when there is greasy skin, warts and other non-cancerous abnormal growths.

Arsenicum album – restless person; perfectionism; burning pains.

Nitricum acidum – negative attitude; dirty skin; pains that are sharp or splintering.

Phosphorus – oversensitive person, friendly attitude; tendency to nosebleeds; may be afraid of the dark.

Natrum carb – digestive issues with gas and bloating; liver protective.

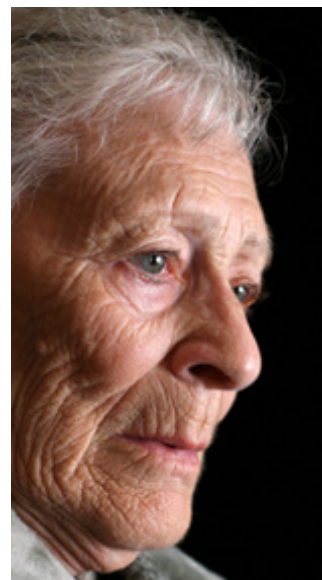
Homeopathy for Skin Wrinkles

Wrinkles are the skin forming creases and folds. They make a person look older; many people spend a lot of money to remedy this. The main cause of wrinkles is age and sun exposure. Some believe it involves diet, lifestyle or even genetics; I think it involves them all.

Millions of dollars are spent every year in this country on wrinkle creams. More money is probably spent on expensive plastic surgery which can be problematic and need to be done again.

Skin wrinkles are a natural progression of aging. They can also be symptoms of stress, dehydration, and toxicity issues or the result of hormonal changes at menopause.

Diet plays a factor; risks include using tobacco, alcohol, sodas, excess coffee, black tea, processed foods too as they interfere with connective tissue health.



Nutrition for skin is important. Use the following oils as they help moisturize skin:

Evening primrose oil is good for skin and female health (can soften cervix). 500 to 1,000 mg a day.

Flax oil is skin and cardio protective at 4,000 mg a day, not as anti-inflammatory as fish oil

Omega 3 fish oils is my favorite at 6,000 mg a day of whole salmon oil (from a health food store, not big stores); a must for cardiovascular health.

Cell salts for skin wrinkles

To make your own Cell Salt Solution, place 2 - 10 tablets of each cell salt in a 12 to 24-ounce water bottle and shake. Sip on it during the day. You may use one or all cell salts in a formula, according to your own needs.

#6 Kali phos 6X – for stress associated with wrinkles

#12 Silicea 6X – specific for wrinkles

You can also use these in cream or a light water mist spray on affected areas.

Homeopathics for skin wrinkles

Antimonium crud – with digestive problems and thick white coating on tongue. Person is sentimental and oversensitive.

Conium – for menopausal or vertigo issues; yellowish skin

Cuprum met – wrinkles; skin is bluish, marbled; also for convulsions, muscle spasms or cramps.

Homeopathics for skin wrinkles continued...

Kali ars – dry, scaly wilted skin; chronic eczema; intolerable itching, worse from warmth. Person has fears of disease, anxiety about health.

Mezereum – wrinkles in folds of skin; skin eruptions ooze and are acrid; gluey moisture, thick crusts; scabs with pus beneath; thoughts vanish while speaking.

Sarsaparilla – skin is shriveled, lies in folds and is emaciated; may also have cankers in mouth.

Secale – shriveled skin with bluish tinge; itching under skin; burning sensation; aversion to heat; issues of bleeding.

Veratrum album – skin flabby and without elasticity; wrinkles on hands and feet; skin feels scorched; problems of large stools with straining, sweats at stool.