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NUTRITIONAL INFORMATION FOR ACNE AND RELATED COMPLEXION PROBLEMS

American teenagers spend approximately forty million dollars a year on over-the-counter acne lotions and creams. Although the problem is not confined to teenagers, it is certainly a common teenage complaint. In fact, about 90 percent of all adolescents are affected with skin problems to some degree.

All the biochemical changes involved with acne are not understood. Nor is it clear why some teenagers are affected, while others are not. Dr. Carl C. Pfeiffer, Mental and Elemental Nutrients, says, " ... pimples around the nose and upper lip should not be squeezed since this can lead to spreading infection and meningitis."

Blackheads, whiteheads and pimples, occurring mainly on the face, neck, back and chest, appear during adolescence when the hormones for growth and development, testosterone and progesterone, are highly active. The oil glands are also active during this time.

Distribution of hormone secretion is probably the most significant single acne-producing element.

Testosterone, called a "male" hormone but also appearing in females, causes increased production of sebaceous glands. These are keratin or fat glands

which may plug the sebaceous gland duct and then later extend into the common duct. The outer layer of skin near the ducts becomes inflamed and pustules may develop. The pustules can extend into the wall of the sebaceous gland duct. If this disintegrates, then the duct becomes continuous with the inflamed skin.

In severe cases, lesions of sacs filled with fluids can evolve at this point and they can leave permanent scars after healing. This is not a common occurrence.

The development of pustules causes the body's defenses to mobilize, sending white corpuscles to the area.

Besides increased hormonal secretion and increased sebaceous gland activity, acne can be a result of bacteria, constipation



and dietary problems.

Bacteria or their toxins anywhere in the body move through the bloodstream to the skin. Constipation is a determinant because when the bowels are not working regularly, some waste materials move to the skin to be eliminated. Food allergies, digestive disturbances, emotional disturbances, and nutritional inadequacies all take their toll.

The one corrective measure that is everywhere recommended is keeping the hair and skin immaculately clean. The purpose of this is to remove dirt, oil and/or waxy sebum which clog the pores causing blackheads.

This will certainly help but we need to remember that the real problem is on the inside. When nutrients that fight infection, feed the skin and meet stress

needs are taken, the condition will clear up. There is a formula available that meets these criteria.

A possible formulation of nutrients that could be employed successfully is listed below:

Akne•zyme

Vitamin C	200 mg
Vitamin A (water soluble)	10,000 IU
Pantothenic Acid	10 mg
Vitamin	2.5 mcg
Niacin	10 mg
Vitamin B6	7.5 mg
RNA	20 mg
Calcium Lactate	60 mg
Magnesium Oxide	1.85 gr
Raw Thymus	25 mg
Zinc	30 mg
Potassium Chloride	200 mg
Sublimed Sulphur	200 mg

In a base of burdock root and dermis ("raw" epithelial tissue)

The vitamin C, vitamin A, pantothenic acid, vitamin B12, B6 RNA, calcium lactate , "raw" thymus and zinc are all nutrients that build and reinforce the strength of the immune system to help the body fight bacterial and viral infections. In combination with the remaining nutrients, a unique formula is provided to fight acne and to treat complexion problems.

The "raw" thymus ("Raw means that the glandular substance has been processed at temperatures which don't exceed body heat) stimulates the lymph system so that the fat residues which are usually eliminated through the skin in the form of pustules, are instead eliminated internally through the lymph system.

This formula also contains "raw" dermis, epithelial or skin tissue, which inhibits scarring and pitting.

Besides aiding in the prevention of acne infection, vitamin C is the key synthesizer of collagen, a protein fiber found throughout the connective tissue, supporting, protecting and cementing the skin, tissue, cartilage, bone and all the bodily organs. Ideally it is strong enough to prevent cellular invasion by certain bacteria.

Vitamin C also enjoys the reputation of being a major detoxifying agent.

The traditional vitamin for skin health and radiance is vitamin A. It is also known as the anti-infection vitamin and works as an adjunct to the immune system builders. Vitamin A promotes healthy skin, hair, teeth, gums and strong bones. Under stress vitamin A levels decrease along with a loss of zinc.

Many skin disorders respond to zinc and teenagers are commonly zinc deficient. Zinc has

the capacity to protect cell membranes against the action of some bacterial and viral invaders. It is also essential to cellular growth, and nucleic acid and protein biosynthesis.

Niacin is well known for its ability to create a full flush or itching in the blush areas of the body. This increase in circulation brings a greater blood sup-

ply to the infected areas and also oxygenates the skin.

Like vitamin C, vitamin B6 is of major importance to the body. In this formula, B6 not only works in conjunction with the infection fighters, it has also been shown to help clear up acne. It aids in reducing facial oiliness and blackhead formation. It also works to fight stress as does the magnesium oxide.

Sulphur is the great folklore hero of clear skin and not without reason. Sulphur creams and ointments have been successful in treating a variety of skin problems. Internally, sulphur is essential for healthy skin, hair and nails. It tones up the skin and makes hair more lustrous.

Sulphur works internally with potassium to get at the cause of the problem. The two minerals control excess fungi and bacteria of the intestinal tract, and regulate intestinal function. Potassium also enhances adrenal function.

The formula is in a base of burdock root which is recommended for chronic skin irritations. It has other physical actions conducive to a clear skin including promoting the flow of secretions of the body without causing irritation, having a gentle laxative effect, increasing perspiration, purifying the blood and tending, overall, to restore normalcy. This herb also has the ability to reach glands, cleansing and normalizing their inner membrane. Obviously a natural for obtaining and maintaining a clear complexion.

